



# Idaho WIC Training **Breastfeeding** Trainer



WIC is an equal opportunity provider.

## What Will They Learn?

A major goal of the WIC Program is to improve the nutrition status of infants. As a result, WIC mothers are encouraged to breastfeed their infants. Nutrition educators will gain a better understanding of breastfeeding as an important element in the healthy development of the baby. You will learn how to help WIC mothers breastfeed through support, encouragement, information and education.

## Instruction Level

- Prerequisite for taking the Breastfeeding course: none

## Items Needed for This Course

The Idaho WIC website [wic.dhw.idaho.gov](http://wic.dhw.idaho.gov) houses all the online materials for staff under the Staff page.

- Definitions and acronyms (located under the policy manual area)
- The links to the videos are within the guidebook. To access them please use “Ctrl + Click” on the links.
- Idaho WIC Website > Staff > Breastfeeding
- Idaho WIC Policy and Procedure Manual – Chapter 6, “Breastfeeding Promotion and Support”
- Idaho WIC Policy and Procedure Manual – Chapter 7, “Food Delivery”

Note: The answers to some of the activities in this course cannot be found in the modules. You may need to discuss the questions with your trainer and/or other nutrition educator to find the answers. Videos were created by AZ WIC. Several references to AZ specific services are made. Any issues with the Video will need to be communicated to the Idaho WIC State Office so we can provide a better video.

## Recommended Time

- Approximate time it takes to complete the Breastfeeding course: 2-4 hours
- Approximate time it takes to complete the face to face activities and discussion: 2-3 hours

## Modules 1-5

- Have the learner complete each activity either individually or with other learners. As the trainer, you may decide whether or not to be present while the learner works on the activities. Many of the questions in the activities are not addressed in the module so you will need to discuss the answers with the learner.
- Once finished, the learner(s) shall meet with the trainer to review Activity 1. Please answer all questions the learner may have and clarify any incorrect answers.
- Verify the learner fully understands the information.
- The learner will view the following videos:
  - o [Breastfeeding Module 1 - Introduction](#)
  - o [Breastfeeding Module 2 - Services Available to Breastfeeding Women](#)
  - o [Breastfeeding - Module 3 - Getting Started](#)
  - o [Breastfeeding - Module 4 - Problems and Concerns](#)
  - o [Breastfeeding - Module 5 - WIC Staff Video](#)



### Activity 1

#### COMPETENCIES:

- Learner understands their role in breastfeeding promotion and support.
- Learner is able to explain the types of services your local agency provides breastfeeding women.
- Learner is able to describe breastfeeding services available in your community.
- Learner is able to explain the breastfeeding supplies provided by your local agency to breastfeeding WIC participants.

#### With your learner:

1. Discuss the learner's role in breastfeeding promotion and support.  
Some possible answers may include:
  - Discuss breastfeeding early and often with participants
  - Create a breastfeeding friendly environment in the clinic
  - Teach breastfeeding classes and encourage attendance
  - Offer breastfeeding advice and encouragement to participants and their families
  - Refer to breastfeeding peer counseling program, if available
  - Educate participants about the additional benefits they receive if breastfeeding
    - o Greater variety and quantity of food

- Receive WIC benefits 1-year postpartum as opposed to 6 months for non-breastfeeding women
  - Access to breast pumps and equipment if needed
  - Mom to Mom support through the Breastfeeding Peer Counseling program
2. What breastfeeding services are available for WIC participants in your local agency?  
This will vary per local agency, but may include
    - Free breast pumps and equipment to those who qualify
    - Prenatal and postpartum education/classes
    - Peer Counseling services
    - Breastfeeding specialists who can help with breastfeeding issues.
    - Breastfeeding support groups
  3. Which breastfeeding services are available for WIC participants in your community?  
The Breastfeeding Resource sheets list services available in each region.
  4. Discuss which breastfeeding supplies are provided by your local agency for WIC participants.  
This will vary per local agency; all available inventories can be found in WISPr under Agency/Clinic Administration/Breastfeeding Equipment



Activity 2

COMPETENCY:

- Learner is able to ask a variety of questions to determine how breastfeeding is going so proper referrals for support can be made.

Instructions:

A postpartum participant is in the office for her certification and she states she is breastfeeding. Practice asking probing questions to assist in gathering more information about breastfeeding. The purpose of a probing question is to gain more insight about a situation, and the intent is to solve real problems. What are questions you can ask to determine whether breastfeeding is going well? What are questions you can ask to identify possible breastfeeding concerns?

NOTE: Lead the learner(s) in a brainstorming session of potential questions to ask the breastfeeding participant.

Possible responses within the scope of practice of a WIC employee without completion of at least 35 hours of breastfeeding education:

- How do you feel the baby is breastfeeding?
- How does breastfeeding your baby make you feel?
- What kind of education did you receive on breastfeeding prior to having your baby?
- Who is your support and encouragement for breastfeeding?
- Is breastfeeding comfortable? If no, why?
- Tell me how this breastfeeding experience compares to your breastfeeding experience with your older children.
- Throughout this breastfeeding experience, do you remember a time or breastfeeding session you felt was a great success? Can you tell me more about it?



### Activity 3

#### COMPETENCY:

- Understand the Scope of Practice for providing breastfeeding education to WIC participants.

Four roles typically found in a WIC Local Agency and/or clinic.

- WIC employee without advanced breastfeeding training
- Certified Breastfeeding Consultant or Educator (WIC employee with completion of at least 35 hours of formal breastfeeding education)
- Breastfeeding Peer Counselor
- International Board Certified Lactation Consultant (IBCLC)

Instructions: Learn to recognize a WIC employee's Scope of Practice when providing breastfeeding education to WIC participants. Review the following breastfeeding scenarios. Identify which of the four roles listed above are trained to handle each scenario. Each scenario may have more than one answer.

1. Mom thinks she needs to pump, even though she is not going back to work and breastfeeding is going well. Discuss what makes her think she needs to pump, and the advantages and possible disadvantages of pumping.  
Certified Breastfeeding Consultant or Educator, Breastfeeding Peer Counselor, IBCLC (pump issuance is out of the scope of practice for a WIC employee without advanced breastfeeding education, see Chapter 6-B-2 – 6-B-6 of the Idaho WIC Policy and Procedure Manual)
2. Mom has a two-week-old baby who has not re-gained to his birth weight. The baby has had one poopy diaper in the past 24 hours and is nursing 15 times per day. Mom has nipple damage.  
IBCLC (this is out of the scope of practice for a Breastfeeding Peer Counselor, Local Agency Breastfeeding Authority, and a WIC employee without advanced breastfeeding education)

3. Mom wants to supplement with formula because she thinks it is the best of both worlds. Who should discuss with mom her perspective of the situation, the benefits of breastfeeding, and her support system?  
All 4 roles: WIC employee without advanced breastfeeding education, Certified Breastfeeding Consultant or Educator, Breastfeeding Peer Counselor, and IBCLC (NOTE: A WIC employee without advanced breastfeeding education may not tailor the food package to include formula, see Chapter 6-A-6 of the Idaho WIC Policy and Procedure manual).
4. Mom of a newborn pumps two ounces of breast milk and thinks she has low milk supply. She would like help assessing whether or not her milk supply may be low.  
Certified Breastfeeding Consultant or Educator, Breastfeeding Peer Counselor, IBCLC (a breastfeeding assessment is out of the scope of practice for a WIC employee without advanced breastfeeding education)
5. A breastfeeding mom is two months postpartum and interested in joining a breastfeeding support group. Who can provide mom information about breastfeeding support groups offered by your local agency and community?  
All 4 roles: WIC employee without advanced breastfeeding education, Certified Breastfeeding Consultant or Educator, Breastfeeding Peer Counselor, IBCLC
6. Mom of a six-week-old thinks she is losing her milk supply since baby is constantly feeding. Who will determine what factors make mom think she is losing her milk supply?  
Certified Breastfeeding Consultant or Educator, Breastfeeding Peer Counselor, IBCLC (this is out of the scope of practice for a WIC employee without advanced breastfeeding education)
7. Mom is two months postpartum. She is complaining of the following symptoms: hard breast, skin shiny on the breast, breast larger than normal, breast warm to the touch, and breast pain. The symptoms appeared for the first time this morning, and her baby slept seven hours without nursing last night for the first time. Who can discuss how to treat and prevent engorgement?  
Certified Breastfeeding Consultant or Educator, Breastfeeding Peer Counselor, IBCLC (this is out of the scope of practice for a WIC employee without advanced breastfeeding education)
8. The mother is 12 days postpartum. She tells you her baby consistently refuses to nurse on the left breast. She also complains the left breast is hard, larger than normal, and she has breast pain.  
Certified Breastfeeding Consultant or Educator, Breastfeeding Peer Counselor, IBCLC (this is out of the scope of practice for a WIC employee without advanced breastfeeding education)
9. Mom says her baby is growing well and eating 10 times per day, however, she is concerned baby often has trouble swallowing all the milk released and seems to choke and cough while feeding. She would like you to observe a feeding so you can better assess the situation.

Certified Breastfeeding Consultant or Educator, Breastfeeding Peer Counselor, IBCLC (observing a feeding and providing suggestions related to the observation is out of the scope of practice for a WIC employee without advanced breastfeeding education)

10. A pregnant WIC participant is in your office and contemplating whether or not she would like to breastfeed. Who will share with her the benefits of breastfeeding to both mom and baby?  
All 4 roles: WIC employee without advanced breastfeeding education, Certified Breastfeeding Consultant or Educator, Breastfeeding Peer Counselor, IBCLC

NOTE: Please clearly explain scope of practice and how a new WIC employee should handle breastfeeding issues that require more experience than the new employee has. If an employee has not completed at least 35 hours of breastfeeding education, any breastfeeding topic that is beyond basic education and support must be referred to a qualified person.



Think It Through

- Identify the employees in your clinic and/or local agency with the IBCLC credential.
- Identify the employees in your clinic and/or local agency who have successfully completed at least 35 hours of breastfeeding education and are Certified Lactation Counselors or Educators.
- If applicable, identify the breastfeeding peer counselors in your clinic and/or local agency.
- If applicable in your agency, what are the responsibilities of the breastfeeding peer counselors?



Activity 4

COMPETENCY:

- Understand the myths and facts about a breastfeeding woman's dietary intake.

True or False?

Test your breastfeeding IQ regarding mother's nutrition and breastfeeding. (Module 4, Slide 19, 21 and Module 5 Video)

1. If a breastfeeding woman's diet is not perfect, the milk will still be good for her baby. TRUE

Although eating well is good for you, an ideal diet is not necessary to produce good quality milk. As breastfeeding expert Ruth Lawrence, MD, writes: "All over the world women produce adequate and even abundant milk on very inadequate diets." Studies have found it takes famine conditions for several weeks before a mother's milk is affected.

2. A breastfeeding woman should eat or avoid eating certain foods. FALSE

There are no foods a breastfeeding mother must have, and there are no foods a breastfeeding mother must avoid.

3. A breastfeeding woman needs to eat more than usual to make enough milk. FALSE

Just "eat to hunger." Extra calories do not seem to be as important as once thought. A breastfeeding woman's fat stores at baby's birth provide much of the fuel needed to make milk. Research has found a woman's metabolism may be more efficient while breastfeeding than at other times. This may reduce the need for extra calories. More active mothers will need more calories, but they will likely also feel hungrier too.

4. It is okay for a woman to lose weight while breastfeeding. TRUE

In fact, this may be the best time, as breastfeeding helps burn fat stores. But it is best to go slowly and lose weight gradually. Any breastfeeding diet should include at least 1,800 calories per day.

5. It is acceptable for a breastfeeding woman to drink caffeinated drinks. TRUE

As with all parts of your diet, think moderation. One or two cups of coffee, or other caffeinated drinks such as teas or colas, are not likely to cause a reaction. Unless a baby is unusually sensitive, there is no need to abstain.

6. A guideline for hydration while breastfeeding is to "drink to thirst." TRUE

"Drink to Thirst" is the simple guideline. Research has not yet found a link between the fluids a mother drinks and her milk production. Milk production is based on the number of times per day your milk is drained well from your breasts. If your urine is dark yellow, this is a sign you need more fluids. To make it easy to get a drink when thirsty, keep a container of water or juice at your usual nursing spot.

7. If a breastfeeding woman eats garlic, broccoli, cabbage, or spicy foods; it can give the baby gas. FALSE

There are no foods a breastfeeding woman must avoid. In most cases, there is no need to steer clear of chocolate, spicy foods, onions, garlic, broccoli, or cabbage. The key is: everything in moderation. In one study, mothers had lots of garlic—more than anyone could eat with a meal, and their babies breastfed more. They liked the taste! In many countries, such as Thailand and Mexico, mothers eat spicy foods while breastfeeding with no ill effects on their babies.

8. Certain foods will increase milk production. FALSE

There are no known foods that increase breast milk production. Milk production is based on how many times the milk is drained from the breasts each day. The more times a woman breastfeeds or expresses her milk, and the more drained the breasts are, the more milk the mother will make. For information on herbal and prescribed medicines that increase milk production, talk to your lactation consultant.

The Idaho WIC Program does not suggest, prescribe, or endorse any medication or herbal supplement to participants. If asked about a specific medication or herbal supplement, WIC employees should refer to Thomas Hale's "Medications and Mothers Milk" book or online resource for information. It is strongly recommended WIC employees copy or print the information directly from the reference material and give the information to the participant for review.

9. If a breastfeeding woman suspects a food is affecting her baby, try avoiding it. TRUE

Keep in mind, almost all babies have fussy periods and reactions to breast milk are unusual. The baby's fussiness is probably unrelated to the mother's diet. Besides fussiness, other signs in a baby are dry skin, congestion, bloody stool, rash, and wheezing. If a breastfeeding mother suspects a food is affecting her baby, try avoiding it. Then try eating it again. If the baby reacts, you'll know to avoid that food for a few months. Most babies will not react after about six to nine months of age. The most likely culprits are protein foods such as dairy, soy, egg white, peanuts, and fish. Only changing the mother's diet will tell you for sure.

10. If a breastfeeding woman is a vegetarian, she needs to either eat foods with vitamin B<sub>12</sub> (such as eggs or dairy), eat foods with vitamin B<sub>12</sub> added, or take a vitamin B<sub>12</sub> supplement. TRUE

If a breastfeeding woman is on a vegan (no animal products) or any other diet that does not include animal products, they should be sure to get enough vitamin B<sub>12</sub>.

**NOTE:** To more accurately assess the learner's competence, it is highly recommended to review the competencies with the learner on an individual basis.