

PROVIDER TALKING POINTS AND DOCUMENTATION

Breastfeeding Education: A Guide for You and Your Baby

Instructions: Hand patient the booklet opened to the specific page you would like her to read. Ask patient to read the material while waiting and tell her that you will want to talk about the information shortly.

Page 1	Conversation	
What are the Benefits for ME?	<p>Questions to ask:</p> <ul style="list-style-type: none"> • Which of the benefits of breastfeeding for mothers are important to you? • What has been your experience with breastfeeding? • What have you heard about breastfeeding? <p>Affirm her thoughts and feelings.</p> <p>Key Messages:</p> <ul style="list-style-type: none"> • Breastfeeding isn't just good for babies, it is very good for mothers, too. • Mothers will have lower risk of breast cancer, lose weight, feel more relaxed, and bond with their baby. <p>Document: Concerns & perceived barriers. Breastfeeding Hx., # children breastfed, how long, positive or negative experience? Note any problems/issues she mentions.</p>	
	<p>Comments</p>	
Date	Signature/Title	Time (in minutes)

Page 2	Conversation	
Your Changing Breasts & Exclusive Breastfeeding	<p>Questions to ask:</p> <ul style="list-style-type: none"> • What changes have you noticed in your breasts? • Have you ever had breast surgery? • What are your questions about making enough breastmilk? <p>Affirm her thoughts and feelings.</p> <p>Key Messages:</p> <ul style="list-style-type: none"> • Breasts are getting ready to make colostrum, the first, strong milk. • Colostrum protects against illness and is the only food your baby needs the first few days of life. • Breastmilk only for the first six months, then breastmilk with solids for at least one year. <p>Document: Hx of breast surgery, flat or inverted nipples, concerns about making enough breastmilk.</p>	
	<p>Comments</p>	
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Page 3	Conversation	
<p>Myths About Breastfeeding</p> <p>Common concerns and the truth about breastfeeding</p>	<p>Questions to ask:</p> <ul style="list-style-type: none"> • Which of these myths have you heard before? Which of these concern you? • What do you think of the responses? • What other questions/concerns do you have about these topics? <p>Affirm her thoughts and feelings.</p> <p>Key Messages:</p> <ul style="list-style-type: none"> • You can get help to solve common breastfeeding problems such as sore nipples, not enough milk. • We can refer you to a breastfeeding class, WIC, or La Leche League for more information and to discuss with other mothers on how to overcome these concerns. <p>Document: Concerns and perceived barriers mentioned by the mother.</p>	
Comments		
Date	Signature/Title	Time (in minutes)

Page 4	Conversation	
<p>Myths About Breastfeeding</p> <p>Common concerns and the truth about breastfeeding</p>	<p>Questions to ask:</p> <ul style="list-style-type: none"> • Which of these myths have you heard before? Which of these concern you? • What do you think of the responses (to the myths of concern to you)? • Tell me about your plans about going back to work or school and breastfeeding. <p>Affirm her thoughts and feelings.</p> <p>Key Messages:</p> <ul style="list-style-type: none"> • Breastfeeding is possible in almost all circumstances. We can help get answers to your questions. • Many mothers continue to breastfeed when they return to work or school. WIC can help you. • Nursing mothers can take common medicines for pain, antibiotics or chronic diseases. Ask your doctor for more information. <p>Document: Concerns and perceived barriers mentioned by the mother.</p>	
Comments		
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Page 5		Conversation
<p>Breastfed Babies Get Sick Less often Than Formula Fed Babies</p>	<p>Questions to ask:</p> <ul style="list-style-type: none"> • What have you heard about the risks of giving formula? • What did you read that was new to you? <p>Affirm her thoughts and feelings.</p> <p>Key Messages:</p> <ul style="list-style-type: none"> • Formula fed babies are more likely to get diarrhea, earaches, breathing problems than breastfeed babies. • Formula fed babies are more likely to have problems with obesity, diabetes, and cancer. • Breastfed babies are healthier and easier to care for. <p>Document: Concerns and perceived barriers mother mentions.</p>	
	<p>Comments</p>	
Date	Signature/Title	Time (in minutes)

Page 6		Conversation
<p>Benefits of Breastfeeding</p>	<p>Questions to ask:</p> <ul style="list-style-type: none"> • Which of the benefits of breastfeeding for <u>baby</u> are most important to you? • Which of the benefits of breastfeeding for <u>mom</u> are most important to you? <p>Affirm her thoughts and feelings.</p> <p>Key Messages:</p> <ul style="list-style-type: none"> • There are many benefits for both mom and baby. • Some benefits go beyond the baby years. • Breastfeeding does not have to stop at a year. Some benefits increase the longer the mother breastfeeds. <p>Document: Education shared with mother.</p>	
	<p>Comments</p>	
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Page 7	Conversation	
<p>A Great Beginning—Skin to Skin & Rooming In</p>	<p>Questions to ask:</p> <ul style="list-style-type: none"> • What have you heard about skin-to-skin? • What do you think newborns want and need right after they are born? • What questions or concerns do you have about skin-to-skin or “rooming-in” at the hospital? <p>Affirm her thoughts and feelings.</p> <p>Key Messages:</p> <ul style="list-style-type: none"> • Right after birth, baby should be dried off and placed next to your skin for safety and warmth. The baby will breathe better and will be more calm. • Often baby will move to the breast and start feeding all by himself soon after birth. • By keeping your baby in your room, you will learn your baby’s cues and feel confident in feeding and caring for him. <p>Document: Concerns mother mentions and education provided.</p>	
<p>Comments</p>		
<p>Date</p>	<p>Signature/Title</p>	<p>Time (in minutes)</p>

Page 8	Conversation	
<p>Planning on Doing Both Breast and Bottle?</p>	<p>Questions to ask:</p> <ul style="list-style-type: none"> • What can moms do to get breastfeeding off to a good start? • Tell me about your breastfeeding plans. • What are some problems caused by doing both breast and formula feeding in the beginning? <p>Affirm her thoughts and feelings.</p> <p>Key Messages:</p> <ul style="list-style-type: none"> • The best way to get off to a strong start is to breastfeed frequently and to avoid formula. • Giving formula or using a pacifier in the first weeks makes it harder for baby to learn to breastfeed, and may cause your breasts to get engorged. • If mom keeps giving formula, her milk will dry up. • Breastfeeding only (without formula) will help you have plenty of milk and a healthier baby. <p>Document: Concerns and perceived barriers mother mentions.</p>	
<p>Comments</p>		
<p>Date</p>	<p>Signature/Title</p>	<p>Time (in minutes)</p>