

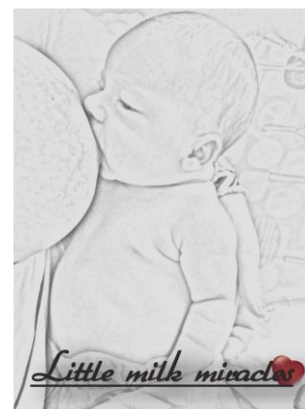


## Little Milk Miracles Breastfeeding Support Session Topics and Outlines

**Note:** Peer-Mom leaders will use pictures and videos as strategy to start the discussion. The following is a framework to guide the discussion content for each weekly session to cover important topics identified in the focus group sessions.

### **Helping your Baby get a Good Start** (\*Section #2) (hospital focus, or in the first few hours after birth)

- Skin to skin contact
- Baby-led latching
- Following your baby's cues (frequent feedings are normal)
- Establishing your milk supply
- Hand expression



### **Early Days of Breastfeeding- Learning to Breastfeed** (\*Section #3)

- What's normal?
- What does breastfeeding look like?
- Positions for breastfeeding
- Latching on, signs of a good latch
- Feeling confident that your baby is getting enough (see BSRC desktop reference or OPH flipchart)
- Day #2- cluster feeding is normal

### **Trouble Shooting- Common Concerns** (\*Section #4, Section #5)

- Engorgement
- Sore nipples
- Pain
- Pumping, storage of expressed breast milk
- Community supports available
- Less common concerns- blocked ducts, mastitis, tongue ties

### **Continuing to Breastfeed** (\*Section #5)

- Vitamin D
- Breastfeeding in public (the law)
- Returning to school /work (see BSRC resources, also reminder of pumping & storing)
- Growth spurts
- Breastfeeding during painful procedures (e.g. blood work, immunizations)
- Introducing solids

\*Best Start Resource Centre. (2013). *Breastfeeding matters: An important guide for women and their families*. Toronto, Ontario: author.

Note: Will need a current list of community resources at each session.