

NORMAL BREASTFEEDING: ONGOING BREASTFEEDING

LEVEL 2 HANDOUT: COUNSELING ROLE PLAY

Practice counseling a mother about continuing to breastfeed when ongoing concerns arise.

Situation #1

A mother visits the WIC clinic with her breastfeeding baby at 2 weeks postpartum for breastfeeding help. She looks tired. When the peer counselor asks questions about how things are going, the mom bursts into tears. She says she and her baby have been crying for days now, and sometimes she feels so angry at her baby she has to walk away to keep from hurting him.

Open-ended Questions:

Affirming Statements:

Education/Anticipatory Guidance:

Yields:

Situation #2

A mother has been successfully breastfeeding for 10 months. Her baby has become very distractible and goes off and on the breast continually. Her sister, who helps her care for the baby, has been telling her the baby is weaning and she needs to offer formula, like she did.

Open-ended Questions:

Affirming Statements:

Education/Anticipatory Guidance:

Yields:

Situation #3

A mother of a 1-month-old calls her peer counselor. She says breastfeeding is going great, and is upset that at her baby's checkup today, the healthcare provider told her she should begin giving her baby Vitamin D drops immediately. She does not want to because she believes her milk is all her baby needs for the first 6 months of life.

Open-ended Questions:

Affirming Statements:

Education/Anticipatory Guidance:

Yields:

Situation #4

A mother of a 24-month-old baby comes to WIC for a follow-up certification of her child. She tells the CPA that she is proud that she reached her goal to breastfeed for two full years. Her baby eats a variety of solid foods now and still nurses before naptime and bedtime. Because things are still going well, she might want to continue until her baby decides to wean, but she is worried about what she will say to other people. She already gets many questions such as, "How much longer are you going to DO that?"

Open-ended Questions:

Affirming Statements:

Education/Anticipatory Guidance:

Yields:

Situation #5

The mother of a 4-month-old is at WIC for a follow-up nutrition visit. She brought her mom, who helps her care for the baby while she is at work. The grandmother indicates that she has started putting cereal in the baby's bottle of expressed milk to help the baby sleep better and to deal with colic.

Open-ended Questions:

Affirming Statements:

Education/Anticipatory Guidance:

Yields: