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What Will You Learn?

After completing the Breastfeeding e-learning course and guidebook, you will be able to:

- Understand your role in breastfeeding promotion and support
- Recognize and understand important steps in good latch and positioning
- Explain ways healthy mothers can ensure they make enough milk
- Understand the scope of practice for providing breastfeeding education to WIC participants
- Explain the types of services your community and Local Agency provide to breastfeeding women

Items Needed for This Course

- Pen or pencil
- Book: *Breastfeeding: Keep It Simple* by Amy Spangler
- Local Agency Referral List

Recommended Time

- Approximate time it takes to complete the Breastfeeding e-learning course: 2-4 hours
- Approximate time it takes to complete the face-to-face activities and discussion: 2-3 hours

Things to Remember

- The guidebook is yours to keep.
- You are encouraged to take notes, highlight, or write in the guidebook.
- As your trainer chooses, you may work in a group or as an individual.
- You are encouraged to ask your trainer(s) for help, ask questions about the information in the Breastfeeding course, or ask any questions about additional topics related to breastfeeding.
Breastfeeding: LMS Course

Begin the Breastfeeding e-learning course. Please complete the steps in the following order:

☐ Open the Breastfeeding course.
☐ Complete Breastfeeding Guidebook Activities, either individually, with other trainee(s), or with your trainer.
☐ Meet with your trainer to discuss each module and the activities.
Module 1: Introduction to Breastfeeding

Activity 1 – Breastfeeding

OBJECTIVES:
1. Give examples of reliable sources of information about breastfeeding.
2. Identify health benefits of breastfeeding for mother and baby.
3. Describe differences between breastmilk and formula.
4. Give examples of common breastfeeding concerns shared by women.
5. Follow steps for shared decision making.
6. Offer accurate information and appropriate referrals for questions about medications and breastfeeding.
7. Identify uncommon situations when mothers should NOT breastfeed.

With the trainer, discuss your role in breastfeeding promotion and support, then complete the following questions.

1. List at least five health benefits for the breastfeeding mother.

2. List at least five health benefits for the breastfed infant.
3. Describe some of the differences between breastmilk and formula.

4. What are examples of reliable sources of information about breastfeeding?
### Activity 2 – Common Breastfeeding Concerns

Describe some common concerns mothers may have about breastfeeding both during pregnancy (before breastfeeding) and immediately postpartum (while breastfeeding).

<table>
<thead>
<tr>
<th>Common Concerns Before Breastfeeding</th>
<th>Common Concerns While Breastfeeding</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Activity 3 – Shared Decision Making**

Our job is to provide accurate information to families so they can make informed decisions. The clients’ job is to make the choices that are best for their families. This relationship is referred to as shared decision making.

![Diagram showing shared decision making]

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**Answer the following questions based on what you learned about the shared decision-making process.**

1. **What are the four rules for shared decision making?**

2. **How would you interact with a mother who has questions about a medication and breastfeeding?**
3. The majority of women can breastfeed. Name at least five of the uncommon situations in which a mom should not be breastfeeding.
Module 2: Services Available to Breastfeeding Women

Activity 1 – Services Available to Breastfeeding Women

OBJECTIVES:
1. Offer a variety of different breastfeeding services based on participant needs.
2. Refer breastfeeding mothers to local community breastfeeding services.
3. Identify and explain the purpose of specific breastfeeding supplies that their agency offers.
4. Describe the role of the Breastfeeding Peer Counselor Program in their agency, if applicable.

The WIC Program offers a variety of community services and supplies to breastfeeding mothers. Answer the following questions about breastfeeding services and supplies offered by your Local Agency.

1. What are some of the breastfeeding services offered by WIC to breastfeeding mothers?

2. Discuss with your trainer which community breastfeeding services are available to WIC participants in your area and how to refer to these services when appropriate. Review your Local Agency Referral List together to designate breastfeeding resources.
3. What are some of the breastfeeding supplies offered by your agency to breastfeeding mothers?

4. Some, but not all, agencies have a Breastfeeding Peer Counselor Program; describe the role of a breastfeeding peer counselor.
Module 3: Introduction, Getting Started

Activity 1 – Introduction, Getting Started

OBJECTIVES:
1. Identify changes during pregnancy that prepare a mother’s body to initiate breastfeeding.
2. Share factors that support the successful initiation of breastfeeding in the hospital and improve the transition to breastfeeding at home.
3. Share characteristics of effective latching and body position to support successful feeding and improve mom’s comfort.
4. Offer accurate information about the safe storage of breastmilk. Trainee identifies infant cues such as feeding cues, engagement cues, and disengagement cues.

Offering anticipatory guidance, along with helpful latching and positioning techniques, can help moms get breastfeeding off to a good start. Complete the following questions.

1. Recognizing and understanding how the breasts change during pregnancy can encourage a mother to breastfeed. Many changes occur; please describe three.

2. How babies are fed in the hospital strongly influences how they are fed after they get home. Babies who are breastfed at the hospital and do not receive formula are more likely to continue to be breastfed at home. What are the three main reasons why a mother may unnecessarily supplement her baby with formula at the hospital?
There are different ways to get a comfortable latch. No matter which position moms use to latch their newborns, there are a few things that all comfortable and effective latching and positioning have in common. Complete the checklist below with these common characteristics of successful latching.

**Checklist for Latching**

Activity 2 – Breastmilk Storage Guidelines

1. Not all breastfeeding mothers need a breast pump. However, in certain situations, early pumping will help mothers build up their milk supply if they are separated from their babies or their babies are sick. WIC provides tips for mothers using breast pumps, including information on safely storing breastmilk.

Complete the table below on milk storage guidelines.

<table>
<thead>
<tr>
<th>Storage Temperatures*</th>
<th>Counter top or table</th>
<th>Refrigerator</th>
<th>Freezer with separate door</th>
<th>Deep Freezer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Freshly Pumped / Expressed Human Milk</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thawed Human Milk</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Storage times and temperatures may vary for premature or sick babies. Check with your health care provider.

These guidelines are for healthy full term babies

Guidelines are for home use only and not for hospital use.
Activity 3 – Infant Feeding Cues

Cues are how babies interact and communicate with their parents and caretakers. Complete the following questions and table regarding infant cues.

1. **FEEDING CUES** – Feeding cues are signs a baby gives to tell his mother he is getting hungry. The best time to breastfeed is at the first sign of early feeding cues. A baby will often use several feeding cues, or clustered feeding cues, to show she is hungry. Describe five examples of feeding cues a new mom should look for.

2. **OTHER CUES** – Babies use cues to tell their parents more than just when they are hungry and full. Babies use “I want to be near you” cues when they are ready to learn, feed, or play. Babies use “I need something to be different” cues because they are overstimulated, tired, uncomfortable, or in pain. Complete the table below by describing some of these other infant cues.

<table>
<thead>
<tr>
<th>Engagement Cues or “I Want to Be Near You” Cues</th>
<th>Disengagement Cues or “I Need Something to be Different” Cues</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
3. Moms worry when their babies cry, and it is important to remember that hunger is not the only reason babies cry. Parents can figure out what is causing the problem by looking at the baby’s cues and what is happening around the baby.

What are some reasons that babies cry or seem fussy?
Activity 4 – Breastfeeding True or False

Determine if the following statements are true or false (circle T or F). If the statement is false, change the statement to make it true.

1.  T or F  Babies generally nurse 8-12 times in 24 hours.

2.  T or F  It is best to feed a baby based on a set feeding schedule.

3.  T or F  It is common for newborns to take two to three days to learn how to latch effectively.

4.  T or F  A baby who is fussy, frowning or arching their back doesn’t want to breastfeed.

5.  T or F  Cluster feeding is a normal newborn behavior when a baby eats more frequently than usual for a few hours.

6.  T or F  After a baby is born, a mother’s milk supply will rapidly increase immediately.

7.  T or F  For a mother’s body to make more milk, a baby needs to feed well and often.

8.  T or F  To make enough milk, a mom should begin pumping within the first six hours after birth.

9.  T or F  A mom can tell that her baby is getting enough breastmilk if her baby is happy and satisfied after a feeding, is gaining enough weight, and having enough dirty diapers.

10.  T or F  Breastmilk is basically the same, no matter what mothers eat, so a mother’s diet does not need to be perfect to produce breastmilk.

11.  T or F  The AAP and WIC recommend a supplement of 400 IU Vitamin D a day for breastfed infants.

12.  T or F  Moms should never drink caffeine if they are breastfeeding.

13.  T or F  If a mother smokes cigarettes, she should stop breastfeeding.
Module 4: Open-Ended Questions

Activity 1 – Open-Ended Questions

OBJECTIVES:
1. Ask open-ended questions that lead to understanding common breastfeeding problems and concerns.
2. Explain the impact of common breastfeeding problems on breastfeeding.
3. Offer appropriate support and referrals for common breastfeeding problems.

1. A breastfeeding mom tells you that she doesn’t think she is making enough milk for her baby. What are some open-ended questions you can ask her to help you better understand what is happening?

Activity 2 – Referrals and Support for Breastfeeding Problems

Some mothers will have trouble getting breastfeeding started in the first two weeks. There may be feeding difficulties that indicate the need for further assessment and support. A mother with breastfeeding issues should be referred to a lactation specialist and her health care provider. Complete the table below by defining, in your own words, what the breastfeeding complication is and key words to listen to during the breastfeeding assessment. Remember, mothers with breastfeeding problems listed below should be referred to a lactation specialist and her health care provider.
<table>
<thead>
<tr>
<th>Breastfeeding problem</th>
<th>What is it? How can it impact breastfeeding? What would you share with a mom before referring?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Engorgement</td>
<td></td>
</tr>
<tr>
<td>Sore Nipples</td>
<td></td>
</tr>
<tr>
<td>Sleepy Baby</td>
<td></td>
</tr>
<tr>
<td>Overactive Letdown</td>
<td></td>
</tr>
<tr>
<td>Jaundice</td>
<td></td>
</tr>
<tr>
<td>Prematurity</td>
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