

# Breastfeeding: The Gift of Love

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<b>WHO:</b>	Mothers of newborns enrolled in WIC; focusing on mothers who are breastfeeding. Mothers who choose to both formula and breastfeed are also invited to attend.
<b>WHY:</b>	This lesson was created to help women who are breastfeeding have continued support of their decision and to trouble shoot if they are having difficulties. Information on understanding infant cues and normal infant sleep patterns are included as part of the WIC Baby Behavior Study.
<b>WHEN:</b>	30 – 40 minutes depending on level of participation.
<b>WHERE:</b>	Chairs arranged to form a semi-circle; instructor sitting with participants.
<b>WHAT:</b>	Common topics of concern for breastfeeding moms Introduction to infant cues-what is your baby trying to tell you? Infant sleep-what is normal?
<b>WHAT FOR:</b>	By the end of this session, participants will have: <ul style="list-style-type: none"><li>• Shared their successes and challenges with breastfeeding</li><li>• Listened to the breastfeeding successes and challenges of other mothers</li><li>• Discussed their infants' sleep patterns and cues</li><li>• Discovered ways to better understand their babies</li></ul>

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## MATERIALS

**Posters:**

- #1 Common Topics
- #2 “I don’t think I am making enough milk”
- #3 “All my baby wants to do is eat”
- #4 “Why does my baby cry so much?”
- #5 “My baby wakes up so much at night”
- #6 I want to be near you/I need a break
- #7 Thank you (closing activity)

**Props:**

- Baby messages
- Stars
- Idea cards
- Baby pictures w/velcro
- Sleep cards for sleep poster with Velcro

**Materials:**

- Sticky notes/pens
- Flipchart and markers/or whiteboard
- Basket

**Handouts:**

- Why Do Babies Cry?
- Healthy Sleep: For You and Your Baby
- Understanding Your Baby’s Cues

## KEY



Use flipchart



Pass out handout



Question for the group



Pairs activity



Hands on activity



Writing activity

## Introduction

“Welcome to **Breastfeeding: The Gift of Love**. Thank you for coming to our class today. My name is \_\_\_\_\_ and the purpose of this class is to offer support with breastfeeding and answer any questions that you may have about breastfeeding. I would like to start out by going around the room, having each of you introduce yourself and your baby and say how old your baby is.”

(Participants share. Thank them for their participation.)



What are your questions about what we have planned for today?

Let's begin...

## 1. Warm Up-More than Words



- Pick a baby message from the basket.
- Try to share the message with the person next to you *without talking*.
- Have them guess what you are trying to “say”.
- Show an example to the group before starting.



How did that make you feel?

It can be hard to know what your baby is trying to communicate to you when he/she can't talk! BUT, your baby can tell you what he is thinking or feeling by using his noises and body movements—cues. In this class we hope to help you better understand your baby's behavior.

## 2. Pick a Topic

(SHOW POSTER-“Common Topics”)

We would like to take this time to focus in on questions or concerns you may have about breastfeeding. We have a list of common topics that concern many new moms.

They are:

- “I don’t think I am making enough milk”
- “All my baby wants to do is eat”
- “My baby wakes up so much at night”
- “Why does my baby cry so much?”
- Painful breasts, diet, herbs, birth control, going back to work



- ❖ Take 2 stars and place them on the poster by the topics that concern you the most or that you would like to learn more about. (Pass out 2 stars to each person. Give them about 1 minute to place stars on poster.)
- ❖ Are there any other breastfeeding questions or concerns you would like to add to this list? (Write any other questions on board or flipchart.)
- ❖ We will make sure to discuss those topics most important to you today.

(Instructor picks the 2-3 topics (depending on time, each topic activity takes about 10 minutes) that have the most stars and does the corresponding activity (**see script below**) for each of those topics with the group, being sure to include background information provided for each section below as well.)

**(Note: Be sure to do the closing activity on the very last page of this outline no matter which topics they choose!!)**

## DISCUSSION TOPICS:

# “I don’t think I am making enough milk”

(SHOW POSTER-“I don’t think I am making enough milk”)

Many moms have concerns about making enough milk, but very few actually don’t make enough for their baby.



What are some reasons that someone would think they might not have enough milk? (Wait at least 5 seconds for responses and list each response on flipchart/whiteboard. Affirm each response, for example: “I could see how someone would think that” or “I hear that from a lot of moms.” When all are listed, discuss each reason using the background information below.

**\*(Alternate activity)** *Pass out an **idea card** to each participant. Have moms share their cards as described on the bottom of the poster. This can be used if the class doesn’t respond well to the activity above. Use the information below to discuss the ideas on the cards.*

## Background information for reasons moms think they don’t have enough milk:

**Baby cries a lot** – Crying is normal and babies cry for **many reasons**, not only because they are hungry. When a baby is hungry there will be **other signals** besides crying. Hungry babies make sucking noises, pucker their lips, and bring their hands to their mouths. These cues often show up before the baby starts to cry. We have a handout that has more information about dealing with a crying baby.

 (Pass out the handout: **Why Do Babies Cry?**).

**Baby wakes up a lot** – Waking up at night is very hard for parents. Even though it is hard to get used to, it is **very important that young babies wake up** during the night. Waking up keeps babies **safe and healthy**. We have a handout that describes infant sleep and even lists the average number of times most babies wake up each night. Feeding your baby a few times throughout the night will help your body keep making enough milk for your baby. Plus, the waking does not last forever! Baby will wake-up less and less as he or she gets older.

 (Pass out the handout: **Healthy Sleep.**)

**Breasts are smaller and softer than during the first few weeks** – This is normal. After the first few weeks, your body becomes better at making the amount of milk that your baby needs, which sometimes means that it makes less than it had been.

**Mom doesn’t feel the milk ejection reflex** – This is common, some moms don’t feel it. Try listening for swallowing noises and looking for milk around the baby’s mouth.

**Baby is not gaining weight** – This is one of the **best indicators** that your baby is not getting enough to eat. Most babies lose a little weight after birth, because they lose a lot of the excess fluid that is left over from being in the womb. Babies should return to birth weight by about 10 to 14 days old. Typical weight gain is about 1/2 lb for the first month and then 1 to 2 lbs each month after that. **If your baby doesn’t seem to be gaining enough weight, you should see your doctor.**

**Baby doesn’t have enough wet/poopy diapers** – This is also a **very good way** to see if your baby is getting enough. After day 5, babies should have at least 6 wet diapers and at least 3 mustard-yellow, seedy, watery stools per day. **If your baby doesn’t seem to be peeing or pooping enough, you need to see your doctor.**

**Baby gobbles down bottle after breastfeeding-** Milk flows much faster from a bottle nipple than your baby is used to from the breast. They may seem to be gobbling the bottle down, but they really just don’t have much

control over how much they drink from the bottle. Babies also have a strong instinct to suck, and if the bottle is there, they will suck on it, even if they are not hungry.

**Baby is eating all of the time**- The **length of feedings** and the **time between feedings** vary from baby to baby and the pattern may change from day to day. Sometimes babies want to breastfeed several times within a short time. This is normal and is called **cluster feeding**. Mothers often worry that something is wrong when their baby cluster feeds. Babies often cluster feed to meet their needs for a long stretch of sleep or because they are getting ready for a **growth spurt**. The length of feedings and time between feedings is also different from mom to mom. It may take you 30 minutes to breastfeed your baby, while it may take your cousin 15 minutes to breastfeed hers. Even if your babies are the same age! Just like every woman's childbirth experience is different, so is how she breastfeeds her baby. But, this is all normal!



What are your questions about making enough milk for your baby?

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### **Tips for increasing milk supply**

- Breastfeed often (at least 8-12 times in 24 hours)
  - Feed on demand, not on a schedule
  - Don't limit how long baby feeds at each breast
  - Exclusively breastfeed – giving other liquids can decrease milk supply
  - Avoid artificial nipples, bottles, or pacifiers. The AAP recommends waiting until your baby is 8 weeks or older before using a pacifier.
  - More frequent but shorter feeds (at least 20 to 30 minutes) build and maintain milk supply more effectively than less frequent but longer feeds.
  - Get help when needed. Don't wait. **(Give helpline information)**
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## “All my baby wants to do is eat”

(SHOW POSTER-“All my baby wants to do is eat”)

The **length of feedings** and the **time between feedings** vary from baby to baby and the pattern may change from day to day. Sometimes babies want to breastfeed several times within a short time. This is normal and is called **cluster feeding**. Mothers often worry that something is wrong when their baby cluster feeds. Babies often cluster feed to meet their needs for a long stretch of sleep or because they are getting ready for a **growth spurt**. The length of feedings and time between feedings is also **different from mom to mom**. It may take you 30 minutes to breastfeed your baby, while it may take your cousin 15 minutes to breastfeed hers. Even if your babies are the same age! Just like every woman’s childbirth experience is different, so is how she breastfeeds her baby. But, **this is all normal!**



With the person next to you, discuss how you feel about **how often** and **how long** your baby is breastfeeding each day. (Allow 1-2 minutes for participants to discuss.)

Who would like to share how they feel about **how often** and **how long** your baby is breastfeeding with the group? (Wait 5 seconds for a response. Be sure to add in background information below as participants share.)



What are your questions about how often your baby eats?

### -Background Information About Infant-Feeding Patterns-

- Young babies - need to eat 8 to 12 times per day (24 hours). Remember that babies should not get any other foods or fluids before 6 months of age – they don’t need it and it can be unsafe.
- Growth Spurts – usually occur around 2-3 weeks, 6 weeks, 3 months and every couple of months after that. During growth spurts, feedings will become more frequent for a few days. This will increase your milk supply!
- Giving bottles – will cause your baby to breastfeed less often and will NOT build your milk supply.
- Night feedings – if your baby is sleeping through the night earlier than 3 to 4 months of age, you will need to feed more during the day

# “My baby wakes up so much at night”

(SHOW POSTER: “My baby wakes up so much at night”)



Have you noticed any signs that your baby is dreaming? (Pause at least 5 seconds for responses.)

Yes, those are all signs that your baby is dreaming. When babies sleep, part of the time they sleep deeply and part of the time, they sleep lightly. During deep sleep (called quiet sleep), it is a lot harder to wake them up and they don't dream. During light sleep (called active sleep), they dream and they are easy to wake up.

(\*Instructor: As you read the script below, place the matching cards listed in bold up on the poster.)

For babies, dreaming is **very important** because while they dream, blood flows up to their brains bringing nutrients and other things that they need for their brains to grow and develop. **(Place up card that reads “I will be very smart”)** When they are dreaming, it is easier to wake babies up but babies have to wake up sometimes to feed, to stay warm, and sometimes to breathe. **(Place up card that reads “I will wake-up if I need your help”)** So waking and dreaming are important to keep babies' brains and bodies healthy. **(Place up card that reads “I will develop a healthy body”)** We know it is tough, but the good news is that it doesn't last forever. As they get older, babies will wake up less and less. **(Place up card that reads “I promise I will wake-up less and less as I get older”)**

It is also **very important** to babies to sleep on their backs. Babies will be able to wake-up more easily if they are having difficulty breathing when they sleep on their backs. This will help prevent your baby from developing a deadly condition called “SIDS” or Sudden Infant Death Syndrome. **(Place up card that reads “I will have less of a chance of dying from SIDS”)** Many people think babies choke when put to sleep on their backs, but studies show this is not true. Babies also spend more time in active sleep and dreaming when they sleep on their backs. This means babies that sleep on their backs will be healthier and smarter.



So, what can you do to help your baby dream more and sleep safely?

**Put your baby to sleep on his or her back!!**



From what you've heard or seen, how many times would you guess that a newborn baby wakes up at night during the 1st month? (Affirm responses and write them on flipchart.)

-How about when they are 4 months old? (Write all responses on flipchart.)

-Or 6 months old? (Write all responses on flipchart.)

Wow, there are a lot of ideas about how many times babies wake-up at night. The average **2-month-old baby wakes up 2 to 3 times per night** and they can sleep longer as they get older, **only waking up 0 to 1 time by 6 months**. Even though it is so hard to wake-up in the middle of the night, it is good to know that it doesn't stay this way forever! It does change as they get older.

This handout we passed out earlier, “**Healthy sleep: for you and your baby**”, has a lot of the information we have talked about today regarding the way babies sleep.



Since dreaming and waking are so important for babies, what things might you do to make waking up with your newborn easier for you and your family?

Here are some more tips for sleepy parents:

- Sleep in the same room with your baby – you won't have to go as far to get to her
- Play time and physical activity during the day can help your baby sleep better at night
- Turn off the lights and TV in the room your baby is sleeping in
- Older babies like routines – try putting your baby to bed at the same time every night
- Feeding your baby after you know he or she is full is not a good way to get your baby to sleep longer and can hurt your baby.
- Always put your baby back to sleep.

## “Why does my baby cry so much?”

(SHOW POSTER: “Why does my baby cry so much?”)

Hearing a baby cry can be very difficult. Some parents find it easier when they understand why their baby cries. Although babies need to cry sometimes, knowing why your baby cries can even help you prevent some crying.



There are **MANY** reasons babies cry.

What are some reasons **YOUR** baby cries?

(Allow participants to discuss reasons their babies cry. They may mention, hunger, fatigue, pain, or many other reasons. Instructor lists reasons given on flipchart.)



What would happen if every time your baby cried, you fed him? (Wait 5 seconds for response. Probe for “baby could become overweight”, if not mentioned.)

There are many reasons babies cry. Babies actually have ways **other than crying** to tell us what they need. Babies use their **bodies and noises** to tell us what they need – we call these ‘**baby cues.**’ Each baby has **his own special cues** to tell his mom what he needs, but we have 2 general types of cues you can look for when trying to see what your baby needs – ‘**I want to be near you**’ cues and ‘**I need a break**’ cues.



How does **YOUR** baby tell you he wants to be near you? (Pause 5 seconds and allow participants to respond. Affirm responses with “thanks for sharing” or “that’s right” or “yes, that’s a common way babies tell you they want to be near you.”)

(Instructor should mention any of the following not brought up by participants...)

### “I want to be near you” cues

- Babies tell us they want to be near us by:
  - Keeping their eyes open and their faces relaxed
  - They might try to reach toward us and make some happy noises
  - They will lift their faces and smile (if old enough)
- This is the best time to play with your baby. Remember, babies get tired very fast, so even if they are showing these cues, they may start to fuss once they need a break.



## How does YOUR baby tell you she needs a break?

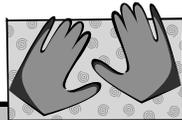
(Pause 5 seconds and allow participants to respond. Affirm responses with “thanks for sharing” or “that’s right” or “yes, that’s a common way babies let you know need a break.”)

(Instructor should mention any of the following not brought up by participants...)

### “I need a break” cues

- Babies are learning all the time, so they can get tired or overwhelmed very fast. Babies who need a break may just turn their head or whole bodies away for a moment. They can stiffen up their bodies and fuss a little.
- Often giving them a little break or soothing them will stop them from getting more upset and crying. If you notice your baby giving cues that she may need a break, stop playing for a few moments and see if she calms down.

(SHOW POSTER: “I want to be near you/I need a break”)



- Now I will pass out pictures of babies that either want to be near their parents or need a break from what they are doing. (Pass out 1-2 pictures to each participant, depending on size of group.)
- Decide if the baby in the picture you have wants to be near his parents or needs a break from what he is doing.
- Place the picture on the right side of the poster if the baby needs a break or on the left side if the baby wants to be near his parents.
- Here is an example: (Instructor takes a picture, describes to the group what the baby might be saying or feeling, and places it up on the board under the correct heading.)
- Here is a handout you can use as a cheat sheet.  
 (Pass out “Understanding your baby’s cues.”)
- Now it's your turn! (Give participants about 1-2 minutes to put their pictures up. Then go over with the group if each picture is in the right place or not. If not, discuss where the picture should go and why (use the handout to show the correct answer.)



What are your questions about why babies cry?

## -Background Information-

### What to do if your baby is crying:

- If your baby does start crying, think about everything that has been going on around them. Sometimes groups of people, loud noises, or flashing lights can be too much for babies to handle. Take your baby to a quieter calmer place and see if it helps. Babies also cry when they have dirty or wet diapers and when they are tired.

(The handout we passed out earlier, “Why Do Babies Cry?” has much of the information we just talked about.)

## Painful Breasts, Diet, Herbs, Birth Control, Going Back to Work

### Painful Breasts



What breast problems did you have before or do you currently have now? (Examples: sore nipples, breast fullness, tender spots or lumps) Pause 5 seconds for responses.

Who would like to share what has helped them with this same problem? (Pause 5 seconds for responses. Affirm appropriate responses using the background information below.)

### Background Information:

#### **Most common reasons for sore nipples:**

- Incorrect positioning and latch
- Not breaking the suction before taking the baby off the breast
- Mom has skin problems such as an infection or rash

#### **Tips to help:**

- Correct position and latch
- Apply a few drops of breast milk on the nipples to help with healing
- Try different breastfeeding positions
- Avoid using soap or alcohol on nipples

#### **Most common reasons for extreme breast fullness**

- Delayed or missed feedings
- Incorrect position or latch
- Restricted, scheduled feedings
- Use of formula, water, or pacifiers
- Sudden weaning
- Pumping that does not drain breasts enough

### **Tips to help:**

- Breastfeed often – at least 8-12 times in 24 hours
- Hand express or pump a small amount to soften breasts before a feeding
- Place breasts in a bowl of warm water and lightly massage breasts to encourage milk flow
- If unable to express milk, apply cold compress such as very cold washcloth or frozen bag of peas to reduce swelling and seek help from a lactation consultant.

### **Most common reasons for tender spots and/or lumps**

- Missed feedings
- Bra that is too tight
- Pulling up a bra rather than loosening it to breastfeed
- Straps on front of baby carriers, diaper bags, or purses
- Mother sleeping on her stomach
- Applying too much pressure to breast with fingers while nursing

### **Tips to help:**

- Breastfeed often. Wear loose, unrestrictive clothing.
- Begin each feeding on the side with the lump
- Gently massage the breast from above the lump toward the nipple while breastfeeding
- Apply heat for 15 to 20 minutes to the breast that has the lump before feedings and sometimes between feedings
- Seek help from your doctor or lactation consultant if your breast becomes painful or red

## **Diet**



**What did your family and friends tell you about how the foods you eat can affect your breast milk?** (Pause 5 seconds for responses. Be sure to include background information below in the discussion.)

### **Background Information:**

- You will still make “good milk” even if you don’t eat the “right” foods every day
- Eating poorly may make you feel tired and you may get sick more often
- Drinking more milk does not cause you to produce more milk
- If you think your baby becomes fussy or colicky when you eat a certain food, stop eating that food for a week to see if the symptoms go away
- Drink water when you are thirsty
- Moderate intake of caffeine (1-2 cups per day) causes no problems for most breastfeeding mothers and babies. Every baby is different though, and excessive caffeine intake may cause your baby to become fussy and/or not sleep well.



**What other questions do you have about eating and breastfeeding?**

## Herbal Remedies

Like drugs, herbs can cause side effects and some can affect breastfeeding.

### Tips:

- Major name brands of herb teas pose little risk
- “Private” brands or herbs brewed as tea should be used with caution
- Herbal teas that promise to increase milk supply can have possible side effects including vomiting, insomnia, and restlessness if taken in excess
- Always check with your health care provider or lactation specialist before using any herbs or teas



What questions do you have about using herbal remedies and nursing?

## Birth Control



What have you heard about birth control and breastfeeding? (Pause 5 seconds for responses. Include background information below in the discussion.)

### Background Information:

- Some work with breastfeeding and some do not
- Generally barrier methods (diaphragms, condoms), IUD, mini-pill, and Depo-Provera are usually ok with breastfeeding
- Other hormonal birth control methods can effect milk supply
- When choosing a birth control method, talk to your health care provider and let him/her know you are nursing

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## Going Back to Work/School

**Instructor:** “Many women worry about continuing to breastfeed after returning to work or school.”



What are your questions about breastfeeding and returning to work or school?

### Background Information:

- WIC may be able to lend you an electric breast pump. For more information and to check if a pump is available, call the helpline.
- California has a law that supports working mothers. The law says that all employers must provide time and a private space (not a bathroom) for mothers to pump or breastfeed. This handout describes the law (**pass out**

**Breastfeeding your baby and work handout if available).** It may help to show this handout to your employer and confirm plans with your employer about when and where you will express milk at work.

- Delay introducing a bottle until the baby is nursing well, ideally for at least 3 to 4 weeks, to avoid nipple confusion.
- Start building a supply of frozen milk 2 weeks before going back to work or school.

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## Closing Activity

(SHOW POSTER: Thank You!)



- ❖ What is one thing that you learned today that you will go home and share with a friend or family member?
- ❖ Write down your thought on a sticky note and then place it up on the sunshine wheel. (Pass out sticky notes & pens to each participant. Give them 1-2 minutes to write.)
- ❖ You can also choose to share out loud instead.
- ❖ We will share some of your thoughts. (When all notes are up on the poster, read through all of them out loud to the group).
- ❖ Would anyone like to share something else they learned with the group?

Thank you for participating in today's class. If you have any questions, please stay after so we can talk. Have a great day!



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