

BF-000-23, CCNE: A Mother's Guide to Breastfeeding/Guía

Client-centered nutrition education uses methods like group discussions and hands-on activities to engage participants in learning. This outline starts with a **Snapshot of the Session**, and then includes two parts:

Part 1: Planning the Nutrition Education Session - The first section prompts the nutrition educator to think about the learning objectives, materials, and preparation necessary to carry out the session.

Part 2: Session Outline - The second section outlines the key parts of the session. The nutrition educator uses this outline to lead the session.

Snapshot of Group Session:

CCNE Lesson title: CCNE: A Mother's Guide to Breastfeeding/ Guía a la alimentación con pecho para mamás

Developed by: State Agency

Date Developed: 3/18/2011

Approved by: Tracy Erickson

NE Code: BF-000-23

Class Description: This class uses discussion and visual aids to demonstrate latch and positioning for breastfeeding. Health advantages to breastfeeding and resources to use for breastfeeding help and information are also covered.

Target Audience: Pregnant Women

Type of Learning Activities: Discussion; Demonstration; Hands-on Activity

Part 1: Planning the Nutrition Education Session

Lesson: Type lesson code and title here.

Item	Notes for Planning the Session
<p>Learning Objective(s) – <i>What will the clients gain from the class?</i></p>	<p>By the end of the session, participants will:</p> <ul style="list-style-type: none"> • Attain new insight on any personal concerns they may have about breastfeeding. • Identify at least two resources for breastfeeding help and information.
<p>Key Content Points – <i>What key information do the learners need to know to achieve the learning objective(s)? Aim for three main points.</i></p>	<ol style="list-style-type: none"> 1. Breastfeeding is the best choice for mom and baby – American Academy of Pediatrics recommend breastfeeding for at least the first year of your baby’s life. 2. Breastfeeding concerns are normal. Almost everyone has them. 3. WIC breastfeeding counselors are available if questions or concerns arise. Ask for help as soon as you think things may not be going right.
<p>Materials – <i>List what you will need for the session (i.e. visual aids, handouts, supplies). Attach supplemental materials.</i></p>	<ul style="list-style-type: none"> • Breastfeeding education props - baby dolls, breast model, belly balls, education activity kit and any other prop you think you may need to provide education after validating participant concerns • F13-06-13104 HOW DO I KNOW BREASTFEEDING IS GOING WELL Form • F13-06-13104^a ¿Cómo puedo saber si va bien la lactancia materna? • Local Agency Client Breastfeeding Referral Handout in English and Spanish (examples attached). <p>Optional:</p> <ul style="list-style-type: none"> • 13-06-13393 EVERY OUNCE COUNTS STICKER WBM2010 • 13-06-13179 BREASTFEEDING PEER COUNSELOR BUSINESS CARD
<p>Resources – <i>Review current WIC resources or other reliable</i></p>	<p>www.breastmilkcounts.com and www.breastmilkcounts.com/spanish http://www.aap.org/breastfeeding/</p>

<i>resources like WIC Works.</i>	
<i>Class Flow & Set Up – Consider the flow of the session & room set-up. Note any extra preparation that may be needed.</i>	<p>Set classroom up in a circle or u-shape; leave room to move around, for family members, and/or for strollers.</p> <p>You may find it helpful to set up a white board, chalkboard, etc to write down key concerns or information provided by the participants' introductions.</p> <p>The class can be split into partners, small groups, or remain as one large group with the facilitator acting as a guide.</p> <p>Have plenty of breastfeeding props nearby, such as a doll, breast model, belly balls, or an education activity kit so you will be prepared to provide a variety of education after validating a potentially wide range of participant concerns.</p> <p>Ensure your client breastfeeding referral handout is current (as required by policy BF:01.0)</p>

Part 2: Session Outline

Lesson: Type lesson code and title here.

Item	Notes for Conducting the Session
<p>Introduction: Create a respectful and accepting learning environment by welcoming participants, introducing yourself, reviewing agenda exploring ground rules, making announcements, etc.</p>	<p>Introduce yourself and the class topic and announce any ground rules you prefer.</p> <p>Example:</p> <p>Welcome to today's class on breastfeeding. My name is _____.</p> <p>Bienvenidas a la clase de hoy sobre la lactancia materna. Mi nombre es _____.</p> <p>We want everyone to participate.</p> <p>Be respectful of others as they are talking.</p> <p>Feel free to step out for a while if you need to.</p> <p>(any ground rules you prefer to use at your agency)</p>
<p>Icebreaker: Anchor the topic to the participants' lives. Use a question or activity likely to bring out positive but brief comments; Can be done as a group or partners.</p>	<p>What I would like to do before we get started is for everyone to please introduce yourself by stating your name and one thing you have heard about breastfeeding your baby.</p> <p>Lo que quiero hacer antes de empezar la clase es que todas se presenten diciendo su nombre y una cosa que hayan oído sobre la lactancia de su bebé.</p> <p>The instructor should jot down everyone's responses in their notes or on a white board for review.</p>
<p>Activities: For each learning activity, list instructions and include three to five open-ended discussion questions. Keep in mind that activities should enable participants to meet the learning objectives.</p>	<p><u>Activity 1- Discussing the Benefits</u></p> <p>Ask the class (as a whole, in groups, or in partners):</p> <ul style="list-style-type: none"> • <i>Can you all name some reasons why breastfeeding is the healthiest choice for mom and baby?</i> <p>¿Pueden decirme las razones por las cuales amamantar es la opción más sana para la mamá y el bebé?</p> <ul style="list-style-type: none"> • Give them time to talk it over amongst themselves. Then have them share their answers and discuss it as a class. <p><u>Activity 2 – Validating Concerns</u></p> <ul style="list-style-type: none"> • Review any participant concerns that were mentioned during the

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	<p>icebreaker activity. Validate concerns and provide education to lessen their concerns.</p> <ul style="list-style-type: none"> For example if someone mentioned pain as a concern, validate their concern by saying something like: <p style="text-align: center;"><i>This is a common concern that women have and it usually means the baby is not attaching to the breast correctly. We are going to talk about how to breastfeed without pain during this class.</i></p> <p style="text-align: center;"><i>Esta es una inquietud común entre las mujeres y generalmente quiere decir que el bebé no está agarrando bien el pecho. En esta clase, vamos a hablar sobre cómo amamantar sin dolor.</i></p> Then ask: <p style="text-align: center;"><i>Can you name some reasons women experience sore nipples when breastfeeding?</i></p> <p style="text-align: center;"><i>¿Pueden darme algunas razones por las que a las mujeres les duelen los pezones cuando amamantan?</i></p> <p>Give them time to talk it over. Then have someone share their answer and discuss it as a class.</p> As a class, demonstrate proper latch and positioning with the baby dolls and breast model. Allow time for participants to practice positioning with the baby dolls. Continue this activity until all concerns are addressed. <p><u>Activity 3 – Use of Breastfeeding Tool and When to Request Help</u></p> <ul style="list-style-type: none"> Pass out the handout “How to Know Breastfeeding is Going Well” (stock # F13-06-13104/A) and your Client Breastfeeding Referral Handout Review how to correctly use the forms as a class. Inform the class that these are two helpful resources to have in the first days after baby is born. Recognize that the 1st few weeks of breastfeeding can be challenging because it is a learning process, but every breastfeeding problem has a solution and WIC is here to help. Optional: Pass out Every Ounce Counts Stickers and Breastfeeding Peer Counselor Business Cards.

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<p>Review and Evaluations: <i>Invite participants to summarize the key points and share how they will use what they learned in the future. List a question/activity to prompt this. List any community or other resources for clients.</i></p>	<p>Ask participants:</p> <ul style="list-style-type: none"> • <i>With the information you received in class today, can you identify 2 resources you can call, email or look up online if you have questions or need help with breastfeeding?</i> <p><i>Con la información que recibió hoy en la clase, ¿puede identificar 2 recursos donde puede llamar o enviar un correo electrónico, o buscar en Internet si tiene preguntas o si necesita ayuda con la lactancia materna?</i></p> <ul style="list-style-type: none"> • Ask if there are other questions or concerns that were not addressed or if anyone would like to share anything more about previous breastfeeding experiences. Allow time for questions and answers and shared experiences. • End the class by reminding everyone that breastfeeding should be an enjoyable experience for both mom and baby and WIC is there to help.
<p>Personal Review of Session (afterward): <i>Take a few moments to evaluate the class. What will you change?</i></p>	<p><i>What went well?</i></p> <p><i>What did not go as well?</i></p> <p><i>What will you do the same way the next time you give this class?</i></p>
<p>Supplemental Information – <i>Describe any attachments and include any other needed information.</i></p>	<p>Sample local agency client breastfeeding referral handout for participants.</p>