

CALIFORNIA WIC

Breastfeeding Peer Counseling Program



Session 3

Mothers Helping Mothers!

Session 3





Activity Warm-Up “When You Counsel”

- 🌀 Sing the song entitled “When You Counsel” found in your handbook
- 🌀 In groups, make up a new song describing what counseling means to you
- 🌀 Sing your song to large group

Review

- ❧ Turn to a partner and share your experiences practicing the 3-Step Counseling Strategy
- ❧ What are your questions regarding the 3-Step Counseling Strategy or other topics covered in Session 2?
- ❧ Discuss what you learned from the guest speaker

Preview

- 🌀 Locate Agenda for Session 3 in handbook
- 🌀 Review Agenda with large group
- 🌀 What questions do you have about the topics to be covered in this session?

Discussion

Early Breastfeeding Problems



- 🌀 Look at the charts posted around the room
- 🌀 Stand next to a problem you experienced
- 🌀 Write on flip chart paper:
 - ✦ Signs and symptoms
 - ✦ How problem was resolved

Sore Nipples

- Some nipple tenderness in beginning is not unusual
- Seek help if a mother has:
 - ✦ Bruised,
 - ✦ Bleeding, or
 - ✦ Blistered nipples

Causes of Sore Nipples

Most common causes:

- ✦ Poor Positioning
- ✦ Poor Latch

Other causes:

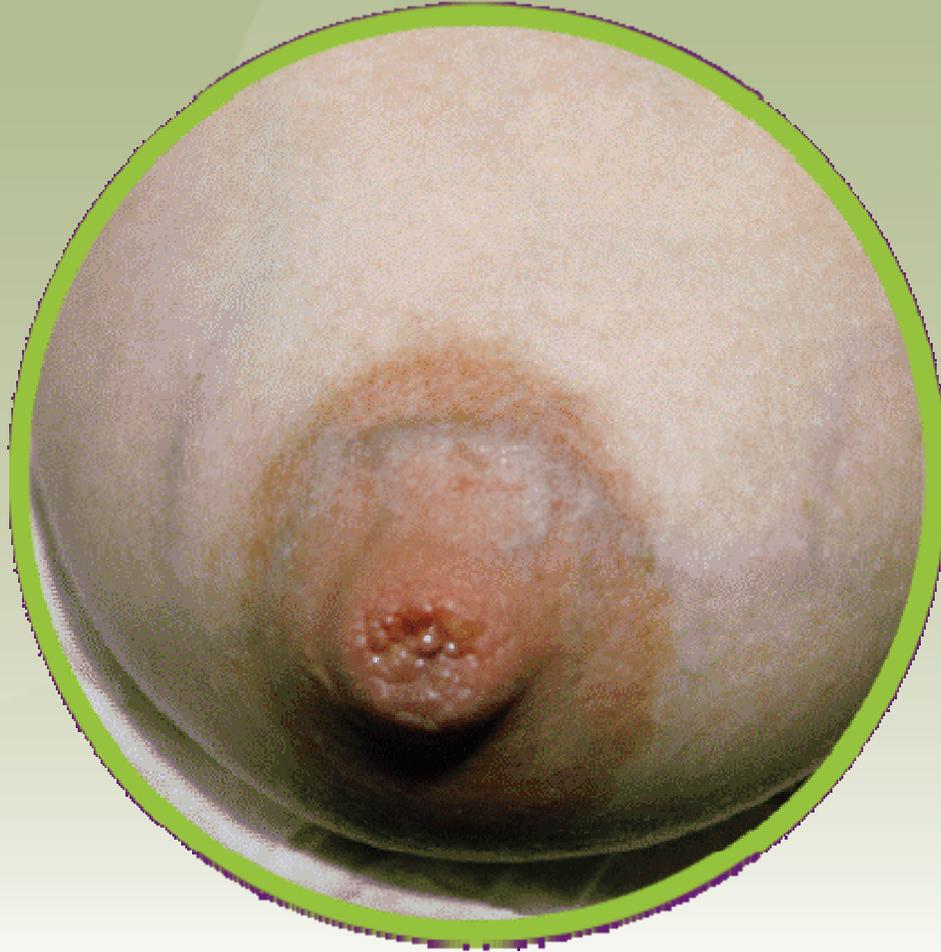
- ✦ Not breaking suction
- ✦ Baby's tongue
- ✦ Incorrect breast pump use
- ✦ Skin problems

Recommend:

- ✦ Corrected positioning and/or latch will bring immediate relief



Damaged Nipple



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Badly Damaged Nipple



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Sore Nipples

- ☞ Continue to breastfeed while nipples heal
- ☞ Applying breastmilk will help with healing
- ☞ Avoid using soaps or applying alcohol
- ☞ Use different positions

If problem continues after helping...
**Refer her to a Lactation Specialist
or her health care provider**

Breast Shells/Nipple Shields

- ✦ Breast shells: protect sore nipples



- ✦ Nipple shields: help baby latch and protect nipple



If a mother is using a nipple shield, ensure she is getting help from a lactation specialist

Breast Fullness vs Engorgement

Fullness

- ✦ Happens between day 2-4
- ✦ Breasts get fuller, heavier & larger
- ✦ Breasts producing mature milk

Engorgement

- ✦ Breasts are hard, red & painful
- ✦ Mother not breastfeeding enough
- ✦ Fluid and milk builds up

“Engorged Breasts”



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Discussion

Engorgement



Look at this balloon representing an engorged breast – why would it be hard to latch onto?

In your groups, discuss what causes engorgement

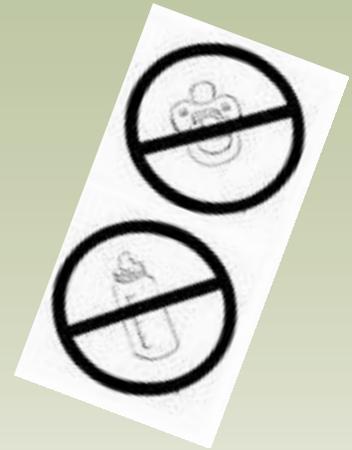
Causes of Engorgement

- ✦ Delayed or missed breastfeeding sessions
- ✦ Incorrect positioning or latch
- ✦ Restricted and/or scheduled feedings
- ✦ Use of formula, water or pacifiers



Causes of Engorgement (cont'd)

- ✦ Baby feeding ineffectively
- ✦ Use of IV fluids during labor
- ✦ Sudden weaning
- ✦ Insufficient pumping
- ✦ Breast surgery



Helping a Mom with Engorgement

- ❧ If milk is flowing massage & apply heat before breastfeeding
- ❧ If milk is not flowing apply cold compresses -
SEEK HELP!
- ❧ Lean breasts into bowl of warm water &
massage
- ❧ Apply pressure around nipple

Helping a Mom with Engorgement (cont'd)

- ☞ Hand express or pump until softer
- ☞ Breastfeed often! (10 -12 times in 24 hrs)
- ☞ Apply cold compresses between feedings

If baby is still having problems latching on...
Refer her to a lactation specialist



Activity

Helping a Mother with Engorgement

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

Plugged Ducts

🌀 A plugged duct:

- ✦ Tender spot or lump in breast
- ✦ Duct blocked with thick milk
- ✦ Happens slowly
- ✦ Milk not able to drain

Plugged Ducts (cont'd)

- ☞ Mother may feel ok - no fever
- ☞ If not treated, may lead to:
 - ✦ Reduced milk production
 - ✦ Breast infection

If a mother has symptoms for more than a few days or starts to get a fever...

REFER her to a health care provider or a lactation specialist

Causes of Plugged Ducts

- ❧ Missed feedings
- ❧ Bra too tight
- ❧ Pulling up bra (instead of loosening it)
- ❧ Using diaper bags/carriers with straps on front

Causes of Plugged Ducts (cont'd)

- ❧ Mother sleeping on stomach
- ❧ Applying pressure to breast while feeding
- ❧ Mother having more milk than her baby needs

Mastitis

- Breast infection
- Occurs at anytime
- Happens quickly
- Feels like the flu (fever $\sim 101^{\circ}$)
- Breast(s) swollen, tender & red
- Treated with antibiotics



NEEDS to be seen by health care provider!

Mastitis



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Mastitis (cont'd)

Encourage mother to:

- ☞ Breastfeed often
- ☞ See health care provider & follow instructions
- ☞ Get plenty of rest
- ☞ Drink plenty of fluids (even when not thirsty)

Thrush

- ❧ Yeast infection
- ❧ May be passed back & forth
- ❧ Can occur at anytime
 - ✦ Early - right after birth
 - ✦ Later - when breastfeeding is going well
- ❧ Mother should continue breastfeeding

Thrush



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Thrush

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Thrush (cont'd)

🌀 Health care provider will treat:

- ✦ Mother
- ✦ Baby
- ✦ Mother's partner (sometimes)

If breastfeeding hurts...

**REFER her to a health care provider
or a lactation specialist**

Thrush (cont'd)

Encourage mother to:

- Continue taking medication as prescribed, even if symptoms are gone
- Use clean, cotton only, breast pads
- Rinse nipples with plain water and air dry

Thrush (cont'd)

Encourage mother to:

☞ Boil pump kit parts - 20 minutes/day

☞ Boil pacifiers, bottle nipples & teethers for 20 minutes/day

✦ throw away after 1 week of treatment

Jaundice

- ❧ Common in newborns
- ❧ Caused by build up of yellow substance in blood – bilirubin
- ❧ Skin and whites of eyes can become yellow
- ❧ Severe jaundice can harm baby's brain

Refer to health care provider!

Jaundice (cont'd)

- 🌀 Babies born with extra red blood cells
- 🌀 Red blood cells break down - bilirubin builds up
- 🌀 Colostrum has a laxative effect – encourages stooling

Jaundice (cont'd)

- ☞ Becomes a problem when baby doesn't stool enough
- ☞ Baby may be sleepy & not breastfeed enough
- ☞ Prevented by:
 - ✦ breastfeeding as soon as possible after birth
 - ✦ breastfeeding 10-12+ times per day

Jaundice (cont'd)

- ❧ Encourage mothers to follow advice of health care provider
- ❧ American Academy of Pediatrics recommends mothers breastfeed often
- ❧ If told to stop breastfeeding, talk about pumping to keep up milk supply and...

Refer to a Lactation Specialist

Spitting Up



Spitting Up

- ❧ Babies spit up for many reasons:
 - ✦ Strong milk-ejection reflex (let down)
 - ✦ Allergy to some formulas
 - ✦ Illness
 - ✦ Too much breastmilk at a feeding
 - ✦ Taking formula before or after breastfeeding
 - ✦ Strong gag reflex

Spitting Up (cont'd)

❧ Outgrow spitting up by 4-6 months

❧ Suggestions that may help:

- ✦ Keep baby in semi-reclined position
- ✦ Give baby a break if gulping or choking
- ✦ Breastfeed on one side at each feeding
- ✦ Recommend not giving formula
- ✦ Encourage mother talk to health care provider about her diet

Spitting Up (cont'd)

Gastroesophageal Reflux Disease (GERD)

- ✦ Serious health problem
- ✦ Babies with GERD can continue to breastfeed

Mother is worried about her baby spitting up...
REFER her to baby's health care provider

Slow Weight Gain

☞ Can be caused by:

- ✦ Not feeding often enough
- ✦ Limiting length of feedings
- ✦ Weak milk ejection reflex (let down)
- ✦ Mother not making enough milk
- ✦ Baby not able to get enough milk
- ✦ Baby is sick

Slow Weight Gain (cont'd)

Mother worried baby not gaining enough weight...

- ✦ Listen to her fears
- ✦ Encourage her to continue breastfeeding
- ✦ Pumping can improved supply
- ✦ Supplementing with formula may be needed temporarily

**REFER to the baby's health care provider
or a lactation specialist**

Failure-to-Thrive

- 🌀 Babies who:
 - ✦ Have not regained weight by 2 wks
 - ✦ Are still losing weight after 7 days
- 🌀 Can also happen after first few weeks
- 🌀 Serious health problem
- 🌀 Followed by a health care provider & lactation specialist

Failure-to-Thrive

❧ Possible causes:

- ✦ Baby's or mother's health problems
- ✦ Not feeding often enough
- ✦ Limiting length of feedings
- ✦ Mother not making enough milk
- ✦ Baby not able to get enough milk
- ✦ Poor bonding

Failure-to-Thrive (cont'd)

☞ When helping a mother...

- ✦ Listen to her fears and be supportive
- ✦ Health care provider may suggest formula
- ✦ Should be able to continue breastfeeding
- ✦ Encourage discussion of her concerns with lactation specialist & baby's health care provider

Baby's Refusal to Breastfeed

- ❧ Baby may suddenly refuse to breastfeed
 - ✦ Mother may think something is wrong with her milk
 - ✦ Mother may have hurt feelings
- ❧ Two main reasons why baby may refuse:
 - ✦ Bottle nipple preference
 - ✦ Nursing strikes

Bottle Nipple Preference

- 🌀 “Nipple confusion”
- 🌀 Giving bottles &/or pacifiers too soon
- 🌀 Faster flow makes milk “easier” to get
- 🌀 Encourage mothers to not give bottles/ pacifiers until baby is 3-6 weeks old

Nursing Strikes

- ❧ Baby suddenly refuses breast
- ❧ Way of telling mother there is a problem
- ❧ Rarely lasts longer than a couple days



Nursing Strikes (cont'd)

Common causes:

- ✦ Return of mother's period or pregnancy
- ✦ New soap, perfume or deodorant
- ✦ Change in mother's diet
- ✦ Baby has earache, cold or other health problems
- ✦ Teething
- ✦ Recently separated from mother (work/school)

Refer to a lactation specialist if strike lasts more than 24 hrs.



Activity

Counseling Mothers with Early Breastfeeding Problems

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

Medications and Herbal Remedies

Medications and Herbal Remedies

- ❧ Most medications okay
- ❧ Check with HCP before taking
- ❧ Talk to lactation specialist if told to stop breastfeeding
- ❧ May need to “Pump and Dump”
- ❧ Pseudoephedrine (Sudafed) can reduce milk supply

Common Herbal Remedies

- ✧ In some cultures used to treat illnesses
- ✧ Most are not harmful
- ✧ Some are very dangerous
- ✧ May increase or decrease milk supply
- ✧ Before she uses any herbs check with lactation specialist

Birth Control Methods

- ❧ Many options for breastfeeding mothers
- ❧ Choice may depend on:
 - ✦ Culture
 - ✦ Religion
 - ✦ Lifestyle
- ❧ Talk to healthcare provider about birth control before baby is born
- ❧ Choose method that will work with breastfeeding

Non-Hormonal Methods

- ❧ Barrier Methods
- ❧ Spermicides
- ❧ IUDs (intrauterine device)
- ❧ Sterilization

Non-Hormonal Methods

- ❧ LAM (Lactational Amenorrhea Method)
- ❧ All of the following must be present:
 - ✦ Exclusively breastfeeding
 - ✦ Period has not returned
 - ✦ Baby less than 6 months old
 - ✦ Still breastfeeding at night

Non-Hormonal Methods

🌀 Natural Family Planning

- ✦ No sex during certain times of month
- ✦ Both partners trained & want to use method
- ✦ Mother watches temperature, vaginal mucous, & number of days since last period
- ✦ Classes available to learn about this method

Not Forms of Birth Control

☞ Rhythm method

☞ Withdrawal



Hormonal Methods - Progestin

☞ Progestin

☞ Possible reduction in milk supply if:

- ✦ Started before baby is six weeks old
- ✦ Dose is too high
- ✦ Mother does not have a good milk supply

Hormonal Methods - Progestin

- 🌀 The Mini-pill
- 🌀 Depo-Provera
- 🌀 Progestin IUDs
- 🌀 The Morning After Pill

Hormonal Methods - Estrogen

- ❧ The Pill
- ❧ The Patch
- ❧ Vaginal Contraceptive Ring
- ❧ DO NOT use until baby is at least 6 months old
- ❧ Estrogen often reduces milk supply

Activity

Counseling Mothers with Concerns about Birth Control



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

Unhealthy Environments

Cigarettes



- ☞ Mothers who smoke should still breastfeed their babies
- ☞ Breastmilk protects babies from harm caused by nicotine & second hand smoke

Cigarettes (cont'd)

☞ Second hand smoke may cause:

- ✦ Colds
- ✦ Ear infections
- ✦ Asthma
- ✦ Higher risk of Sudden Infant Death Syndrome (SIDS)



Cigarettes (cont'd)

☞ Encourage smoking mothers to:

- ✦ Smoke after breastfeeding
- ✦ Smoke outside
- ✦ Change/Remove clothes after smoking
- ✦ Not smoke in bed
- ✦ Quit or cut down on cigarettes



Refer her to a program if she wants to quit

Alcohol

- ✧ Found in breastmilk
- ✧ Equal amounts in breastmilk as in mother's blood
- ✧ More mother drinks = More baby gets
- ✧ May interfere with milk ejection reflex
- ✧ May make baby sleepy or suck poorly

Alcohol (cont'd)

Abuse:

- ❧ Can affect way mother cares for baby
 - ✦ May not take good care of baby
 - ✦ May not breastfeed often enough
- ❧ Regular use/abuse can cause baby to:
 - ✦ Gain weight slowly
 - ✦ Have failure-to-thrive
- ❧ Encourage treatment

Alcohol (cont'd)

☞ No more than 1 drink per day

✦ 5 ounces of wine

✦ 12 oz of beer

✦ 1 ½ ounces of liquor



☞ Highest level occurs one hour after having a drink

Alcohol (cont'd)

Suggestions:

- ✦ Breastfeed first, then wait 2-3 hours after her drink before she breastfeeds again
- ✦ If the baby gets hungry, she should give stored breastmilk
- ✦ If she becomes engorged, she can pump her breasts to feel better

Illegal Drugs

- ❧ Illegal drugs hurt mother & baby
- ❧ Often other drugs mixed in – poisons
- ❧ Mothers might get their children taken away
- ❧ Mother needs to stop breastfeeding
- ❧ Talk to your supervisor





Activity

Counseling Mothers Living in Unhealthy Environments

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

Closing Activity, Preview & Home Assignment



Activity

Closing

Pick a Song Title

- ☞ Stand by the song title that best describes how you feel
- ☞ Share why you picked that song title



Activity Closing

☞ Summarize today's session

☞ Tree Chart

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

☞ Preview of Session 4 & 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)