



## Breast Feeding Video Study Guide

*A review of the training video qualifies the participant for the 0.25 hour training credit.*

*A completed study guide attached to the training certificate will qualify the participant for the 0.5 hour training credit.*

During the introduction the narrator, Mallory, stated "...Breast milk is the perfect infant food..."

With this thought in mind and based on the information presented in this video, discuss the following points with your supervisor, trainer or another more experienced staff member:

1. Review any policies and procedures in place in your program and discuss them with your supervisor or trainer to ensure you are comfortable implementing them in your program. Compare and contrast the information presented in this video with the information currently in place in your program. Write down two or more practices needed to implement any of these ideas.
2. Nina shared her experiences with a tube fed infant and other infants with special needs. Based on the information Nina shared, discuss how you would gather information for a breast fed infant with special needs that may enroll in your program. Write down three or more main points you need to know to help the mothers & infants.
3. Kelly shared that parents of breast fed infants are generally thrilled to know they can keep their infant on breast milk when their child begins childcare. What do you need to have available in your program so a breast feeding mother can stop by during child care hours and feed her child in your program? List these items.
4. Mallory shared that when programs develop a "yes we can" attitude, parents feel empowered to continue to breast feed an infant after enrolling their child in child care. With your supervisor or trainer, create some statements that you can share with parents of a breast fed infant that explains how your program supports parents of breast fed infants.



ARIZONA DEPARTMENT  
OF HEALTH SERVICES



# EMPOWER PACK PROGRAM BREAST FEEDING VIDEO

Name of Participant: \_\_\_\_\_

Date of training: \_\_\_\_\_

*The participant listed above completed a review of the Breast Feeding Video and is receiving credit for 0.25 (1/4) hour of training.*

*If the Study Discussion Guide is completed and attached, the participant may receive a total credit for 0.5 (1/2) hour of training.*

Total credit awarded: \_\_\_\_\_ hr. Supervisor/Trainer Signature (required): \_\_\_\_\_