

Jan Tedder, RN, BSN, FNP, IBCLC

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HUG Blog: <http://givethehug.blogspot.com> Website: www.hugyourbaby.org

Education & Certification:

- 11/2010 International Board Certified Lactation Consultant Certification (IBCLC)
- 2/2000 CLNBAS (Clinical Neonatal Behavior Assessment Scale) Certification, Brazelton Institute
- 1/1999 Touchpoints Community Level Training, Brazelton Touchpoints Center, Boston, MA
- 5/1998 NC Lactation Educator, NC Division of Maternal & Child Health, Raleigh, NC
- 6/1989 NBAS (Neonatal Behavioral Assessment Scale) Certification, Wake Medical Center, Raleigh, NC
- 9/1975 Certified Family Nurse Practitioner, ANCC
- 9/1975 Family Nurse Practitioner, UNC-CH School of Nursing FNP Certification Program
- 5/1973 BSN, UNC-Charlotte School of Nursing

Work:

- 2009-current Adjunct Faculty, UNC Department of Family Medicine, Chapel Hill, NC
- 2007- current President/CEO of HUG Your Baby
- 2013-2014 HUG Your Baby International Teaching Tour (13 countries, 70 presentations)
- 2009-2013 Clinical Instructor, Family Nurse Practitioner and Lactation Consultant, UNC Department of Family Medicine, Chapel Hill, NC
- 1990- 2009 Senior FNP, SAS Institute Health Care Center, Cary, NC
- 1990-93 Senior FNP, Integrative Health Care, Durham, NC (Part-time)
- 1986-90 FNP, Lakewood Family Practice, Durham, NC
- Fall, 1981 Visiting FNP, Semester at Sea, Un. of Virginia, Charlottesville, VA
- 1975-86 FNP, Wake Health Services, Raleigh, NC

Publications:

- *Parents As Teachers and HUG Your Baby: A Collaboration Helping Professionals Teach Parents about Newborn Behavior (2015).* Manuscript submitted to *Community Practitioner*.
- *Roadmap to Breastfeeding Success: Teaching Child Development to Extend Breastfeeding Duration.* (2015). Pending publication with *Journal of Perinatal Education*.
- *Roadmap to Breastfeeding Success.* Online Training.(2014). HUG Your Baby and Digital Chalk Learning Management.
- Shimpuku, Y. and Tedder, J. (2103). HUG Your Baby: Evidence-based support tool for early child rearing. *Japanese Journal of Nursing Education*. 54(12): 1114-1118.
- *Teaching for Birth and Beyond: Online Program Incorporated into a Birthing and Parenting Certification.* (July, 2012). *International Journal of Childbirth Education*. 27(3):65-68.
- *HUG Your Baby: Helping Expectant and New Parents Read Their baby's Body Language.* (July, 2011). *CAPPA Quarterly* 2(3):21-24.
- *Teaching Newborn Behavior to Extend Breastfeeding Duration.* (July, 2011). HUG Your Baby and Haverkamp Productions.
- *The HUG Practical Child Development: Education and Support for Parents with Children Birth to One Year Old.* Continuing Education DVD, HUG Your Baby and Haverkamp Productions, 2010.
- *The HUG Strategies and Skill Building: Making a Difference with Young Families.* Continuing Education DVD, HUG Your Baby and Haverkamp Productions, 2010.
- *Deciphering Nonverbal BabyTalk.* (2009). *Carolina Parent Baby Guide*. 27-29.
- *What Zone is my Baby in?* (2008). Our 365. <http://www.our365.com/Wisdom/Babies/Growth/Newborn%20Zones.aspx>
- *Reading your Newborn's S.O.S.* (2008). Our 365. <http://www.our365.com/Wisdom/Babies/Growth/Reading%20Your%20Newborn's%20S,-d-,O,-d-,S.aspx>
- *Calm your Baby.* (2008). Our 365. <http://www.our365.com/Wisdom/Babies/Growth/Calm%20Your%20Baby.aspx>

- *HUG Your Baby* –Online Provider Education (2008). <http://learn.digitalchalk.com/dc/o/hyb>Newborn>
- *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.
- *Give the HUG* – Parent & Provider Educational Blog (2007). <http://givethehug.blogspot.com/>
- *The HUG: Understanding the Secret Language of the Newborn - Parent Educational DVD.* (2007). Nightlight Productions. Chapel Hill, NC.
- *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: Retracting Old Myths and Managing New Problems - Video and Workbook* (1989). Foresight Productions, Durham, NC.
- *Newborn Circumcision: Parent Information -Video* (1988). Foresight Productions, Durham, NC.
- *Newborn Circumcision.* (1987). *JOGNN*, Jan/Feb: 42-47.

Research in Progress:

- *HUG Your Baby: Enhancing Parent Education at a Birth Center.* (Women’s Birth and Wellness Center, Chapel Hill, NC)
- *HUG Your Baby: Web-based Program to Help Resident Family Physicians Understand and Teach Parents about Infant Behavior.* (UNC Department of Family Medicine, UNC, Chapel Hill, NC, USA)

Conference Lecturer/Presentations:

- National Healthy Start Association Annual Conference, 2015
- North Carolina Lactation Association, 2015
- ILCA, 2015
- New Zealand Lactation Consultant Conference, 2014
- ELACTA, 2014
- Lactation Consultants of Great Britain (Portsmouth, UK) 2014
- International Association of Infant Massage (Bologna, Italy), 2014
- ILCA (Melbourne, Australia), 2013
- 4th International Congress of Paediatric Nursing (Melbourne, Australia), 2013
- Chiang Mai School of Nursing (Thailand), 2013
- Thailand Breastfeeding Foundation (Bangkok, Thailand), 2013
- Brunei National Perinatal Symposium (Bandar Seri Begawan, Brunei), 2013
- Kagawa University School of Nursing (Kagawa, Japan), 2013
- St. Luke’s College of Nursing (Tokyo, Japan), 2013
- Tokyo University School of Nursing, (Tokyo, Japan), 2013
- La Belle Mere Postpartum Care Center (Seoul, S. Korea), 2013
- UNC School of Nursing Excellence in Maternity Care, 2013
- Catawba County Early Head Start Program, 2013
- US AID, (Washington, DC), 2012
- Lamaze, 2008, 2012
- Parent As Teachers National Conference, 2012
- Illinois WIC Breastfeeding Conference, 2011
- Zero to Three National Institute, 2011
- MANA Regional Conference, 2011
- NC/SC Perinatal Conference, 2011, 2007
- CIMS, 2011
- Smart Start, 2011
- National Perinatal Association, 2010
- New York State Perinatal Association, 2010
- “Mother’s Gift” – Breastfeeding, AHEC, 2010
- ICEA, 2011, 2009, 2008

- CAPPA, 2010, 2008
- NC La Leche League Annual Conference, 2009
- DONA, 2009, 2008
- National NAPNAP (National Association of Pediatric Nurse Associates and Practitioners), 2008, 2007, & 2002
- Art of Breastfeeding, 2007
- North Carolina Child Service Coordinator Conference, 2006
- *Touchpoints* (T. Berry Brazelton) National Conference, 2006 & 2002
- North Carolina Baby Plus/Healthy Start, 2005
- Perinatal Partnership Conference, 2005
- UNC Maternal Child Health Conference, 2004
- Eastern AHEC Perinatal Outreach Conference, 2004
- North Carolina WIC Program Conference, 2004
- Royal College of Nursing, Manchester England, 2002
- North Carolina Annual Nurse Practitioner Symposium, 2002, 1984
- American Nurse Midwife National Conference, 2002, 1985
- National Nurse Practitioner Symposium, 2000 & 1999
- North Carolina Consortium of Partnership, 2000
- Duke University Child Development Unit Conference with Dr. T Berry Brazelton, 1993

Awards

- 2015 HUG Your Baby - Healthy Start's Evidence-Based and Promising Programs
- 2014 North Carolina Nurses Association "Certificate of Commendation" for HUG Your Baby project
- 2012 WCHL "Hometown Hero" Award
- 2010 Community Partnership with *Whattoexpect.com*
- 2009 "Top HealthBlogger – Parenting Community" *Wellsphere* Newsletter
- Spring 2009 Web Health Award for Professional Website Training
- Spring 2007 World Wide Web Health Award – *Hug Your Baby* website gold medal winner
- Spring 2007 National Health Information Award – *The HUG* DVD bronze medal winner
- 2005 Award Winning Abstract, Perinatal Partnership Conference
- 1993 Honorary Member of Duke University Child Development Unit
- 1986 Sigma Theta Tau Award for Innovative Nursing Practice
- 1986 North Carolina March of Dimes Maternal Child Health Nurse of the Year
- 1984 Sigma Theta Tau Community Nursing Award