



# JAN TEDDER BSN, FNP, IBCLC

## EDUCATION + CERTIFICATION

- International Board-Certified Lactation Consultant Certification IBCLC (2010)
- Clinical Neonatal Behavior Assessment Scale Certification, Brazelton Institute (2000)
- *Touchpoints* Community Level Training, Brazelton Touchpoints Center, Boston (2000)
- NC Lactation Educator, NC Division of Maternal & Child Health, Raleigh, NC (1998)
- NBAS Certification, Wake Medical Center, Raleigh, NC (1989)
- Certified Family Nurse Practitioner, ANCC(1975)
- FNP, UNC-CH School of Nursing FNP Certification Program (1975)
- BSN, UNC-Charlotte School of Nursing (1973)

## WORK

- President/CEO of HUG Your Baby (2007-Current)
- Community consultant (volunteer), Duke University School of Nursing (2017-Current)
- HUG Your Baby home-based lactation consultant and parent educator (2014-Current)
- HUG Your Baby International Teaching Tour (14 countries, 70 presentations) (2013-2014)
- Adjunct Faculty, FNP & Lactation Consultant, UNC Family Medicine (2009-2013)
- Senior FNP, SAS Institute Health Care Center, Cary, NC (1990-2009)
- Senior FNP, Integrative Health Care, Durham, NC (Part-time) (1990-1993)
- FNP, Lakewood Family Practice, Durham, NC (1986-1990)
- Visiting FNP, Semester at Sea, University of Virginia, Charlottesville, VA (1981)
- FNP, Wake Health Services, Raleigh, NC (1975-1986)

## PUBLICATIONS

- Evaluating the implementation of the online HUG Your Baby course "Roadmap to Breastfeeding" for Nevada WIC Professionals. Co-author with G. Wagner, E. Stevenson & A. Derouin. *Journal of Perinatal Education*, scheduled for 2022 publication.
- Birth, Breastfeeding and Beyond Online Course. (2019). *Digital Chalk Learning Management System*.
- Online education for lactation professionals: Teaching child development to extend breastfeeding duration. (2018). *Clinical Lactation*, 9(3), 108-116.
- Roadmap to Breastfeeding Success: Teaching Child Development to Extend Breastfeeding Duration. (2015). *Journal of Perinatal Education*, 24(4), 239-248.
- HUG Your Baby: Evidence-based support tool for early child rearing. (2013). *Japanese Journal of Nursing Education*, 54(2).

## AWARDS RECEIVED

NC Nurses Association  
Great 100 Nurses  
2022

American Nurses  
Association  
Innovation Award  
(2020)

Healthy Start's  
Evidence-Based  
and Promising  
Programs (2015)

NC Nurses  
Association  
"Certificate of  
Commendation"  
(2014)

WCHL "Hometown  
Hero" Award  
(Chapel Hill, 2012)



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### AWARDS RECEIVED

Community Partnership  
with Whattoexpect.com (2010)

“Top HealthBlogger –  
Parenting  
Community” Wellspher  
e Newsletter (2009)

Web Health Award  
for Professional  
Website Training  
(2009)

World Wide Web Health  
Award – HUG Your  
Baby website gold  
medal winner (2007)

Award Winning Abstract  
Perinatal Partnership  
Conference (2005)

### PUBLICATIONS CONTINUED

- Teaching for Birth and Beyond: Online program incorporated into birth and parenting program. (2012). *International Journal of Childbirth Education*, 27(3), 65-68.
- HUG Your Baby: Helping Expectant and New Parents Read Their Baby's Body Language. (2011). *CAPPA Quarterly* 2(3):21-24. Deciphering Nonverbal Baby Talk. (2009). *Carolina Parent Baby Guide*, 27-29.
- Reading your Newborn's S.O.S. (2008). *Our* 365.
- Give Them The HUG: An Innovative Approach to Helping Parents Understand the Language of their Newborn. (2008). *Journal of Perinatal Education* 17(2), 14-20.
- The HUG: An Innovative Approach to Pediatric Nursing Care. (2007). *MCN* 43(4) 210-214.
- Using the Brazelton Neonatal Assessment Scale to Facilitate the Parent-Infant Relationship in a Primary Care Setting. (1991). *Nurse Practitioner* 6(3), 26-36.
- Newborn Circumcision. (1987). *JOGNN*, Jan/Feb: 42-47.

### LECTURES + CONFERENCES

- California WIC, 2021
- Malaysian Birth, Lactation & Parenting Workshop, 2021
- Korean Lactation Consultant Association, 2021
- International Midwife Congress, 2021
- International HUG Your Baby, 2020, 2021
- Italian Lactation Association Conference, 2019
- New Mexico Hospitals, Maternity Clinics, and Infant Care, 2019
- ILCA, 2015, 2013, 2019
- Dallas Lactation Association Conference, 2019
- World Association of Infant Mental Health, Rome, Italy 2018
- Hungarian Lactation Consultants, Budapest, Hungary 2018
- Italian HUG Your Baby, Genoa and Udine Italy, 2017, 2018
- Red de Promotoras Conference, El Paso, 2017
- Art of Breastfeeding, 2017, 2007
- Mexico Conference on Birth Congreso Mexicano de Salud Primal), 2017
- Latch, 2016
- NC Lactation Consultant Association, 2016
- NAPNAP 2002, 2007, 2008, 2016
- ICEA, 2008, 2009, 2011, 2015



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### LECTURES + CONFERENCES CONTINUED

#### AWARDS RECEIVED

📖 **Honorary Member of  
Duke University Child  
Development Unit  
(1993)**

📖 **Sigma Theta Tau  
Award for Innovative  
Nursing Practice  
(1986)**

📖 **North Carolina March of  
Dimes Maternal Child  
Health Nurse of the  
Year (1986)**

📖 **Sigma Theta Tau  
Community Nursing  
Award (1984)**

- CAPP, 2008, 2010, 2016
- Lamaze, 2008, 2012, 2015
- DONA, 2008, 2009, 2016,
- National Healthy Start Association Annual Conference, 2015, 2016
- New Zealand Lactation Consultant Conference, 2014
- ELACTA, 2014
- Lactation Consultants of Great Britain, 2014
- International Association of Infant Massage, 2014
- 4th International Congress of Paediatric Nursing, 2013
- Chiang Mai School of Nursing, 2013
- Thailand Breastfeeding Foundation, 2013
- Brunei National Perinatal Symposium, 2013
- Kagawa Un School of Nursing, 2013 St. Luke's College of Nursing, 2013
- Tokyo University School of Nursing, 2013
- La Belle Mere Postpartum Care Center, 2013
- Breastfeeding Association of Malaysia, 2013
- UNC School of Nursing Excellence in Maternity Care, 2013
- US AID, (Washington, DC), 2012
- Parents As Teachers National Conference, 2012
- Zero to Three National Institute, 2011
- MANA Regional Conference, 2011
- NC/SC Perinatal Conference, 2007, 2011
- CIMS, 2011
- National Perinatal Association, 2010
- New York State Perinatal Association, 2010
- "Mother's Gift" – Breastfeeding, AHEC (NC), 2010
- NC La Leche League Conference, 2009
- NC Child Service Coordinator Conference, 2006
- *Touchpoints* Brazelton National Conference, 2002, 2006
- NC Baby Plus/Healthy Start, 2005
- Perinatal Partnership Conference, 2005
- UNC Maternal Child Health Conference, 2004
- Royal College of Nursing, Manchester England, 2002
- NC Annual Nurse Practitioner Symposium, 1984, 2002
- American Nurse Midwife National Conference, 1985, 2002
- National Nurse Practitioner Symposium, 1999, 2000
- Duke University Child Development Unit Conference with Dr. T Berry Brazelton, 1993