

Counseling: Beliefs and Basics
Level 1 Handout: Emotion Practice

Situation	Possible Feelings of Participant	Encouragement Mom Might Need
A pregnant adolescent is at WIC with her mother for an initial certification. She is quiet while her mother is doing all the talking for her.		
A mother of a 1-week-old baby is at WIC to certify her newborn. She says she is breastfeeding but wants to get formula because her baby is so fussy.		
A pregnant woman is a single mom of two other children. She works at a local fast-food restaurant and at a small retail store. She rolls her eyes when you ask what she has heard about breastfeeding and says, "There's no way."		
A new mother comes to WIC with her newborn right after discharge from the hospital. She is tearful as she reports frustration over her baby's refusal to latch. Her healthcare provider recommended the baby receive formula until breastfeeding issues are resolved.		