

NORMAL BREASTFEEDING: POSITION AND LATCH

LEVEL 2 HANDOUT: COUNSELING ROLE PLAY

Discuss common questions and concerns when helping mothers with positioning and latch.

Situation #1

A WIC mother is at the clinic with her 1-week-old newborn. She tells the WIC staff she had planned to breastfeed, but her baby doesn't seem to like to breastfeed very much and she might want to get formula, too.

Open-ended Questions:

Affirming Statements:

Education/Anticipatory Guidance:

Yields:

Situation #2

A peer counselor texts a new mother who was discharged from the hospital two days ago to see how breastfeeding is going. The mom responds that breastfeeding is very painful and she's not sure she can continue.

Open-ended Questions:

Affirming Statements:

Education/Anticipatory Guidance:

Yields:

Situation #3

A pregnant mom tells the CPA that she plans to deliver her baby by C-section since her last baby was born that way. She did not breastfeed last time and is not sure she would want to breastfeed since she remembers how tired and uncomfortable she felt.

Open-ended Questions:

Affirming Statements:

Education/Anticipatory Guidance:

Yields:

Situation #4

A young woman comes to WIC in her 8th month of pregnancy. She has never seen anyone breastfeed before and is not sure she would know how to do it. She worries that breastfeeding will hurt.

Open-ended Questions:

Affirming Statements:

Education/Anticipatory Guidance:

Yields:

Situation #5

A mother of a 5-day-old newborn comes to WIC for help latching her baby. Mom requests the peer counselor to observe her feeding the baby during your meeting and you see her hunched over her baby, who is lying on his back, turning his head to feed. Mom says her baby is very fussy and does not seem to like breastfeeding very much.

Open-ended Questions:

Affirming Statements:

Education/Anticipatory Guidance:

Yields: