

Topic	Breastfeeding
Subtopics	<p>How Breastfeeding Works:</p> <ul style="list-style-type: none"> • Anatomy and Physiology • Benefits & Advantages of Breastfeeding • Why Should I Breastfeed • Getting off to good start • Breastfeeding Recommendations <p>How to Breastfeed:</p> <ul style="list-style-type: none"> • Latch • Latching you baby • Signs of a good latch • Positions: cross cradle, football, cradle, side-lying • Techniques to improve breastfeeding • Breast Compressions • Infant feeding cues • Common Cues • Effective Breastfeeding: Signs that your baby is getting enough milk & Growth Spurts <p>Common Concerns & Management Techniques:</p> <ul style="list-style-type: none"> • Common Concerns & Management: Engorgement, Nipple concerns, blocked milk ducts, Breast Concerns: Mastitis, Thrush • Infant is excessively sleepy at the breast • Breastfeeding in Public • Breastfeeding vs. Feeding Expressed Breastmilk • Returning to work or school • Want Extra Assistance <p>Myths & Misconceptions</p> <p>Goal Setting</p>
Workshop Description	One 2.5 hour session about breastfeeding for prenatal patients and a support person. The workshop focuses on breastfeeding knowledge, skills, confidence and attitudes and is based on breastfeeding self-efficacy theory and adult learning principles
Skills/Knowledge	<ul style="list-style-type: none"> • Know how breastfeeding works • Know how to breastfeed • Know how to manage common concerns • Know how to support moms with breastfeeding • Skills needed to successfully breastfeed
Workshop Goal	To increase the level of breastfeeding knowledge, understanding, and confidence, such that new moms (especially younger women) and their families are able to make

	informed decisions beginning in the prenatal stage, which influence their intention and ability to initiate breastfeeding postpartum
Participants	Prenatal patients between 24 or more weeks with the option of one support person (spouse, mom, grandmother, friend etc.)
Objectives (participant outcomes)	<ol style="list-style-type: none"> 1. Understand the importance of breastfeeding and understand the risks of not breastfeeding 2. Know the basics about breastfeeding (when to feed, how often, for how long, techniques etc.) 3. Create relations and gain support from other participants 4. Understand how to deal with common breastfeeding challenges 5. Gain skills needed to successfully breastfeed 6. Develop positive attitudes about breastfeeding 7. Develop the confidence to successfully initiate breastfeeding
Tips for facilitators	<ul style="list-style-type: none"> • Use empowering language • Use generalizing to allow for differences, e.g., “ some find this, some find that ” • Create a relaxed, open environment in the workshop
How to Prepare	<p>Review content and rehearse</p> <p>Set-up:</p> <ul style="list-style-type: none"> • Have Patient folders (complete with information handouts and booklet, service promotions, name tags) and pen laid out where mums will be sitting • Have paper, pen and name tag laid where support person will sit • Have breastfeeding teaching aids out and available (dolls and breast models) • Prepare refreshments for participants if possible • Computer and projector ready with PowerPoint
Required Materials	<ul style="list-style-type: none"> • Workshop notes • Handout (take-away for participants) • PowerPoint • Evaluation Tools • Teaching aids • Laptop, projector, internet • Markers and whiteboard or flipchart for notes
Resources for patients	Handout created to reinforce workshop information
Possible Activities	<ul style="list-style-type: none"> • Icebreaker brainstorm • Non-Supportive and Supportive Breastfeeding Skits • Risks of Not Breastfeeding: Cards with images

	<ul style="list-style-type: none">• Practice using teaching aids: dolls & breast models (position, latch, hand expression and massage)• Breastfeeding Case Study• Videos• Goal Setting: Breastfeeding Action Plan
Evaluation Plan	<ul style="list-style-type: none">• Pre and post evaluation survey• Post-partum data collection regarding breastfeeding rates
Workshop Feedback	<ul style="list-style-type: none">• Focus group• Evaluation tools• At the end of the workshop facilitators should make notes about what worked well (activities, key messages, timing, group size etc.) so that improvements can be made

Prenatal Breastfeeding Workshop

Workshop Content and Agenda

Total Time: 2.5-2.75 hours [Approximately 160 minutes]

Time from the start	Activity
Introduction (15 mins)	
5 minutes	<p>Introduction: Introduce yourself, your role, and participants</p> <p>Agenda: Before the workshop begins write out the agenda breakdown for the participants so they know what is happening and when</p> <p>Objectives: Cover the objectives of the workshop</p> <p>Initial Questionnaire: knowledge questions (so that post comparisons can be made)</p>
10 minutes	<p>Activity 1: Brainstorming “ice breaker” activity to get everyone comfortable Icebreaker: Participants list what they “ have heard about breastfeeding ” and what they “want to know about breastfeeding ”</p> <p>Activity 2: Breastfeeding Skit – Part 1 Hand out cue cards to 6 volunteers and have them act out the skit</p> <p><i>Facilitator may jot down the ideas on flipchart paper or a whiteboard, to ensure they are addressed by end of workshop.</i></p>
<p>Key Points & Interactive Activities (2 hours) <i>Focus on knowledge, skills, attitudes, confidence! Self-efficacy theory and adult learning principles are integrated within.</i></p>	
1st Subtopic: How Breastfeeding Works	
10 mins	<p>Key Messages:</p> <ul style="list-style-type: none"> • Basic anatomy and physiology • Benefits & Advantages of Breastfeeding • Why Should I Breastfeed • Getting off to a good Start • Breastfeeding Recommendations
5 mins	<p>Activity 3: Risks of NOT Breastfeeding</p> <ul style="list-style-type: none"> • Card activity “Risks of Not Breastfeeding”

5 mins	Buffer time (to allow people to ask questions during or after the lecture/activity)
2nd Subtopic: How to Breastfeed	
20 mins	Key Messages: <ul style="list-style-type: none"> • Latch – descriptions and video • Positions – descriptions and video • Techniques • Infant feeding cues • Effective Breastfeeding (Signs baby is getting enough milk & Growth Spurts)
10 mins	Activity 4: Practice Interactive activity <ul style="list-style-type: none"> • Using breastfeeding teaching aids: breast and infant model • Practice positioning: try one of the four positions and use armchairs, pillows, footrests to ensure comfort • Practice breast massage and hand-expression
5 mins	Buffer time (to allow people to ask questions during or after the lecture/activity)
10 mins	Break Time: Snack & Light Refreshments
3rd Subtopic: Common Concerns & Management	
15 mins	Key Messages: <ul style="list-style-type: none"> • Common Concerns & Management <ul style="list-style-type: none"> ○ Engorgement ○ Nipple concerns ○ Blocked Milk ducts ○ Breast Concerns: Mastitis, Thrush ○ Infant is excessively sleepy at the breast ○ Breastfeeding in Public – description & video ○ Breastfeeding vs. Feeding Expressed Breastmilk ○ Returning to Work/School ○ Want Extra Assistance
10 mins	Activity 5: Breastfeeding Case Study <ul style="list-style-type: none"> • Read the scenario and probing questions • Have the group pair up and provide answers to the case study questions • Large group discussion
5 mins	Buffer time (to allow people to ask questions during or after the lecture/activity)
4th Subtopic: Misconceptions & Myths	
15 mins	Key Messages: <ul style="list-style-type: none"> • Correct common misconceptions and myths
10 mins	Activity 6: Breastfeeding Skits – Part 2

	<ul style="list-style-type: none"> • Hand out cue cards to 6 volunteers and have them act out the skit • Discuss the difference between the supportive vs non-supportive breastfeeding skits
5 mins	Buffer time (to allow people to ask questions during or after the lecture/activity)
Goal Setting: Patient “Breastfeeding Action Plan”	
10 mins	<p>Get all women with their support person to make a breastfeeding goal! (on the goal setting handout)</p> <p>Help guide them so that it is a SMART goal and detailed (i.e. skin to skin contact in the hospital, when they will first try to feed, how long they plan to breastfeed etc.)</p> <p>SMART Specific Measurable Attainable Realistic Timely</p>
Wrap Up (15 mins)	
5 mins	<p>Review/Large Group Discussion: Cover initial questions about what they “have heard about breastfeeding” and what they “want to know about breastfeeding”. Discuss how this has changed after the session.</p> <p>Ask if any participants have any questions</p> <p>Remind participants of support available post-partum</p>
5 minutes	Evaluation: Follow-Up questionnaire

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The information herein reflects the views of the authors and is not officially endorsed by the Government of Ontario or the Best Start Resource Centre.