

CALIFORNIA WIC

# Breastfeeding Peer Counseling Program



Session 2

*Mothers Helping Mothers!*

# Session 2





# Activity Warm-Up

## Worksheet #3 – Find Someone who. . .

- ☞ Fits each description
- ☞ Write their name on the appropriate line
- ☞ Talk to as many different people as possible
- ☞ You have 5 minutes . . . Go!

# Review & Preview

## Review of Session 1

- ✦ Compare milk samples
- ✦ Practicing the 3-Step Strategy “How did it go?”
- ✦ Questions from Session 1?

## Preview Today's Topics (Session 2)

- ✦ Circle what you are looking forward to learning
- ✦ Questions about these topics?

# Formula and Its Disadvantages

# Formula

## **Formula**

- ✦ Cow's milk or soybean protein
- ✦ Has "ingredients" needed for growth
- ✦ Missing things important for optimal health

## **Breastmilk**

- ✦ 200 ingredients over formula
- ✦ Breastmilk helps protect against disease
- ✦ Breastmilk supports growth and development

# Formula ≠ Breastmilk

- ❧ Formula makers add ingredients
- ❧ Can't make all ingredients in breastmilk
- ❧ Formula = "Artificial Baby Milk" (ABM)  
Unnatural, man-made

**Babies are meant to breastfeed!**

# Activity

## How Does Formula Compare to Breastmilk?



- Review Appendix #1: "How Does Formula Compare to Breastmilk"
- Circle what surprises you most about the differences between breastmilk & formula
- Share what you circled

# Disadvantages of Formula

“Benefits of breastfeeding”

VS

“Disadvantages of formula”

Reframing your thinking...





# Activity

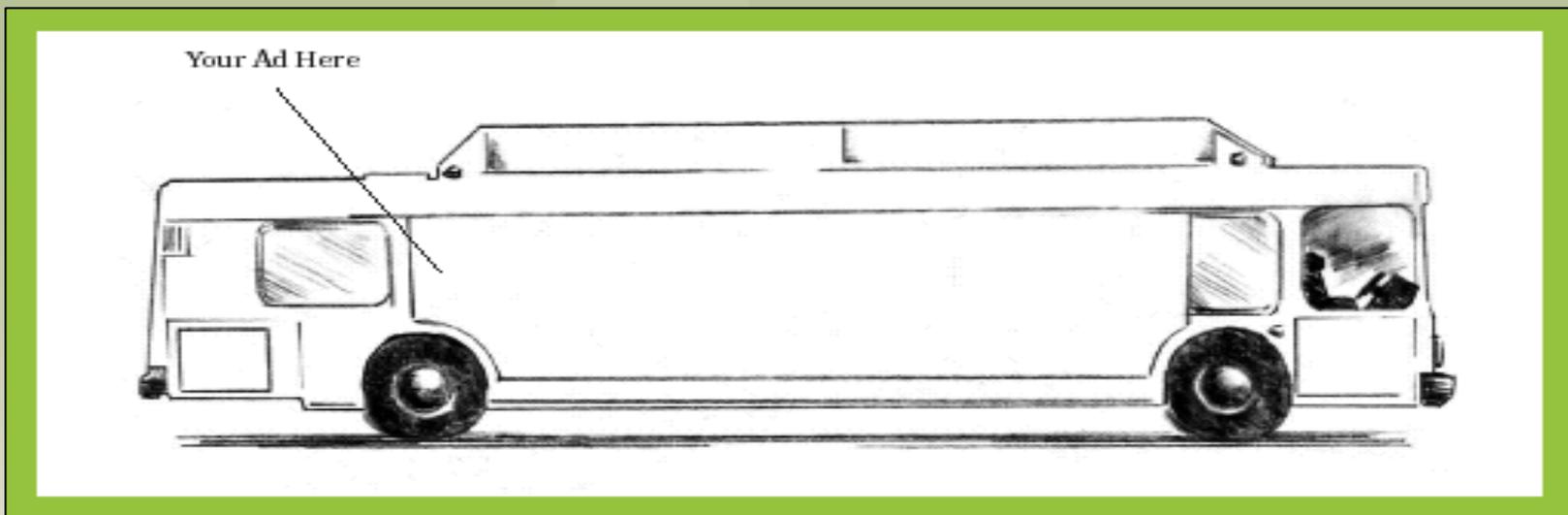
## Disadvantages of Formula

- ❧ Close your handbooks
- ❧ Break up into 4 groups
  - ✦ Babies
  - ✦ Mothers
  - ✦ Family
  - ✦ Society
- ❧ Make a list of disadvantages of formula for your assigned group



# Activity

## Disadvantages of Formula (cont'd)



Create a "Disadvantages of Formula" Ad  
What would you like the public to know?

# Exclusive/Fully Breastfeeding: The Gold Standard

# Definitions

## Exclusively breastfed

- ✦ Breastmilk only
- ✦ May take vitamins or medicine
- ✦ No formula, water, or anything else

## Fully breastfed

- ✦ Receives breastmilk only or breastmilk & solid foods
- ✦ No formula

# If You Use Formula?

- ❧ Proteins in formula can be harmful to newborns - may cause allergies or diabetes
- ❧ Baby has more bad bacteria due to high iron level and lower acidity of formula
- ❧ Mothers may get their periods sooner
- ❧ Mothers may find it harder to lose weight

# Recognizing Baby's Cues

# Feeding Cues



## HUNGER

- ☞ Babies signs of hunger - called "cues"
- ☞ Breastfeed with baby's early hunger cues
- ☞ Breastfeed before babies cry

# Feeding Cues



## FULLNESS

- ☞ Healthy babies stop eating when they've had enough
- ☞ Mothers can learn to tell when baby is full
- ☞ Babies show "cues" for fullness too



# Activity

## Baby Behavior

- 🌀 How could you tell when your baby was hungry before he or she cried?
- 🌀 How did you know when your baby was full?
  - ✦ Share your thoughts with the group
  - ✦ Compare list to page 34
  - ✦ Video on infant feeding cues (optional)

# Feeding Patterns

## Newborns breastfeed 10-12 times in 24 hrs

- ✦ May feed for close to an hour or just “snack”
- ✦ Feed quickly or slowly
- ✦ Don't “Watch the Clock!”
- ✦ Breastfeed when baby shows hunger cues
- ✦ Newborns can sleep for one 4-5 hour stretch

# Cluster Feeding

- ❧ Babies sometimes breastfeed several times in a short time period
- ❧ Helps meet sleep needs or a growth spurt
- ❧ Mothers may think something is wrong
  - “She is eating all of the time!”
- ❧ It is NORMAL



# Too Much Time Breastfeeding?

🌀 Babies also breastfeed for other reasons

- ✦ closeness
- ✦ comfort
- ✦ security

🌀 Healthy newborns breastfeed 7 hrs/day

🌀 Mom should know babies, esp. newborns, breastfeed often





# Activity

## Feeding Patterns

- Find Worksheet #4 – “Infant Feeding Patterns”
- Fill in the blanks in your table groups (find answers in your handbook)
- Share answers with the large group

# Discussion

Read and discuss  
Appendix #2 – “Babies Cry,  
Babies Sleep”



Who had a sleepy or fussy baby?

What was it like for you?

# Sleepy Babies

**“Sleepy babies” or “very good babies”**

- ✎ May not be getting enough breastmilk!
- ✎ Sleep for long periods of time or fall asleep after breastfeeding for only a short time
- ✎ Count the number of wet and poopy diapers to make sure that baby is getting enough breastmilk (we will talk about this later today)

# Sleepy Babies

❧ **Help sleepy babies stay awake & breastfeed**

Especially if:

- baby falls asleep after breastfeeding for only a few minutes
- breasts have not softened

❧ Babies feed with bursts of sucks & pauses

❧ Sleepy baby may pause longer



# Fussy or Colicky Babies

- ❧ Early fussiness often confused with breast refusal
- ❧ Babies are often “fussy” late afternoon/evening
- ❧ Some have “colic” and get more upset
  - ✦ May pull legs toward stomach and cry loudly
  - ✦ Cause unknown
  - ✦ Can be stressful
  - ✦ Usually goes away ~ 3 months

# Fussy or Colicky Babies (cont'd)

- ❧ Breastfeed to comfort fussy or colicky baby
- ❧ Encourage mothers NOT to give formula, herbal teas, **or** solid foods (Often makes baby feel WORSE)
- ❧ Be patient, it can take 20 minutes to help a baby calm down
- ❧ Repeat soothing actions over and over



# Activity

## What is Mommy Doing?

### Let's Play!

- 🌀 Listen while your facilitator reads a list of activities a mother may do with her baby
- 🌀 Discuss with your table group "What is Mommy Doing?"
- 🌀 When you think you know the answer, everyone at the table stands up!

# Breast Compression

- ☞ Helps milk flow faster
- ☞ Encourages baby to keep feeding
- ☞ Doesn't replace good latch and position

# Breast Massage

- ☞ Often helps a milk ejection reflex start sooner
- ☞ Can be done while using a warm washcloth or water bottle
- ☞ Doesn't replace good latch and position

# Breast Compression & Massage

- 🌀 Observe while your facilitator demonstrates these techniques
- 🌀 Watch a video clip on breast compression

*What questions do you have about breast compression and massage?*

# Getting Breastfeeding Off to a Good Start

# Making Enough Milk

- ∞ Have a natural birth, if possible
- ∞ Breastfeed
  - ✦ Within the 1<sup>st</sup> hour
  - ✦ Often - 10-12+ times each 24 hr period
  - ✦ On both sides

# Making Enough Milk

- ❧ EXCLUSIVELY breastfeed
- ❧ Avoid pacifiers and artificial nipples
- ❧ Obtain breastfeeding help when necessary, at least by day 3
- ❧ Make sure that baby is getting milk at each feeding



# Activity

## Making Enough Milk, True or False?

- Please close your books
- Call out: "True" or "False" to the statements that your facilitator reads
- Now, open your books and read:  
"Suggestions to Help Increase Milk Supply"



# Activity

## Making Enough Milk

Look at Appendix 3:

“You Can Make Plenty of Breastmilk”

*What questions of do you have about helping moms to make plenty breastmilk?*

# Skin-to-Skin



- ✦ Helps baby to adjust right after birth
- ✦ Facilitates bonding
- ✦ Helps mom build a better milk supply
- ✦ Can be used with older babies too!

# Skin-to-Skin

- ❧ Baby naked on mother's chest - at least for first hour
- ❧ Cover both with blanket, if room is cool
- ❧ Hospital procedures can be done with baby resting on mom's chest... others can wait!



*Used with Permission from ILCA*

# Babies who get Skin-to-Skin time:

- More likely to latch well to breast
- More normal skin temperatures
- More normal heart rates and blood pressures
- Less likely to have low blood sugars (hypoglycemia)
- Less likely to cry
- Breastfeed exclusively longer

# Positioning For a Successful Start to Breastfeeding

- 🌀 Laid-Back Position
- 🌀 Cross-Cradle Hold
- 🌀 Clutch Hold
- 🌀 Cradle Hold
- 🌀 Side-lying hold

# Discussion

## Breastfeeding Positions

- Which breastfeeding positions were most comfortable for you?
- Which positions did you find easiest when you first started to breastfeed?
- What did you like about these positions?



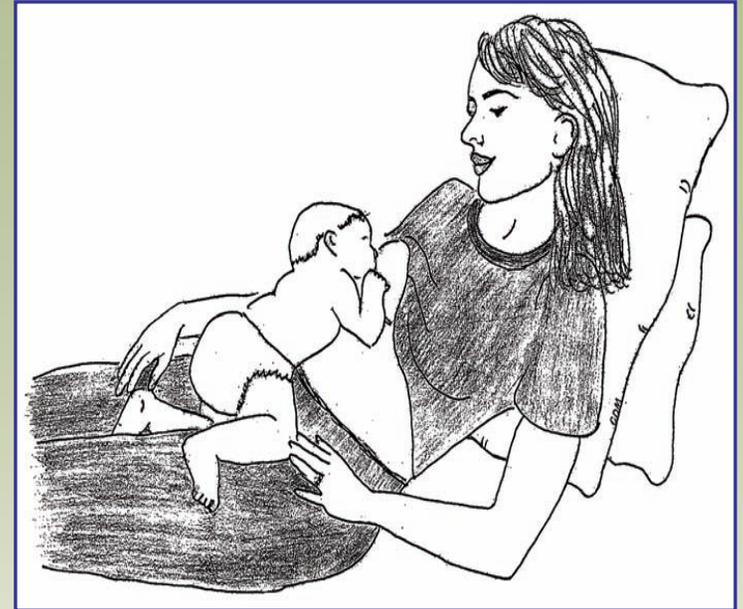
# Positioning

## For all breastfeeding positions:

- While learning, mom & baby should be lightly clothed or skin-to-skin
- Mom & baby need to be comfortable and well supported
- Baby's head should not be turned to side

# Laid-Back Position or “Biological Nurturing”

- ☞ Easy to use
- ☞ Encourages a better latch and milk transfer
- ☞ Newborn uses natural, inborn instincts



# Laid-Back Position or “Biological Nurturing”

- 🌀 Skin-to-skin or light clothing
- 🌀 Mother leans back comfortably; baby lies on top of her
- 🌀 Mother’s body is fully supported
- 🌀 Baby’s body is fully supported

# Laid-Back Position or “Biological Nurturing”

- 🌀 Baby “molds” to mother’s contours
- 🌀 Mom’s hands are free to caress and enjoy her baby
- 🌀 Baby has full access to breast
- 🌀 Baby’s hands don’t get in the way



# Activity

## Biological Nurturing

- 🌀 Watch Baby-Led Breastfeeding DVD
- 🌀 Notice that if the mothers had leaned back gravity would have helped
- 🌀 Discuss as a group



# Activity

## Practice Teaching the Laid-Back Position

Divide into pairs:

- 🌀 Take turns being the mother and the peer counselor
- 🌀 Using dolls and pillows, practice teaching the laid-back position



# Activity

## Chin Positioning

- 🌀 Ask yourself: What position is your head in when you drink a glass of water?
- 🌀 Try swallowing in these positions:
  - ✦ With your head turned to the side
  - ✦ With your chin against your chest
- 🌀 Discuss how it felt

# Watch, Listen, and Practice!

☞ Cross-Cradle Hold

☞ Clutch Hold

☞ Cradle Hold

☞ Side-lying hold

With time, mom and baby will find the position that is best for them!

# Cross-Cradle Hold



## Helpful:

- ❧ Side-lying hold
- ❧ In early weeks
- ❧ When baby's neck needs more support
- ❧ When mother needs to support her breast
- ❧ Can move to cradle hold after baby has latched on

# Clutch Hold (Football)



## Helpful:

- After c-section
- Premature infants
- Mothers with large breasts
- Mothers can see baby's mouth open wide & help with latch

# Cradle Hold



Good position for older babies after breastfeeding is going well.

# Side-lying Hold



## Helpful:

- When mother needs rest
- Avoid in waterbeds or fluffy blankets/comforters
- Can start in cradle hold & slowly lower to side-lying position

# Helping with Positioning

- ☞ Talk her through correct positioning
- ☞ Let her position the baby
- ☞ Let her decide the best position
- ☞ Always ask permission before touching
- ☞ Put your hands over hers, if you need to help
- ☞ Have her position the baby & describe

# Helping A Mother Over the Phone

Ask her questions...

- ❧ Find out if mother is comfortable
- ❧ Back and arms supported
- ❧ Shoulders relaxed
- ❧ How she is positioned
- ❧ How is the baby positioned



# Latch-On

- ❧ How baby attaches to breast
- ❧ Correct latch-on is important to:
  - ✦ Make sure baby gets enough milk
  - ✦ Avoid sore nipples
  - ✦ Encourage breast to make more milk
- ❧ Some babies need a little help

# 4 Steps to Successful Latch

- ☞ “Ridge” breast (sandwich)
- ☞ Bring baby’s nose toward nipple
- ☞ Lower lip touches breast first
- ☞ Mouth takes in underside of areola & breast

“ **Breastfeeding** ” not “ Nipple feeding ”



# Activity

## Latch-on Exercise

### Part A: Find your soft palate

- ☞ Slide tongue back along roof of your mouth until you find a soft spot
- ☞ Nipple goes all the way back to baby's soft palate!



# Activity

## Latch-on Exercise (cont'd)

### Part B: Balloon Activity

Blow up balloon ~ Put on lipstick ~ Open wide

1<sup>st</sup>, bring balloon straight in and "latch-on"

2<sup>nd</sup>, ridge balloon, bring straight in and "latch-on"

3<sup>rd</sup>, ridge balloon, bring underside of balloon to lower lip and roll balloon in to "latch-on" ....

**Compare lipstick marks!**



# Activity

## Latch-on Exercise (cont'd)

Part C: Watch video

**“Nipple Feeding versus Breastfeeding”**  
by Dr. Jane Morton

If you had a nipple feeder, what was it like?

# Signs of a Good Latch

- ❧ Lack of constant pain
- ❧ Chin touching breast
- ❧ Cheeks rounded
- ❧ Nipple may come out longer, not pinched or discolored

# Signs of a Good Latch (cont'd)

- ❧ Lips curled outward
- ❧ Nostrils barely touch breast (if at all)
- ❧ Baby's swallows can be heard
- ❧ Breasts are softer & feel lighter after feeding

# A Good Latch



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# Signs Breastfeeding is Going Well

# Weight Gain

- ☞ Best sign baby is getting enough
- ☞ Babies lose at first - regain by 10-14 days
  - ✦ Gain 1.3 - 3 lbs over birth wt by 1 month
  - ✦ Gain 6-12 ozs per week during second month, and more slowly after that

# Weight Gain (cont'd)

- ☞ Boys grow faster than girls at this age
- ☞ Babies usually double their birth weight by 6 months & triple by 1 year

# Growth spurts

- ↻ Increase in the number of times to breastfeed
- ↻ Only temporary
- ↻ Growth spurts:
  - ✦ 7-10 days old
  - ✦ 2-3 weeks old
  - ✦ 4-6 weeks old
  - ✦ 3 months olds
  - ✦ every other month



I am growing so I am breastfeeding often today because I am placing a bigger order for tomorrow

# Growth Spurts

- Some mothers quit during 1<sup>st</sup> growth spurt
- NORMAL to breastfeed more
- Reassure mother she will make all the milk her baby needs

**If a mother is worried about her baby's growth  
... REFER her to a Lactation Specialist or  
baby's health care provider**

# Adequate Output: Minding Your Pees and Poos



- Another way to tell if baby is getting enough
- Count poopy diapers
  - ◆ Amount increases each day for first few days
  - ◆ Changes in color and texture (NORMAL)
  - ◆ May poop every time they breastfeed (1st few weeks)

# Adequate Output: Minding Your Pees and Poos

## Poopy Diapers:

- ☞ Day 1 – at least 1 thick, dark, tarry stool
- ☞ Day 2 – 2 dark, tarry stools
- ☞ Day 3 – 3 greenish-yellow stools
- ☞ Day 5 (and on) – 3 to 5 mustard-yellow, seedy, thinner stools
- ☞ After 4 – 6 weeks, fewer poopy diapers (NORMAL)

# Adequate Output

## Minding Your Pees and Poos

- For the first 5 days of life:  
at least 1 wet diaper for each day of life
- After day 5: about 6-8 wet diapers each day, continuing through infancy

*Wet diapers don't tell as much, but moms still want to know what to expect.*

# Poop: Day 1 & 2



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thick, dark, tarry stools

# Poop: Day 3



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greenish-yellow stools

# Poop: Day 5 and Beyond



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mustard-yellow, seedy, thinner stools

# Adequate Output: Minding Your Pees and Poos

Watch as the facilitator shows an adequate poopy diaper....

# Discussion

Review Handout #4



“Your Baby’s First Week of Breastfeeding”

What are your questions about this handout and about an adequate diaper?



# Activity

## Concerns About Milk Supply

- ∞ Divide into small groups and answer...
  - ✦ When you were breastfeeding, were you concerned about having enough milk?
  - ✦ If yes, why?
- ∞ Review concerns - 1<sup>st</sup> column
- ∞ Find possible explanations - 2<sup>nd</sup> column

# Reassuring A Mother

☞ Let the mother know that if her baby...

- ✦ is gaining enough weight
- ✦ has enough poopy diapers

... **She is making plenty of milk!**

# Reassuring A Mother (cont'd)

- After day 5: about 6-8 wet diapers each day, continuing through infancy
- If she is worried, address her concerns...

**REFER her to a Lactation Specialist or baby's health care provider**



# Activity

## Practice Helping a Mother with Concerns about Milk Supply

- Divide into groups of 3
- See scenarios in handbook
- Use "Observers Checklist" in Worksheet Section
- Each person plays role of counselor, mother and observer

# Guest Speaker

A peer counselor will share her experiences and give helpful tips



# Activity Closing

🌀 Summarize today's session

🌀 Tree Chart

- What topics were covered?
- Move Post-it Notes

Preview of Session 3 & Homework...





# Homework

**Practice** the 3-Step Strategy with your family and friends before the next session

- ❧ The more you practice, the easier it will become!
- ❧ Don't forget:
  - ✦ Ask questions
  - ✦ Affirm feelings
  - ✦ Educate (when appropriate)