

Using Loving Support to

# GROW & GLOW

in WIC

WIC GARDENER'S JOURNAL



Loving  support  
makes breastfeeding work

## MODULE 1

### HOW WIC SUPPORTS BREASTFEEDING

**Reflections**

I was surprised \_\_\_\_\_

I am not sure about \_\_\_\_\_

I would like to learn \_\_\_\_\_

Other thoughts \_\_\_\_\_

**Ongoing Enrichment**

Learning Activity	Notes and Observations	Date Completed	Discussed with Mentor
Watch the WIC video, <i>Partnering with WIC for Breastfeeding Success</i> , which highlights WIC's commitment and success in breastfeeding promotion and support, and invites stakeholders and health care professionals to partner with WIC to create a national environment that encourages mothers to breastfeed. You can view it on the WIC Works Resource System at: <a href="http://www.nal.usda.gov/wicworks/Learning_Center/support_success.html">http://www.nal.usda.gov/wicworks/Learning_Center/support_success.html</a>			
Learn more about the <i>Loving Support Makes Breastfeeding Work</i> Campaign at: <a href="http://www.nal.usda.gov/wicworks/Learning_Center/loving_support.html">http://www.nal.usda.gov/wicworks/Learning_Center/loving_support.html</a>			

**MODULE 2**  
**FEELINGS ABOUT BREASTFEEDING**

**Reflections**

I was surprised \_\_\_\_\_

I am not sure about \_\_\_\_\_

I would like to learn \_\_\_\_\_

Other thoughts \_\_\_\_\_

**Ongoing Enrichment**

Learning Activity	Notes and Observations	Date Completed	Discussed with Mentor
Consider attending a WIC prenatal breastfeeding class, a breastfeeding class at the hospital's childbirth class, or a La Leche League meeting in your community to see what insights and new information you can gain as you listen to mothers share their questions and comments about their hopes, concerns, and support needs.			

## MODULE 3

### COMMUNICATING WITH WIC FAMILIES ABOUT BREASTFEEDING

**Reflections**

I was surprised \_\_\_\_\_

I am not sure about \_\_\_\_\_

I would like to learn \_\_\_\_\_

Other thoughts \_\_\_\_\_

**Ongoing Enrichment**

Learning Activity	Notes and Observations	Date Completed	Discussed with Mentor
Read pages 21-31 in "Quick Reference for the Lactation Professional." Select one question on page 32 to answer.			
Complete Sections 1 ("Communicating with Mothers") and Section 2 ("Counseling Skills") in the WIC Learning Online (WLOL). The course is approved for CPE credit by the American Dietetic Association and contact hours through the Maryland Nurses Association, and is available at: <a href="http://www.nal.usda.gov/wicworks/WIC_Learning_Online/started.html">http://www.nal.usda.gov/wicworks/WIC_Learning_Online/started.html</a>			

## MODULE 4

### BARRIERS TO BREASTFEEDING

#### Reflections

I was surprised \_\_\_\_\_

I am not sure about \_\_\_\_\_

I would like to learn \_\_\_\_\_

Other thoughts \_\_\_\_\_

#### Ongoing Enrichment

Learning Activity	Notes and Observations	Date Completed	Discussed with Mentor
Review FNS developed materials, "Breastfeeding: A Magical Bond of Love" (Hispanic Breastfeeding Promotion and Education Project) which includes brochures designed for grandmothers and fathers and "Fathers Supporting Breastfeeding," which targets fathers. These materials are available at: <a href="http://www.nal.usda.gov/wicworks/Learning_Center/BF_training.html">http://www.nal.usda.gov/wicworks/Learning_Center/BF_training.html</a>			
Review <i>Loving Support</i> Campaign pamphlets and posters that address common barriers mothers encounter available at <a href="http://www.nal.usda.gov/wicworks/Learning_Center/BF_training.html">http://www.nal.usda.gov/wicworks/Learning_Center/BF_training.html</a>			
Complete Lesson 1 ("Communicating with Mothers") and Lesson 2 ("Counseling Skills") in the WIC Learning Online (WLOL). The course is approved for continuing professional education (CPE) credits by the American Dietetic Association and contact hours through the Maryland Nurses Association, and is available at: <a href="http://www.nal.usda.gov/wicworks/WIC_Learning_Online/started.html">http://www.nal.usda.gov/wicworks/WIC_Learning_Online/started.html</a>			

**MODULE 5**  
**PROMOTING AND ENCOURAGING EXCLUSIVE BREASTFEEDING**

**Reflections**

I was surprised \_\_\_\_\_

I am not sure about \_\_\_\_\_

I would like to learn \_\_\_\_\_

Other thoughts \_\_\_\_\_

**Ongoing Enrichment**

Learning Activity	Notes and Observations	Date Completed	Discussed with Mentor
Read pages 57-66 and 159-165 in "Quick Reference for the Lactation Professional." Select one scenario on page 77 or 169 to answer.			

## Module 6

### PROMOTING BREASTFEEDING DURING PREGNANCY

#### Reflections

I was surprised \_\_\_\_\_

I am not sure about \_\_\_\_\_

I would like to learn \_\_\_\_\_

Other thoughts \_\_\_\_\_

#### Ongoing Enrichment

Learning Activity	Notes and Observations	Date Completed	Discussed with Mentor
Observe a prenatal counseling encounter between a CPA or breastfeeding counselor and a pregnant mother. Note the mother's stage of pregnancy and her receptivity to the information about breastfeeding.			
Attend a prenatal breastfeeding class, a class taught in the community, or a La Leche League meeting. Observe how the mothers respond to information presented. What kinds of questions do they have and what worries do they express?			
Review the Massachusetts WIC State Agency emotion-based message material that addresses teen pregnancy, "A New Me": <a href="http://www.nal.usda.gov/wicworks/SHaring_Center/gallery/couns_ed3.htm#cl9a">http://www.nal.usda.gov/wicworks/SHaring_Center/gallery/couns_ed3.htm#cl9a</a>			

**MODULE 7**  
**PROVIDING SUPPORT FOR NEW BREASTFEEDING MOMS**  
**(BIRTH TO 1 MONTH)**

**Reflections**

I was surprised \_\_\_\_\_

I am not sure about \_\_\_\_\_

I would like to learn \_\_\_\_\_

Other thoughts \_\_\_\_\_

**Ongoing Enrichment**

Learning Activity	Notes and Observations	Date Completed	Discussed with Mentor
Shadow an International Board Certified Lactation Consultant (IBCLC) at your local hospital. Observe how she assesses for appropriate latch, milk transfer, and mother's comfort.			
Watch additional segments in the DVD, "Baby-Led Breastfeeding: The Mother-Baby Dance" that were not shown in the training. Record your impressions.			
Read pages 109-119 in "Quick Reference for the Lactation Professional." Select a scenario on page 126 to answer.			

## MODULE 8

### HELPING MOTHERS CONTINUE THE BREASTFEEDING RELATIONSHIP (MONTH 1 TO MONTH 12)

**Reflections**

I was surprised \_\_\_\_\_

I am not sure about \_\_\_\_\_

I would like to learn \_\_\_\_\_

Other thoughts \_\_\_\_\_

**Ongoing Enrichment**

Learning Activity	Notes and Observations	Date Completed	Discussed with Mentor
Read pages 205-223 in "Quick Reference for the Lactation Professional." Select a situation on page 221-223 and answer.			
Attend a La Leche League meeting in the community to listen to comments that mothers of older babies might be sharing. Make a note of common concerns you hear and the messages that new mothers need to hear.			
Include <i>MyPyramid in Action</i> Fact Sheets "Tips for Breastfeeding Moms" for staff to review and list websites that they can review: <a href="http://www.mypyramid.gov/mypyramidmoms/index.html">http://www.mypyramid.gov/mypyramidmoms/index.html</a> <a href="http://www.mypyramid.gov/mypyramidmoms/breastfeeding_nutrition_needs.html">http://www.mypyramid.gov/mypyramidmoms/breastfeeding_nutrition_needs.html</a>			
Read "Infant Nutrition and Feeding: A Guide for Use in the WIC and CSF Programs" – Chapter on Complementary Foods.			
Go to WIC Learning Online and access Lesson 5: "Feeding Infants – Nourishing Attitudes and Techniques." Take modules on "Feeding Infants 0-6 Months" and "Feeding Infants 6-12 Months."			

## MODULE 9

### TALKING WITH MOTHERS ABOUT BREASTFEEDING...WHEN MOTHER AND BABY ARE SEPARATED

#### Reflections

I was surprised \_\_\_\_\_

I am not sure about \_\_\_\_\_

I would like to learn \_\_\_\_\_

Other thoughts \_\_\_\_\_

#### Ongoing Enrichment

Learning Activity	Notes and Observations	Date Completed	Discussed with Mentor
Read pages 14-19 in "Quick Reference for the Lactation Professional." Select a situation on page 19 and answer.			
Find a staff member in your clinic or agency who returned to work after having her baby. Interview her about her thoughts and feelings when she returned to work. If she was breastfeeding, how did it go? What support options could have made it work better for her?			

## MODULE 10

### SOLUTIONS FOR COMMON BREASTFEEDING PROBLEMS

**Reflections**

I was surprised \_\_\_\_\_

I am not sure about \_\_\_\_\_

I would like to learn \_\_\_\_\_

Other thoughts \_\_\_\_\_

**Ongoing Enrichment**

Learning Activity	Notes and Observations	Date Completed	Discussed with Mentor
Read pages 143-159 in "Quick Reference for the Lactation Professional." Select a situation on page 169 to answer.			
Attend a postpartum support group meeting of new mothers, or a La Leche League meeting in the community. Observe the common issues and concerns mothers raise. How could that knowledge help as you support mothers in WIC?			
Shadow an International Board Certified Lactation Consultant (IBCLC) at your local hospital. Observe how she assesses for appropriate latch, milk transfer, and mother's comfort, and assesses for potential concerns that might worsen if not addressed.			

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