

COUNSELING: 3-STEP COUNSELING  
LEVEL 1 HANDOUT: PRACTICE #1: AFFIRM!

*Write an affirming statement for these statements a WIC mother might say.*

<b>Mother Says</b>	<b>Affirming Statement</b>
My breasts are too small. The baby will starve.	
I'd be too afraid to breastfeed since I smoke.	
I don't want my dad to see me breastfeed.	
I'm afraid breastfeeding will be too painful.	
She wants to nurse all the time!	
I have to go back to work right after my baby is born.	
My mom says the baby will be too hard to take care of if I breastfeed.	