



# WIC Breastfeeding Peer Counselor Training Manual Notes for Facilitators



- This manual was written using the principles of *Learner-Centered Education (LCE)*. This approach to adult learning uses the key elements of acknowledgement and respect for prior adult experience to engage the adult learner. LCE redefines the traditional, didactic teacher-learner roles by encouraging active participation from the learner. In LCE, the educator-learner relationship is a partnership based upon mutual respect and exchange of ideas. Participants in an LCE-designed session should do at least fifty percent (50%) of the talking and activity during the class.
- A *Power Point* presentation has been developed to use with this manual. It is available at:  
<http://www.wicworks.ca.gov/breastfeeding/peerCounselorManual.htm>
- The manual is divided into 5 sessions, each lasting approximately 4 hours. Users of the California WIC Breastfeeding Peer Counselor Training Manual have told us that the training times listed for each session should be considered only a rough guide to the actual time that may be required to conduct the session. The facilitator must be flexible to adapt to the needs of her audience.

*"When I taught my staff (who had varying degrees of knowledge on breastfeeding) we were hard pressed to finish in 4 hours. When I do this for WIC moms, I know I will have to take it much slower. Probably do a 6 hour session with a break for lunch. For example, start at 9 am and finish at 3 pm but give breaks along the way."*

*---Anne Garrett, RN, MS, IBCLC, Breastfeeding Coordinator,  
San Mateo County WIC*

- The latch-on exercise in Session 2 calls for balloons, which are typically made from latex. The facilitator should make it clear that individuals with latex allergies should not participate in this activity. In addition, provide an alternative to colored lipstick, such as chapstick or clear lip gloss, for class participants who may not want to use lipstick in the exercise.

# WIC Breastfeeding Peer Counselor Training Manual

## Session #1

Topics: Introductions, Session Expectations, Overview of Peer Counseling Program, Overview of Training, Breast Anatomy, Milk Production, Best Start's 3-Step Counseling Method

### CLASS MATERIALS REQUIRED:

- Sign-In Sheet
- Name Tags, Table Tents
- WIC Breastfeeding Peer Counselor Training Manual
- Pens/Highlighters/Markers/Tape/Scissors/Post-It Notes
- Learning Tree
- Belly Balls or other tools to demonstrate the size of a baby's stomach
- Breast Model

### EQUIPMENT:

- Lap Top
- LCD Projector
- WIC Breastfeeding Peer Counselor Training Power Point CD
- Extension Cord
- Clock
- Easel/Flip Chart

### HANDOUTS:

- Handout #1 "Open Ended Questions" (see appendix)
- \_\_\_\_\_

### Materials for Optional Activities:

- Balloons and Markers
- \_\_\_\_\_

### Additional Materials:

- Refreshments
- \_\_\_\_\_

*Adapted from materials produced by the San Bernardino County Department of Public Health WIC Program*

# WIC Breastfeeding Peer Counselor Training Manual

## Session #2

Topics: Formula and its Disadvantages, Recognizing When to Feed Baby, Getting Breastfeeding Off to a Good Start, Signs that Breastfeeding is Going Well, Peer Counselor Guest Speaker, Closing Activity

### CLASS MATERIALS REQUIRED:

- Sign-In Sheet
- Name Tags
- Pens/Highlighters/Markers/Tape/Scissors/Post-It Notes
- Learning Tree
- Belly Balls or other tools to demonstrate the size of a baby's stomach
- Building Blocks (Breastmilk vs. Formula)
- Infant Training Doll/Teddy Bear (if possible bring extras)
- Breast Model
- Balloons/Lipstick and/or Chapstick/Q-Tips

### EQUIPMENT:

- Lap Top
- LCD Projector
- WIC Breastfeeding Peer Counselor Training Power Point CD
- Extension Cord
- Clock
- Easel/Flip Chart

### HANDOUTS:

- Handout #2: "Find Someone Who..." (see appendix)
- Handout #3: "How Does Formula Compare to Breastmilk?" (see appendix)
- Handout #4: "Your Baby's First Week of Breastfeeding" (see appendix)
- Handout #14: Observer's Checklist (see appendix)

### Materials for Optional Activities:

- Video on Infant Feeding Cues
- Samples of Foremilk and Hindmilk

### Additional Materials:

- Refreshments

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# WIC Breastfeeding Peer Counselor Training Manual

## Session #3

Topics: Early Breastfeeding Problems, Medications and Herbal Remedies, Birth Control Methods, Unhealthy Environments, Closing Activity

### CLASS MATERIALS REQUIRED:

- Sign-In Sheet
- Name Tags
- Pens/Highlighters/Markers/Tape/Scissors/Post-It Notes
- Learning Tree
- Belly Balls or other tools to demonstrate the size of a baby's stomach

### EQUIPMENT:

- Lap Top
- LCD Projector
- WIC Breastfeeding Peer Counselor Training Power Point CD
- Extension Cord
- Clock
- Easel/Flip Chart
- Childbirth Graphics Breastfeeding Flipchart
  1. Breastfeeding picture
  2. Bottle feeding picture
- Song Titles on Flip Chart Paper
  1. We Shall Overcome
  2. I'm So Excited
  3. Ain't No Mountain High Enough
  4. Long And Winding Road
  5. Another Day In Paradise
  6. Complicated

### HANDOUTS:

- Handout #14: Observer's Checklist (see appendix)

### Additional Materials

- Refreshments

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# WIC Breastfeeding Peer Counselor Training Manual

## Session #4

Topics: Helping Mothers with Special Challenges, Helping a Grieving Mother, Expressing Milk, Weaning, Cultural Awareness, Closing Activity

### CLASS MATERIALS REQUIRED:

- Sign-In Sheet
- Name Tags
- Pens/Highlighters/Markers/Tape/Scissors/Post-It Notes
- Learning Tree
- Belly Balls or other tools to demonstrate the size of a baby's stomach
- Infant Training Doll/Teddy Bear
- Breast Model
- Breast Pumps
- Sunshine Wheels on Flip Chart Paper

### EQUIPMENT:

- Lap Top
- LCD Projector
- WIC Breastfeeding Peer Counselor Training Power Point CD
- Extension Cord
- Clock
- Easel/Flip Chart

### Materials for Optional Activities:

- Balloon (one for demonstration of hand expression)

### ADDITIONAL MATERIALS:

- Refreshments
- \_\_\_\_\_

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# WIC Breastfeeding Peer Counselor Training Manual

## Session #5

Topics: Challenges to Breastfeeding, Referral to a Lactation Specialist or Health Care Provider, Documentation and Confidentiality, Telephone Manners, Topics to Cover When Talking to Mothers, Practice Counseling, Next Steps and Feedback, Closing Activity and Celebration

### CLASS MATERIALS REQUIRED:

- Sign-In Sheet
- Name Tags
- Pens/Highlighters/Markers/Tape/Scissors/Post-It Notes
- Learning Tree

### EQUIPMENT:

- Lap Top
- LCD Projector
- WIC Breastfeeding Peer Counselor Training Power Point CD
- Extension Cord
- Clock
- Easel/Flip Chart

### HANDOUTS:

- Handout #7 (see appendix) "Birth Plan That Supports Breastfeeding Moms"
- Handout #8 (see appendix) "Working and Breastfeeding"
- Handout #9 (see appendix) "Reasons for Referral"
- Handout #11 (see appendix) "Telephone Counseling Sessions"
- Handout #12 (see appendix) "Suggestions for Topics to Cover"

### ADDITIONAL MATERIALS:

- Refreshments
- Cake
- Camera
- Certificate of Completion
- Training Evaluations (Handout #13)

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## OTHER NOTES:

