

# HANDOUTS: PROBLEM SOLVING – DASHBOARD 1: COMMON MATERNAL ISSUES

## PROBLEM SOLVING: COMMON MATERNAL ISSUES

### LEVEL 2 HANDOUT: SCENARIOS

#### **Scenario #1**

Gloria is a WIC mom with a newborn, her first baby, named Julio. Julio is 5 days old. Gloria said she really did not want to breastfeed in the hospital and waited to begin until after she got home. When she woke up this morning, her breasts are “hard as a rock,” and Julio refuses to latch. She called the WIC clinic to see how quickly she can get formula because breastfeeding “obviously isn’t working” the way she planned.

*What the Mom Might Feel:*

*Affirmation:*

*Solution Cards:*

*Yields:*

#### **Scenario #2**

The WIC peer counselor has been following Penny throughout her pregnancy. She was excited about breastfeeding and attended a prenatal class. When her baby, Rose, was born, things started well and she was enjoying breastfeeding. Now, at 2 weeks, however, breastfeeding does not seem to be going as well. She texted her peer counselor to report that her nipples are extremely painful, and Rose cries and fusses whenever she latches. She wants to know what she is doing wrong and how can this be fixed.

*What the Mom Might Feel:*

*Affirmation:*

*Solution Cards:*

*Yields:*

### **Scenario #3**

Lauren is the mother of a new baby, Macie, who is 6 days old. She is determined to breastfeed but reports that she is not sure Macie is getting enough to eat. Macie has trouble latching and once she does, she falls off quickly or goes to sleep. Lauren's mother told her she is starving her baby and she is beginning to believe maybe she is right.

*What the Mom Might Feel:*

*Affirmation:*

*Solution Cards:*

*Yields:*

### **Scenario #4**

Shellie called the WIC office to ask if it is okay to take ibuprofen while breastfeeding her 3-week-old daughter. She tells you she feels like she is going to be ill and is running a low-grade fever. She is worried she might make her baby sick, as well, and hoped to knock it out quickly with an over-the-counter medication. She is concerned, however, whether it is safe to take while breastfeeding.

*What the Mom Might Feel:*

*Affirmation:*

*Solution Cards:*

*Yields:*

### **Scenario #5**

Precious is the new mom of a 1-month-old baby named Terrell. She just returned from a weekend trip to visit her in-laws to show off the new baby, and all went well. When she returned home, however, she noticed her right breast feeling sore and tender to the touch. Baby Terrell is not as interested in nursing on that breast and she feels a bit fuller on that side as a result. This morning in the shower, she felt a bumpy area in that breast and she is concerned she might have breast cancer since there is a history of cancer in her family. She phoned her peer counselor to find out what she should do. She reports that she is not running any fever and her breasts do not appear to be red.

*What the Mom Might Feel:*

*Affirmation:*

*Solution Cards:*

*Yields:*