Introduction to the Toolkit

# About the Toolkit

* This toolkit is intended to support library staff when providing health information for birthing persons
* These carefully selected resources are to help patrons to make informed choices about pregnancy care
* The toolkit includes:
  + A handout for patrons with information resources, including space to add your library’s resources and your community’s local services
  + A document with additional information resources for library staff (in addition to the handout for patrons)
  + Social media hashtags and messages
  + A graphic for handouts and social media

# Reminder to use your own resources!

This toolkit includes a library staff resource handout and a patron resource handout. You are encouraged to edit both to include:

* your library’s logo and information
* your library’s pregnancy related resources
* your community and state health related resources

# Suggested Programming and Outreach

* Host an information event focusing on pregnancy care and giving birth with local childbirth educators, midwifery clinic, and hospital’s obstetrics department
* Host a “meet and greet” event with local birth and postpartum doulas. Use the [MedlinePlus Directories](https://medlineplus.gov/directories/) to find local services
* Host a class for how to talk to your doctor and invite a doctor, nurse, midwife and provide helpful resources such as the MedlinePlus topic page on [Talking with Your Doctor](https://medlineplus.gov/talkingwithyourdoctor.html)
* Host a health fair and invite multiple providers to table including hospital, midwife, doula, postpartum doulas, lactation consultants, childbirth educator OR participate in a health fair with library materials and free resources
* Consider offering your library as a location for classes related to pregnancy, birth, infant care
* Provide materials for book groups for highlighting and discussing issues around maternal health
* Post information about maternal health resources in your library’s social media, website, newsletters, and in the library
* National health observances are a great way to promote health and your library. Many federal agencies and organizations provide graphics and texts that libraries can use to promote awareness. Some national health observances to consider:
  + Black Maternal Health Week (April)
  + Preeclampsia Awareness Month (May)
  + National Breastfeeding Month (August)
  + National Depression Screening Day (October)

# NNLM Training and Resources

NNLM provides classes and webinars focusing on health-related topics including consumer health.

Check the list of [scheduled classes](https://www.nnlm.gov/training/schedule) (including on-demand) and [recordings](https://www.nnlm.gov/training/recordings). Many are eligible for the Consumer Health Information Specialization (CHIS) offered through the Medical Library Association.

[CHIS On Demand](https://www.nnlm.gov/training/class-catalog/chis-on-demand) includes 5 independent 1-hour learning modules cover the basics of providing consumer health information in libraries and organizations. These 5 classes cover the core competencies required to obtain Level 1 of CHIS.

Visit the [NNLM Public Libraries Guide](https://www.nnlm.gov/public-libraries/getting-started) for additional health information resources for public library staff.

# Consumer Health Information Specialization (CHIS)

Consider obtaining the Consumer Health Information Specialization (CHIS).

The [Medical Library Association Consumer Health Information Specialization](https://www.mlanet.org/p/cm/ld/fid=329) offers training in providing health information services to consumers and recognition for the accomplishment of acquiring new health information skills.

CHIS courses are offered by the NNLM at no cost. It is easy to meet the requirements for both levels with NNLM courses. There is a cost for earning your CHIS, but currently the NNLM is covering that cost. Learn more about [how you can obtain CHIS through the NNLM](https://www.nnlm.gov/guides/consumer-health-information-specialization).

\*This toolkit was created through a University of Washington iSchool as a Capstone project by students Lauren Califano and Shanti Rahim and overseen by Carolyn Martin of NNLM Region 5.

\*\*Please note links to information may change or no longer exist since this toolkit was created. Please contact Carolyn Martin via email at [martinc4@uw.edu](mailto:martinc4@uw.edu) with questions or comments.

\*\*\*Reviewed January 2023