

NORMAL BREASTFEEDING: MILK EXPRESSION

LEVEL 2 HANDOUT: COUNSELING ROLE PLAY

Practice counseling a mother about expressing her milk.

Situation #1

A WIC pregnant mother calls WIC and reports that her unborn baby has been diagnosed with a mild case of spina bifida and she has been told it will not be possible for her to directly breastfeed her baby right after the birth as she had hoped. She would still like to give her baby her milk and transition the baby to her breast when it is medically possible.

Open-ended Questions:

Affirming Statements:

Education/Anticipatory Guidance:

Yields:

Situation #2

A WIC mother of a 3-day-old baby comes to WIC to certify her infant. She reports that she tried to breastfeed, but her baby would not latch. She thinks it would just be easier to pump and would like to get a breast pump from WIC.

Open-ended Questions:

Affirming Statements:

Education/Anticipatory Guidance:

Yields:

Situation #3

A mother has come to WIC to recertify her 2-week-old baby who is exclusively breastfeeding. The mom reports she will be returning to work in 2 or 3 weeks. She wonders if it is okay to start expressing milk now since she seems to have a lot of milk in the mornings, and asks if WIC can give her a breast pump like the one she used in the hospital so she can start collecting milk.

Open-ended Questions:

Affirming Statements:

Education/Anticipatory Guidance:

Yields:

Situation #4

The mother of a 4-month-old baby reports she does not seem to be making as much as she used to. A friend of hers knows a breastfeeding mom who is through breastfeeding her 2-year-old and has a lot of extra milk in her freezer she is willing to share. The mom wants to know if it is okay to use the milk. She does not want to have to give her baby any formula.

Open-ended Questions:

Affirming Statements:

Education/Anticipatory Guidance:

Yields:

Situation #5

The mother of a preterm baby received a multi-user breast pump from WIC when her baby was born at 32 weeks. She has been pumping for 4 weeks and called WIC today to report that her supply is going down. She wonders if she needs to receive a different pump and wonders how much longer she will be able to keep up with what her baby will need.

Open-ended Questions:

Affirming Statements:

Education/Anticipatory Guidance:

Yields: