

## ACTIVITY IDEAS: 2013

# World Breastfeeding Month - Staff Training

Every year, Texas WIC celebrates World Breastfeeding Month (WBM) with activities and celebrations surrounding promotion and support of breastfeeding moms. Consider a new spin by planning an event full of games and activities designed to review important breastfeeding topics for your WIC staff such as:

- All about pumps – Use the attached breast pump activity descriptions and worksheets to test your staff's knowledge of pumps. (Please note: These activities are meant to serve as games and activities for the purposes of WBM. They are not a substitute for the required pump trainings. Refer to BF: 4.0 for more information on required pump trainings.)
- Breastfeeding Policy/Procedure trivia game – Using your own playing cards, have your staff team up to answer trivia questions in the same format as your favorite game show.
- Breast pump assembly races/relays – First one to correctly assemble all the pump parts, WINS! Make it a relay by having staff team up, give them only a few seconds to find their parts, and make them switch.
- Breastfeeding word scramble/word search
- Find that (breastfeeding) app! – Challenge your staff to use their smartphones to be the first to find breastfeeding resources (consider adding them to your local Client Referral Handout).
- Name that breastfeeding provider! – Create a game that helps WIC staff become more familiar with local breastfeeding supporters (Ex: If you call out “Mom’s Hospital,” first person to name their lactation consultant or 2 breastfeeding supportive doctors from that hospital/community clinic, WINS!)
- Take the challenge – Create a challenge for your staff by rewarding the clinic or team with the greatest increase in breastfeeding rates, the best contact/resource to add to the Breastfeeding Client Referral Handout, etc.
- Build support in your community - Invite community workers who also serve WIC clients to attend your local agency peer counselor trainings. This may include home visitation nurses, community health workers, promotoras, child care staff, and Healthy Start and Early Head Start program staff.



# All About Pumps Activity 1

By the end of this activity, staff will be able to name all the parts of each pump, identify which parts of the pump need to be cleaned, and list suggestions for troubleshooting.

1. Begin this activity by collecting the manufacturer's manuals for all the pumps your local agency offers in inventory.
2. Use the attached handouts for this activity.
3. Read the following directions to your staff:
  - a) Fill in the blanks with the name each pump part.
  - b) Circle the pump parts that should be washed after each use.
  - c) Complete the table with three possible suggestions to assist with troubleshooting.
4. Review
  - Were the parts labeled correctly?
  - Can staff properly identify the pump parts per the manufacturer's names for each part, not just calling it the "little white thingy"?
  - Did they correctly identify parts that can be washed?
  - Were they able to identify possible scenarios for troubleshooting?

Consider reviewing the assembly process step by step with the group as listed in the manufacturer's instructional guide.

*Optional activity: For added fun, set up a station with two incorrectly assembled multi- and single-user demo pumps to test troubleshooting skills. Have a gauge set out for staff to use. Ask staff members to test the suction to see if the pump is functioning. (Ex: make a small cut in the white valve, do not fully assemble the pump, use incorrect flange size for troubleshooting, etc.) Consider reading the "Troubleshooting" section of the manufacturer's instructions for ideas – basically doing the opposite of what is listed in that section.*

# All About Pumps

## Activity 2

The objective of this activity is simple; identify the pieces and put the pump together. The hard part is determining which parts go with which pump.

1. Begin by collecting several manual pumps and other random pump parts. Ex: Ameda one-hand manual, Medela Harmony, extra flanges, tubing, old pump parts from different pumps, and just for fun, throw in other random things like a nipple shield, tube of lanolin, or even a rubber band/paper clip. Common mistakes include trying to add parts meant for electric pump to manual pump or not snapping all pieces together, etc.
2. Be sure to take pumps completely apart. Double check using the manufacturer's instruction manuals to make sure all tiny pieces have been disassembled.
3. Place all parts in a large pile in the center of a table.
4. Have group sort through the pieces and assemble the pumps (this is where the extra or odd pieces come in handy).
5. Review the pumps. Were they assembled correctly? Can staff properly identify the pump parts using the manufacturer's names for each part, not just calling it the "little white thingy"? Consider reviewing the assembly process step by step as listed in the manufacturer's instructional guide.

(This is also the perfect opportunity to review which pieces need to be cleaned or washed and the most common ways to troubleshoot for each pump.)

To up the ante for those very versed in pumps, consider adding the following challenges to simulate an environment that a new mom might face:

- Place all the pump parts (as described above), or possibly add other items like a diaper, nursing pads, or wipes, in a bag and only take out parts one at a time when searching for all pieces to simulate digging in a diaper bag.
- Dim the lights or blindfold the player to simulate a new mom needing to pump at night.
- Add crying baby sounds to add to the pressure of finding all the pieces.
- Make it a timed event – the person that correctly assembles pumps the fastest, WINS!

*Optional activity: To help staff understand the experience of pumping with a manual pump, have staff use manual pump with breast model from the breastfeeding education kit or a balloon. Have them continue pumping for 20 minutes and have them maintain suction for 30 seconds.*

# Ameda One-Hand Manual Breast Pump

## Troubleshooting

---

---

---

---

---

---

---

---

1. \_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_



6. \_\_\_\_\_



# Medela Harmony Manual Breast Pump

## Troubleshooting

---

---

---

---

---

---

---

---



# Ameda Elite Multi Electric Pump

## Troubleshooting

---

---

---

---

---

---

---

---



# Ameda Purely Yours Electric Pump

## Troubleshooting

---

---

---

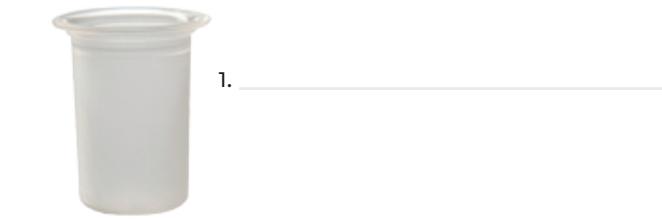
---

---

---

---

---





This institution is an equal-opportunity provider.  
© 2013 Department of State Health Services. Nutrition Services Section. All rights reserved.

E13-06-14075