

Breastfeeding: Managing the Lifestyle

- Who:** WIC Participants, mainly postpartum breastfeeding women.
- Why:** Breastfeeding is not only a feeding choice but becomes a lifestyle for mother and baby. Learning to manage the lifestyle will help to ensure an enjoyable experience for both mother and baby.
- Time:** 20 minutes.

Objectives: By the end of this session, participants will:

- Be able to identify some reasons why nursing infants may bite and be able to name strategies to discourage biting.
- Identify some tips for success when returning to work and still breastfeeding.
- List two ways that nursing moms can express their milk.
- List breastmilk storage tips and guidelines for thawing frozen breastmilk.
- List the three commonly identified weaning strategies and identify methods of weaning with each strategy.

Lesson

- Overview:**
1. Introduction
 2. Returning to work.
 3. Expressing and storing breastmilk.
 4. Closing

- Materials:**
- Handouts: 'Medela, Collection and Storage of Breastmilk,' 'Medela, Working and Breastfeeding.'
 - Dry-erase board or flip chart
 - Video: "Better Breastfeeding" Section 6 (Breastfeeding Lifestyle)

Introduction

- Arrange chairs in a semi-circle before participants enter classroom
- Welcome Participants
- Give overview of class session
- Introductions (make sure to include children in the introductions activity)

Example: "Good morning everybody! Welcome Breastfeeding: Managing the Lifestyle. This class talks about managing returning to work or school while breastfeeding. The class is about 20 minutes long and we will use this time to share some ideas. Let's introduce ourselves. I'm going to use this beach ball to help us with introductions. I will pass the beach ball around and when you get it say your name and your baby's name and age. I'll start: my name is _____ (pass the beach ball)"

 If preferred another icebreaker can be used



TIP: Use introductions as an icebreaker. Throw a silly question out there that is not related to the subject that you will be talking about. People will laugh and relax and this will increase class participation.

Concept: When You Return to Work or School, Your Baby Can Still Enjoy the Benefits of Your Milk

- **Introduce Video:** “before we begin our discussion I would like us to watch short video about the Breastfeeding Lifestyle”
- **Play Section 6 “Breastfeeding Lifestyle” of the Better Breastfeeding DVD**
- **Begin discussion:** “What are some tips we you can think of for moms returning to work and still wanting to breastfeed?”
- **Listen and affirm participants answers**
- **Write tips on dry-erase board or flip chart**



FACTS ABOUT RETURNING TO WORK WHILE BREASTFEEDING:

When mothers return to work or school, their babies can still enjoy the benefits of breastmilk. Ask for employer support, and let them know that breastfed babies are healthier, which means that you will miss less work. Mother’s can express and store their milk for baby’s feedings when they are away.

Tips on returning to work while breastfeeding:

- While you are pregnant, talk with someone at your workplace about when and where you can pump your milk at work.
- Learn about how to express and store your breastmilk.
- Begin pumping and storing your breastmilk a little at a time within the first few weeks after you baby is born.
- Offer a bottle to your baby once breastfeeding is going well, usually after 4 weeks.
- Try to work less than full-time at first so that you and your baby can get used to the new schedule.
- Find a childcare provider or center near work so that you can go breastfeed during a break

Concept: Know the Correct Way to Express and Store Your Breastmilk to Keep Up Supply

- **Essential Questions:**
 - “What are two ways a nursing mom can express her milk?”
 - “What are some breastmilk storage tips?”
 - “What are the guidelines for thawing frozen breastmilk?”
- **Listen and affirm participants answers**



FACTS ABOUT EXPRESSING BREASTMILK:

There may be times when you are not able to breastfeed, such as returning to work, or some other separation from the baby. During these times you will need to express or remove milk from your breasts to keep up your supply and eliminate engorgement. Two ways to do this is by hand expression of breastmilk or by using a breastpump.

Hand expression of breastmilk is the safest and least expensive way to express breastmilk.

Another method of expression is to use a breastpump. There are many types of breastpumps available depending upon your needs. Nevada WIC provides electric double breastpumps for loan to participants and we also provide a manual breastpump for free to WIC participants upon request.

Breastpumps come with flanges or shields used to help express breastmilk. There are standard size-24mm flanges, and smaller ones-21mm or larger ones-30mm and 36mm available upon request. If you find that you are not getting enough breastmilk when you express, or you experience soreness or pain you may need a different size flange or shield.

Remind participants that breast pumps are available at WIC clinics



FACTS ABOUT STORING AND THAWING BREASTMILK:

Ask your healthcare provider or lactation consultant, or refer to your handout on the most recent guidelines for storing breastmilk.

Closing

- **Summarize:** “We have covered a lot of information about managing breastfeeding when going back to work or school. We talked about returning to work or school, and expressing and storing breastmilk, does anyone have any questions?”
- **Provide handouts**
- **Thank them for their participation and tell them that you look forward to seeing them soon**