

BREASTFEEDING PROMOTION AND SUPPORT



WORKBOOK

Breastfeeding Promotion and Support Workbook

About the Breastfeeding Promotion and Support Workbook

This workbook contains activities and test questions that pertain to information in the Breastfeeding Promotion and Support Module, as well as some key reference tables. This workbook is your personal copy to use and keep. Feel free to write in it and use it to record your answers to the activities and test questions.

Using this Workbook Along with the Breastfeeding Promotion and Support Module

As you read through the main text of the Breastfeeding Promotion and Support Module, icons will prompt you to stop and refer to the corresponding activities and test questions in this workbook.



Activity Icon — The activities in this workbook will enhance your learning and help you apply the information in the module.



Test Icon — This workbook contains six sets of test questions that relate to information in the six parts of the module.

Record your final test answers on the answer sheets following this page of the workbook. The answer sheets can be removed from the workbook if you need to submit them to a supervisor. Each local agency has different procedures for checking test answers and making corrections. Check with your supervisor to find out the procedure in your clinic.

Workbook

Name _____ Date: _____

Local Agency/Clinic _____

Breastfeeding Promotion and Support Answer Sheets (Use these pages to record your answers to the test questions.)

Answer Sheet: Part 1 Test

1. U.S. breastfeeding rates have steadily grown since the mid-1950s.
 U.S. breastfeeding rates have remained steady since the mid-1950s.
 U.S. breastfeeding rates declined to an all time low in 1971 and have steadily declined ever since.
 Today, more than three out of four women choose to breastfeed.

2. Increased risk of ear infections, diarrhea and asthma in children.
 Increased risk of colon cancer in both women and children.
 Increased risk of breast and ovarian cancer in women.
 Increased risk of diabetes in both women and children.
 Increased risk of postpartum depression in women.
 Increased risk of obesity in children.

3. If 90% of U.S. families could breastfeed exclusively for six months, the United States would save a minimum of \$13 million a year.
 If every mom in the United States breastfed, the United States would save a minimum of \$13 billion and prevent an excess 911 deaths a year.
 If 90% of U.S. families could breastfeed exclusively for six months, the United States would save a minimum of \$13 billion and prevent an excess 911 deaths a year.
 If every mom in the United States breastfed for a full year, the United States would save a minimum of \$13 billion and prevent an excess 911 deaths a year.
 Increased risk of postpartum depression in women.
 Increased risk of obesity in children.

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. TRUE FALSE

- 11. Peer counselor support in the clinic
- Larger food package for two years
- Breast pumps
- Larger food package for one year
- Peer counselor support outside of the clinic

Workbook

Name: _____

Answer Sheet: Part 2 Test

1. TRUE FALSE
2. TRUE FALSE
3. TRUE FALSE
4. TRUE FALSE
5. A B C
6. A B C D
7. A B C
8. A B C
9. A B C
10. A B C
11. A B C
12. A B C D
13. A B C

Name: _____

Answer Sheet: Part 3 Test

1. TRUE FALSE
2. TRUE FALSE
3. Clerks
 Certifying authorities
 Peer counselors
 Breastfeeding coordinators
 Designated breastfeeding expert
4. Beautiful breastfeeding posters
 A sign letting mothers know they can breastfeed in your clinic
 Workplace policies to support WIC staff who are breastfeeding
 Formula left out and visible to the public
 Staff encouragement of the mother's family and friends to participate in breastfeeding education and support services

Workbook

Name: _____

Answer Sheet: Part 4 Test

1. A B C D
2. A B C D
3. _____
4. _____
5. _____
6. _____
7. _____
8. TRUE FALSE
9. TRUE FALSE
10. TRUE FALSE
11. TRUE FALSE

Name: _____

Answer Sheet: Part 5 Test

1. A B C D
2. A B C D
3. A B C D
4. TRUE FALSE
5. TRUE FALSE
6. TRUE FALSE
7. TRUE FALSE
8. TRUE FALSE
9. TRUE FALSE
10. TRUE FALSE

Workbook

Answer Sheet: Part 6 Test

1. A B C D
2. A B C D
3. A B C D
4. _____
5. _____
6. _____
7. _____
8. TRUE FALSE
9. TRUE FALSE

Answer Sheet: Part 7 Test

1. A B C D
2. TRUE FALSE
3. A B C D E
4. Begin pumping no later than six hours after birth.
 Pump every four to five hours.
 Pump every two to three hours, day and night.
 Avoid pumping at night.
 Get a breast pump from WIC the day she is discharged, if at all possible.
5. _____
6. _____
7. _____
8. _____
9. Talking to her employer about pumping before she takes maternity leave
 Talking to friends and co-workers about how they kept breastfeeding after returning to work or school
 Returning to work as soon as possible after delivery
 Waiting until the day before returning to work or school to introduce a bottle
 Having a trial “work day” before actually returning to work or school

Workbook

Answer Sheet: Part 8 Test

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. A B C D
- 6. A B C D
- 7. TRUE FALSE
- 8. TRUE FALSE
- 9. TRUE FALSE
- 10. _____
- 11. _____
- 12. _____

Part 1

Activity 1.1 — Texas Ten Step and Baby Friendly Facilities

1. Go to www.texastenstep.org and use the Find a Texas Ten Step Facility search function to find out if there are any Texas Ten Step (TTS) or Baby-Friendly Facilities near you.
2. If there are any TTS or Baby-Friendly facilities within 30 miles or so of your clinic, list up to five of them here:

Activity 1.2 — Local Mother-Friendly Worksites

1. Go to www.motherfriendly.com to find out if there are any Mother-Friendly Worksites in your area.
2. If there are any Mother-Friendly Worksites within about 30 miles of your clinic, list up to five of them here:

Activity 1.3 — BreastMilkCounts.com

1. Go to www.breastmilkcounts.com to familiarize yourself with the website.
2. Name five sections of the website that you think would be useful to a pregnant or new mom.

Workbook

Part 1 Test

(Record your final answers on the answer pages in the front of this workbook.)

1. Choose the best answer. Which one of these statements is correct?
 - U.S. breastfeeding rates have steadily grown since the mid-1950s.
 - U.S breastfeeding rates have remained steady since the mid-1950s.
 - U.S breastfeeding rates declined to an all time low in 1971 and have steadily declined ever since.
 - Today, more than three out of four women choose to breastfeed.

2. Check all that apply. Which of these health risks are associated with NOT breastfeeding?
 - Increased risk of ear infections, diarrhea and asthma in children.
 - Increased risk of colon cancer in both women and children.
 - Increased risk of breast and ovarian cancer in women.
 - Increased risk of diabetes in both women and children.
 - Increased risk of postpartum depression in women.
 - Increased risk of obesity in children.

3. Choose the best answer. Which one of these statements is correct?
 - If 90% of U.S. families could breastfeed exclusively for six months, the United States would save a minimum of \$13 million a year.
 - If every mom in the United States breastfed, the United States would save a minimum of \$13 billion and prevent an excess 911 deaths a year.
 - If 90% of U.S. families could breastfeed exclusively for six months, the United States would save a minimum of \$13 billion and prevent an excess 911 deaths a year.
 - If every mom in the United States breastfed for a full year, the United States would save a minimum of \$13 billion and prevent an excess 911 deaths a year.

Match the statement to the appropriate initiative.

4. _____ The birthing facility designation that is considered the gold-standard in lactation care.
5. _____ Outlines steps that can be taken to remove some of the obstacles faced by women who want to breastfeed their babies.

6. ____ A group of hospital practices that greatly improve breastfeeding rates among women.
7. ____ This program is considered a step toward Baby-Friendly designation as it is awarded for addressing 85 percent of the Ten Steps to Successful Breastfeeding.
8. ____ Decrease the percentage of breastfed newborns who receive formula supplementation within the first 2 days of life.
9. ____ This program recognizes businesses that support their breastfeeding employee's efforts to continue breastfeeding after returning to work.
 - A. 2011 Surgeon General's Call to Action to Support Breastfeeding.
 - B. WHO/UNICEF Ten Steps to Successful Breastfeeding
 - C. A Healthy People 2020 breastfeeding objective
 - D. Mother-Friendly Worksite Program
 - E. Texas Ten Step Program
 - F. Baby-Friendly Designation
10. TRUE FALSE

WIC's focus is to help mothers make an informed choice about how to feed their babies by providing accurate education on the advantages of breastfeeding over formula-feeding, guidance on what mothers should expect, and appropriate support.
11. Check all that apply. How does WIC support breastfeeding?
 - Peer counselor support in the clinic
 - Larger food package for two years
 - Breast pumps
 - Larger food package for one year
 - Peer counselor support outside of the clinic

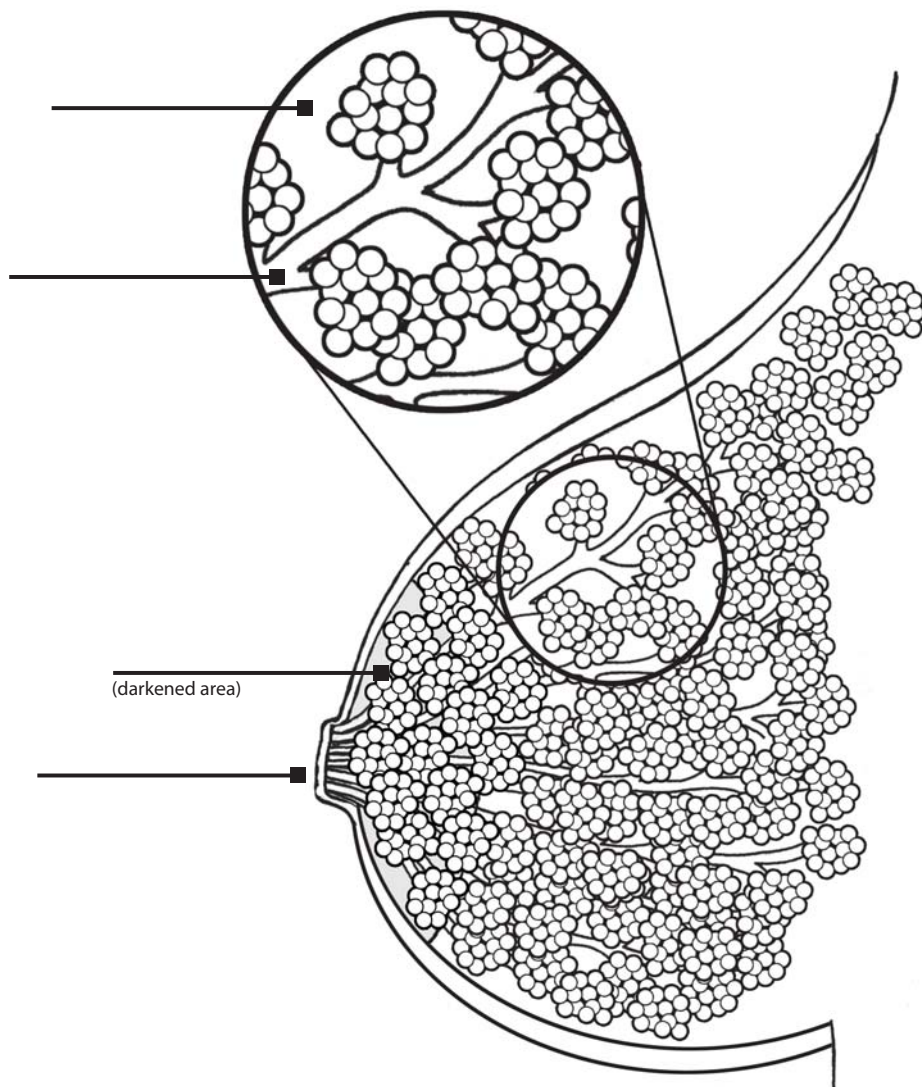
Part 2

Activity 2.1 — Stick to Breastmilk

Complete the educational activity at: <http://www.breastmilkcounts.com/educational-activities.php>

Activity 2.2 — Breast Anatomy

Label four parts of the breast.



Activity 2.3 — How Do They Stack Up?

Name the 7 items found in both formula and breastmilk.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Activity 2.4 — The Critical Missing Pieces

Name 7 components not found in formula.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Workbook

Part 2 Test

(Record your final answers on the answer pages in the front of this workbook.)

1. TRUE FALSE

Montgomery Glands are found on the nipple and secrete a watery substance.

2. TRUE FALSE

The Milk-Ejection Reflex is also known as “let-down.”

3. TRUE FALSE

Formula has the exact same ingredients as breastmilk.

4. TRUE FALSE

Oxytocin is the hormone responsible for releasing milk.

5. The _____ is the darkened area around the nipple.

- A. Alveoli
- B. Areola
- C. Montgomery gland

6. The following ingredients are found in breastmilk:

- A. Vitamins
- B. Antibodies
- C. Hormones
- D. All of the above

7. There are more than _____ hormones found in breastmilk.

- A. 5
- B. 7
- C. 15

8. FIL stands for _____.

- A. Feeding In Lactation
- B. Feedback In Lactation
- C. Feedback Inhibitor of Lactation

9. DHA/ARA is a type of _____.
- A. Bacteria
 - B. Fat
 - C. Mineral
10. Anti-parasites act like _____ when protecting the infant.
- A. Doormen
 - B. Fire fighters
 - C. Doctors
11. Breastmilk is a _____ fluid.
- A. Live
 - B. Non-living
 - C. Clear
12. Growth Factors stimulate production of _____.
- A. Skin
 - B. Intestines
 - C. Blood vessels
 - D. All of the above
13. Infants are now recommended by the American Academy of Pediatrics to be supplemented with _____.
- A. Vitamin A
 - B. Vitamin C
 - C. Vitamin D

Part 3

Activity 3.1 — First Exposure to Breastfeeding

Think back to the first time you saw a mother breastfeeding her baby. What kind of feelings did you have? Or if you have never seen a mother breastfeeding, what did you think when you realized you'd be promoting breastfeeding as part of your WIC job duties?

Activity 3.2 — Is Your Clinic Breastfeeding-Friendly?

Take a tour of your clinic and interview your local agency Breastfeeding Coordinator to complete the chart below to determine how customer service and breastfeeding-friendly your clinic is and whether or not it could be made friendlier.

Is Your Clinic Breastfeeding-Friendly?

Breastfeeding-Friendly WIC Clinic Recommendations	Yes	No
Physical Environment		
Are there educational and promotional materials that portray breastfeeding as the preferred method of infant feeding visible in the clinic?		
Are areas free of infant formula, formula company materials, displays, logos, and incentive items?		
Is a private space offered for mothers who wish to breastfeed and/or express milk in a discrete location and is this advertised in your waiting areas?		
Does your clinic seem warm and inviting as opposed to cold and sterile?		
Does your clinic have workplace policies to support WIC staff who are breastfeeding?		
Do you have signs throughout your clinic that let moms know they are welcome to breastfeed in there?		
Support		
Do WIC staff stop personal conversations immediately to welcome participants as they walk into the clinic?		
Do WIC staff demonstrate positive attitudes towards breastfeeding and deliver positive and supportive messages?		
Do WIC staff help make breastfeeding in the clinic easy and comfortable?		
Are WIC mothers offered names of professional and peer resources (i.e. WIC clinic breastfeeding coordinator, WIC peer counselor, public health nurse, breastfeeding mothers group, etc.) to contact for ongoing encouragement, information, breast pumps, and other assistance?		
Do WIC staff encourage the mother's family and friends to participate in breastfeeding education and support sessions?		
Does your WIC clinic offer breastfeeding support services when WIC offices are normally closed? (local breastfeeding help line, peer counselors working in local hospitals and/or delivering breast pumps to moms who need them in the evenings and on weekends)		
Is your clinic designated as a Texas Mother-Friendly Worksite on www.motherfriendly.com ?		

Workbook

Part 3 Test

(Record your final answers on the answer pages in the front of this workbook.)

1. TRUE FALSE

It does not take an expert to encourage a mother to breastfeed.

2. TRUE FALSE

All WIC staff play a role in promoting and supporting breastfeeding.

3. Matching: Match the staff to the role they play in promoting and supporting breastfeeding.

____ Clerks

____ Certifying authorities

____ Peer counselors

____ Breastfeeding coordinators

____ Designated breastfeeding expert

A. Role models for breastfeeding behaviors

B. Provide the first impression of WIC

C. Trained breastfeeding staff to call upon when you are facing breastfeeding situations you don't feel qualified to handle.

D. Prescribes appropriate food packages

E. Coordinates local agency breastfeeding activities

4. Check all that apply. Which of these help create a Breastfeeding-Friendly environment?

A. Beautiful breastfeeding posters

B. A sign letting mothers know they can breastfeed in your clinic

C. Workplace policies to support WIC staff who breastfeed

D. Formula left out and visible to the public.

E. Staff encouragement of the mother's family and friends to participate in breastfeeding education and support services

Part 4

Activity 4.1 — Practice with Open-Ended Questions and Affirmation

Turn these closed questions into open ended questions.

Closed Question	Open Question
Have you and your partner talked about breastfeeding yet?	
Are you going to feed your baby breastmilk or formula?	
Are you going to work after the baby is born?	
Do you have any questions about breastfeeding?	

Affirming New Mothers

Write down an affirming response using one of the five ways to affirm: agree with her, let her know she is not alone, read between the lines to discover what she is worried about, shine a spotlight on what she is doing well, or show her how she is a good mother.

Concern	Affirmation
“I have to go back to work right after the baby is born.”	
“I don’t know that I’ll have time to breastfeed, I have 2 other kids.”	
“I’m going to try to breastfeed, but I’ll probably do both so that the baby gets used to the bottle.”	
“I don’t know that I’ll be able to make enough, my mom said she couldn’t breastfeed me.”	

Activity 4.2 — Is Your Clinic Father-Friendly?

WIC stands for Women, Infants and Children. This simple fact may make dads feel that they don't belong there or that they are not welcome. We need to go the extra mile to make sure that dads know that WIC is there to support them as well. Walk through your clinic and view it through the eyes of a father. Are there any changes that you would make to the environment to make fathers feel more welcome? DSHS has several posters and brochures that you can use to help make dads more comfortable in the WIC clinic. Some local agencies have also established a Peer Dad program to reach out and meet the needs of fathers.

As you walked through your clinic did you notice anything that might make a new dad feel uncomfortable or unwelcome? If so please list it here.

What did you see that was inviting for a new father?

What could you do in your clinic to encourage more participation by the fathers and make them feel comfortable coming to WIC?

Part 4 Test

(Record your final answers on the answer pages in the front of this workbook.)

Choose the best answer.

1. Which support person is the most influential in a mom's decision to breastfeed?
 - A. Her doctor
 - B. Her breastfeeding peer counselor or IBCLC
 - C. Her dad
 - D. Her partner

2. Pain while breastfeeding
- A. Is normal, moms just have to build up a tolerance
 - B. Happens for all moms
 - C. Usually means that something is wrong
 - D. Never happens

Match the statements with the affirming technique

3. ____ Agree with her/find truth in her statement
4. ____ Assure her that she is not alone
5. ____ Read between the lines to find what she values or is concerned about
6. ____ Highlight what she is doing well
7. ____ Show her how she is a good mother
- A. A lot of moms have that question.
 - B. That's a great position for burping your baby. Good job mom.
 - C. Yeah, it's really hard to continue when breastfeeding is hurting.
 - D. I can tell that you are really concerned about your baby not getting enough.
 - E. Look how comfy your baby is next to you. You're such a good mom.

Refer to Appendix A & B to answer questions 8-11.

8. TRUE FALSE

Low milk supply runs in families. If a client's mother was unable to produce enough for her baby then it is likely that she will also have a low supply.

9. TRUE FALSE

If a mom is sick she shouldn't breastfeed because she could pass the illness to her baby.

10. TRUE FALSE

If a mom becomes pregnant again while she is still breastfeeding she will need to wean her breastfeeding baby.

11. TRUE FALSE

A woman who is HIV positive should not breastfeed her baby.

Part 5

Activity 5.1 — Infant Stomach Capacity

Fill a bottle or container with four ounces (1/2 cup) of liquid. That is the amount of formula that most parents are given in a container if they want to supplement an infant feeding. Now pour out the liquid until there is only one teaspoon left in the container or replace the liquid with one teaspoon of liquid. The amount left in the container is about what the baby needs per feeding on the first day and will fill the infant's stomach.

Think about the amount that you poured out (or replaced). If an infant was given that amount of fluid they would become very uncomfortable, much like you would feel if you overate at dinner. The infant may spit up and become fussy. Many times, the fussiness may cause the caregiver to feed the infant even more. This information is important for moms and other family members to understand before they deliver their infant.

Activity 5.2 — Hand Expression and Reverse Pressure Softening

Complete the activity called Hand Expression and Reverse Pressure Softening by using your clinic's Breastfeeding Educational Activity Kit or by visiting <http://www.breastmilkcounts.com/educational-activities.php>

Part 5 Test

(Record your final answers on the answer pages in the front of this workbook.)

1. On the first day of an infant's life, his stomach is the size of a/an:
 - A. egg
 - B. soft ball
 - C. shooter marble
 - D. baby's fist
2. If mom's breasts are engorged she can:
 - A. stop breastfeeding for 24 hours or until pain resolves.
 - B. try manually expressing milk until the breasts soften and then latch the baby on to the breast.
 - C. latch baby onto the engorged breast immediately.
 - D. go to the doctor for antibiotics.

3. Right after birth mom should:

- A. get some sleep.
- B. place the baby skin to skin with her.
- C. place baby in the bassinet to avoid overstimulation.
- D. have lots of visitors.

4. TRUE FALSE

When latching the baby to her breast, mom should hold her fingers at the base of her nipple.

5. TRUE FALSE

Mom should only feed her baby once every three hours.

6. TRUE FALSE

Newborns should sleep in their own beds but in the same room as their mother.

7. TRUE FALSE

Baby's should breastfeed at least 8-12 times a day.

8. TRUE FALSE

To avoid spoiling the newborn, mom should wait until they cry before offering the breast.

9. TRUE FALSE

Cracked nipples are expected and mom should continue breastfeeding until the nipples get tough.

10. TRUE FALSE

Mom's first milk is called Colostrum.

Part 6

Postpartum Support for the Breastfeeding Dyad

Activity 6.1 — Timely Support

Refer to Part 6 for help with this activity.

A new mom calls from the hospital and expresses an immediate need for a breast pump. Your clinic is double-booked with appointments for the next two days. How would you provide this mom with quick support?

That same day, you receive a phone call from a mom who reveals she wants formula because she is afraid she is not producing enough milk for her 2-week old baby. How could you reaffirm this mother's concerns? What kind of guidance could have been provided to reduce her concerns? How would you provide this mom with quick support?

Activity 6.2 — Client Referral Handout

Ask your supervisor for a copy of the Client Referral Handout required by Policy BF: 01.0. This is a local agency (LA) handout for new mothers. It provides a list of individuals knowledgeable about breastfeeding. New mothers should be able to look at the handout and know immediately who to call for help.

Looking at the Client Referral Handout, imagine you are a new mom needing immediate breastfeeding help. Who would you call first for local help? Will that phone number make you call several places and/or people before getting to the person you need? Is there a number to call or text in the evenings or on weekends? What suggestions do you have to make using the handout more user-friendly for breastfeeding moms?

Part 6 Test

(Record your final answers on the answer pages in the front of this workbook.)

1. Which of the following concepts should be practiced to provide successful breastfeeding support?
 - A. Provide timely (quick) support
 - B. Address concerns early
 - C. Recognize normal infant behaviors
 - D. All of the above

2. Which infant engagement cue is an obvious sign baby wants to breastfeed?
- A. Infant is arching back
 - B. Infant is rooting
 - C. Infant eyes are open
 - D. Infant is coughing
3. Using the sample breastfeeding referral guide in Appendix C, who would you refer a breastfeeding mother to if she informs you she is taking medication?
- A. Your clinic peer counselor
 - B. Your local agency IBCLC or TBE
 - C. No one. You are familiar with the medication and can help the mom with her questions.
 - D. None of the above

Match the infant state to the corresponding infant behavior.

4. ___ Crying
5. ___ Drowsy
6. ___ Irritable
7. ___ Quiet Alert
- A. Playful and responsive
 - B. Fussy and sensitive
 - C. Tense with tears
 - D. Delayed reactions

8. TRUE FALSE

Mothers taking prescribed medication should not breastfeed their infants.

9. TRUE FALSE

The Lactation Amenorrhea Method (LAM) is a birth control method that is 100% effective when practiced correctly.

Part 7

Supporting Mothers and Babies Who are Separated

Activity 7.1 — Common Feelings

Refer to Part 3 and 7 for help with this activity.

Michelle is a 34-year-old first time mother. She just delivered a 25-week-old premature baby. The hospital has sent them to get a breast pump from WIC.

Michelle and Tad came into your WIC clinic today to enroll. Michelle was discharged from the hospital yesterday but she sadly reports that her baby had to stay behind and she begins to cry. “No one ever prepared us for this,” Tad says, “She is so small she could fit in the palm of my hand.” Michelle has overwhelming thoughts of guilt, and she cannot stop crying. Tad doesn’t know what to do for her.

How would you comfort this family?

Activity 7.2 — Akira Case Study

Akira came into your WIC clinic today to enroll. She was discharged from the hospital yesterday but her baby twins had to stay behind and she seems overwhelmed, tired and sad. Her babies came early at only 32 weeks, and they will remain in the hospital NICU for several weeks. She was told she should get a breast pump from WIC, but is not sure whether this will work for her.

1. What supportive words can you offer to Akira?
2. What information does she need to hear?
3. List two to three support options available through WIC that might be helpful for her.
4. Who else can provide help to Akira at WIC or in the community?

Activity 7.3 — Susan Case Study

Susan is pregnant and wants to exclusively breastfeed her baby. She will be returning to her job as a cashier at the local big box store after a four week maternity leave. She is worried her employer won't allow her to pump and store her milk at work.

1. How would you affirm her feelings?

2. What suggestions could you give her?

Part 7 Test

(Record your final answers on the answer pages in the front of this workbook.)

1. Choose the best answer. A mother may need to provide pumped breast milk to her infant:
 - A. If the baby is born early
 - B. If she has a sick newborn
 - C. If she has to return to work or school
 - D. All of the above

2. TRUE FALSE

The mother of the late preterm infant may need to pump until her baby reaches his/her original due date.

3. Who should you refer a mom to if she needs a pump?
 - A. Breastfeeding peer counselor
 - B. Wal-mart
 - C. Designated pump person in your clinic
 - D. Medicaid
 - E. Answers a and c

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4. Check all that apply. A mother who is establishing her milk supply with a breast pump will need to:
- A. Begin pumping no later than six hours after birth.
 - B. Pump every four to five hours.
 - C. Pump every two to three hours, day and night.
 - D. Avoid pumping at night.
 - E. Get a breast pump from WIC the day she is discharged, if at all possible.

Match the location to the proper milk storage guideline.

5. _____ Deep freezer
6. _____ Insulated (portable) cooler pack
7. _____ Refrigerator
8. _____ Freezer section inside of refrigerator
- A. Up to 5 days
 - B. 2 weeks
 - C. Up to 12 months
 - D. 24 hours
9. Check all that apply. Tips for making return to work or school easier include:
- A. Talking to her employer about pumping before she takes maternity leave
 - B. Talking to friends and co-workers about how they kept breastfeeding after returning to work or school
 - C. Returning to work as soon as possible after delivery
 - D. Waiting until the day before returning to work or school to introduce a bottle
 - E. Having a trial “work day” before actually returning to work or school

Part 8

Activity 8.1 — Are You STILL Breastfeeding?

This activity explores strategies for assisting mothers who receive inappropriate suggestions to wean. The following are examples of comments family and friends may make to suggest the mother wean her baby.

Isn't your baby too old to be breastfeeding?

Shouldn't your baby be getting solid foods by now?

When are you going to stop breastfeeding?

What are some possible responses that a mother could say?

It is very important to remember that everyone should support a mother's decision to breastfeed. Be sure to equip WIC moms with strategies such as these to empower her to continue nursing for as long as she desires.

Workbook

Part 8 Test

(Record your final answers on the answer pages in the front of this workbook.)

Match the baby's age to the expected weight gain for normal, healthy infants.

1. ____ 7 – 12 months of age
2. ____ Early weeks
3. ____ 24 months
4. ____ 4 – 6 months of age

- A. 4 times birth weight
- B. Double birth weight
- C. 4 – 7 ounces a week
- D. 2 ½ – 3 times birth weight

5. Before 12 months of age, a _____ is when a baby suddenly refuses to breastfeed for a period of time lasting from several feedings to several days.
 - A. nursing strike
 - B. hunger cue
 - C. nipple rejection
 - D. hunger pains
6. What are some reasons a mother might consider weaning?
 - A. illness
 - B. medication
 - C. going back to work or school
 - D. all of the above

7. TRUE FALSE

All babies grow at the same rate.

8. TRUE FALSE

If a breastfeeding mom becomes pregnant, she must wean.

9. TRUE FALSE

All major health organizations recommend that infants, with rare exception, be exclusively breastfed, receiving no other foods or fluids for about the first six months of life, with continued breastfeeding in addition to complementary foods for at least the first 1 to 2 years of life and beyond.

Match the correct definition with the term.

10. ____ Temporary weaning

11. ____ Partial weaning

12. ____ Abrupt weaning

A. When breastfeeding stops suddenly.

B. When breastfeeding is either intentionally or unintentionally stopped for a short time.

C. When certain feedings at certain parts of the day are gradually eliminated.

Congratulations!

You have completed the Breastfeeding Promotion and Support Module, so give yourself a pat on the back! We hope you now have a better understanding of how promoting and supporting breastfeeding will make happy WIC families and healthier generations to come.

Nutrition Services Section
Nutrition Education / Clinic Services Unit
Texas Department of State Health Services

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A companion publication, Breastfeeding Promotion & Support Module
stock number 13-27, is also available from DSHS.



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