

Helping Mothers Choose, Initiate and Continue Breastfeeding Three-Part Series

Learning Guide for Ongoing Professional Development

Note to Learner: Early Impact Virginia encourages you to complete the training and activities with the support of your supervisor. The notes below will guide you in preparing to take the training, following up with your supervisor after the training, supporting transfer of learning into daily practice, and extending learning through individual supervision.

Ongoing: View the Professional Development Program and each EIV training module as an investment in skills and knowledge to help improve home visitor effectiveness.

Before the training:

- Learner and supervisor review course objectives and home visitor competencies
- Learner rates knowledge of learning objectives

During the training, the learner:

- Completes activities
- Reflects on own response
- Identifies questions and concerns
- Prints Reflective Responses to share with supervisor
- Completes post-training evaluation

After the training:

- Learner:
 - Rates knowledge of learning objectives
 - Completes post-training activities, as required
 - Develops an action plan for applying skills and knowledge in daily practice
 - Meets with supervisor to:
 - Review pre- and post-training activities
 - Discuss reflections, questions, and concerns
 - Review action plan for applying skills and knowledge in daily practice
 - Assess personal learning goals, transfer of learning, and action plan

Training Description:

This series of three online modules (45 minutes each) gives home visitors working with pregnant women and families information they can use to promote breastfeeding and help mothers initiate and continue breastfeeding. Part 1 offers information on the benefits of exclusive breastfeeding, the factors that influence a mother's decision about breastfeeding, and strategies to help mothers overcome common barriers they might face in choosing breastfeeding. Part 2 gives home visitors who work with pregnant women and their families information they can use to support mothers who have chosen to breastfeed. The module offers anticipatory guidance to help mothers prepare for breastfeeding, including information on latch, positioning, foods to avoid, and baby's hunger and sleep signals. Participants learn difficulties a mother may encounter as she initiates breastfeeding, along with possible solutions. Part 3 gives home visitors information they can use to help women continue

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breastfeeding after the first month. The module describes common challenges that may occur, including postpartum and questions a woman may have, along with information and strategies the home visitor can share to respond. The module discusses adding solid foods and when and how to wean. All three modules include "red flags" to watch for that indicate that a mother may need additional help as well as resources that may be available to support breastfeeding mothers.

Virginia Home Visitor Competencies Addressed:

- 4.4.a. Understands and communicates the importance of a healthy diet, nutrition, and physical activity for the health and well-being of children.
- 4.4.b. Supports the family’s culture regarding food practices and traditions when appropriate.
- 4.6.a. Understands and communicates basic health promotion and disease prevention information about breastfeeding.
- 4.6.b. Promotes the importance of self-care, relaxation, and leisure for family members.
- 4.6.c. Understands the significance of cultural healing practices.
- 4.8.a. Understands and communicates basic health promotion and disease prevention information about breastfeeding and infant nutrition and introduction of solid food (consistent with WIC guidelines).

Before the Training

Rate Your Knowledge (Scale of 0 to 5, 0 = no knowledge, 5 = significant knowledge)

Learning Objective	Before the Training	After the Training
Describe the benefits of breastfeeding for baby, mom and family.		
Discuss factors that include a mother’s decision about breastfeeding.		
List possible barriers to breastfeeding and strategies to overcome barriers.		
Demonstrate skills in communication and counseling strategies.		
Describe anticipatory guidance the home visitor can share with mothers after they have decided to breastfeed.		
List common difficulties a woman may encounter as she begins breastfeeding along with possible solutions.		
List and describe common challenges and questions that can arise after the first month of breastfeeding.		
List common challenges that may occur, and strategies for responding to these challenges.		
Describe guidelines for adding solid foods and weaning.		
List “red flags” and resources available to support breastfeeding mothers.		
Describe the scope of home visitor practice, including how and when to make referrals.		

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My personal learning goals for this training are:

1. _____
2. _____
3. _____

After the Training

Reflections on what I learned:

Questions and concerns I identified:

Action Plan: (Each learner's plan will be unique. To get you started, some ideas are listed below.) As a result of this training, I will...

- Reflect on my feelings about breastfeeding and discuss any concerns or biases with my supervisor.
- Practice discussing the benefits of breastfeeding with my colleagues.
- Include breastfeeding promotion and education resources in my resource file and share them with women who are making their infant feeding decisions.
- Practice using the three-step counseling strategy to help clients find strategies to address barriers to breastfeeding.
- Develop a handout with anticipatory guidance about breastfeeding to share with mothers who have decided to breastfeed.
- Share WIC information about exclusive breastfeeding and weaning with mothers.
- Develop a relationship with my local WIC program/breastfeeding peer counselor program.
- Maintain a list of community organizations offering resources to address breastfeeding concerns, including healthcare providers, midwives, lactation specialists, and support groups.

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My Action Plan

Action	Target Date	Date Completed