

NORMAL BREASTFEEDING: MOTHER/BABY SEPARATION

LEVEL 2 HANDOUT: COUNSELING ROLE PLAY

Practice counseling a breastfeeding mother who must be separated from her baby.

Situation #1

A WIC mother calls the clinic in a panic. She reports that she has been hospitalized with premature labor contractions and will be unable to keep her WIC appointment. She is 32 weeks pregnant.

Open-ended Questions:

Affirming Statements:

Education/Anticipatory Guidance:

Yields:

Situation #2

A WIC mother calls her peer counselor. She wants to go out with friends to a holiday party without her 2-week-old baby next weekend, and wonders if it is okay to leave her newborn for a few hours.

Open-ended Questions:

Affirming Statements:

Education/Anticipatory Guidance:

Yields:

Situation #3

A mother of a 4-week-old baby attends a postpartum support group at the WIC clinic led by the breastfeeding coordinator and peer counselors. She reports to the group that while she loves breastfeeding, she will be returning to work in two weeks at a fast-food restaurant. She is not sure it will work for her to continue breastfeeding in that environment. She worries that her supervisor will not support her and that coworkers might tease her.

Open-ended Questions:

Affirming Statements:

Education/Anticipatory Guidance:

Yields:

Situation #4

A mother of a 1-week-old baby phones her peer counselor to report that she is having gall bladder surgery in the morning. Her mother-in-law is caring for her baby, and she is not sure she will feel like breastfeeding for a while. She wonders what options she will have since she wanted to breastfeed a little longer.

Open-ended Questions:

Affirming Statements:

Education/Anticipatory Guidance:

Yields:

Situation #5

A teen mother is a senior in high school. She gave birth to her baby a few days ago. She tells the WIC CPA she is breastfeeding but will need formula. She must return to school next week or she will be penalized academically. Her parents have told her she needs to graduate, and she does not want to let them down, especially after getting pregnant while still in school. She is not sure her teachers would approve of her leaving classes to express milk and thinks formula would just be easier.

Open-ended Questions:

Affirming Statements:

Education/Anticipatory Guidance:

Yields:

