



Module 7: AR WIC - Providing Support for New Breastfeeding Moms  
(Birth to 1 Month)

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## HANDOUT 7.1

### BABY-LED BREASTFEEDING

**Instructions:**

After you watch “Baby-Led Breastfeeding” and walk through the guided demonstration with your own baby doll or stuffed animal, answer the following questions:

1. How would you explain “baby-led breastfeeding” to a new mother?
2. What was something you **saw** in the video that was new information for you?
3. What was something you **heard** in the video that was new information for you?
4. What are three ways you plan to share this information with WIC mothers?



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# HANDOUT 7.2 INFANT FEEDING LOG

### Breastfeeding Record for Baby's First Week

Keep this record and a pencil near you during the first week of your baby's life to keep track of your baby's breastfeedings, wet diapers, and bowel movements.

A sample is provided in the shaded box below.

**Breastfeedings:** Circle the **Bf** whenever your baby breastfeeds.

**Wet Diapers:** Circle the **W** whenever your baby has a wet diaper.

**Bowel Movements:** Circle the **BM** whenever your baby has a bowel movement.

It is okay if your baby has more breastfeedings, wet diapers, or bowel movements than the goal for the day. You can write in additional **Bfs**, **Ws**, or **BMs**. Keeping this record will help you know your baby is doing fine!

**If your baby has fewer Bfs, Ws, or BMs than the goal for that day, call your doctor or breastfeeding helper.** Remember – don't feel shy about asking questions.

SAMPLE day three									
<b>Breastfeedings</b> Today's goal: 8-12	<input type="checkbox"/> Bf								
<b>Wet diapers</b> Today's goal: 3-5			<input type="checkbox"/> W	<input type="checkbox"/> W	<input type="checkbox"/> W				
<b>Brown or green bowel movements</b> Today's goal: 3-4			<input type="checkbox"/> BM	<input type="checkbox"/> BM	<input type="checkbox"/> BM				
On day three, this baby met the day's goal of at least 8 breastfeedings, 3 wet diapers, and 3 brown or green bowel movements.									
day one									
<b>Breastfeedings</b> Today's goal: 8-12	Bf								
» Any bowel movements will be black and tarry. » The doctors and nurses at the hospital will monitor your baby's health.									
day two									
<b>Breastfeedings</b> Today's goal: 8-12	Bf								
» Any bowel movements will be brown and tarry. » The doctors and nurses at the hospital will monitor your baby's health.									

day three									
<b>Breastfeedings</b> Today's goal: 8-12	Bf								
<b>Wet diapers</b> Today's goal: 3-5				W	W	W			
<b>Brown or green bowel movements</b> Today's goal: 3-4				BM	BM	BM			
day four									
<b>Breastfeedings</b> Today's goal: 8-12	Bf								
<b>Wet diapers</b> Today's goal: 3-5				W	W	W			
<b>Loose yellow bowel movements</b> Today's goal: 3-4				BM	BM	BM			
day five									
<b>Breastfeedings</b> Today's goal: 8-12	Bf								
<b>Wet diapers</b> Today's goal: 4-6				W	W	W	W		
<b>Loose yellow bowel movements</b> Today's goal: 3-6				BM	BM	BM			
day six									
<b>Breastfeedings</b> Today's goal: 8-12	Bf								
<b>Wet diapers</b> Today's goal: 4-6				W	W	W	W		
<b>Loose yellow bowel movements</b> Today's goal: 3-6				BM	BM	BM			
day seven									
<b>Breastfeedings</b> Today's goal: 8-12	Bf								
<b>Wet diapers</b> Today's goal: 4-6				W	W	W	W		
<b>Loose yellow bowel movements</b> Today's goal: 3-6				BM	BM	BM			





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### HANDOUT 7.4 APPLICATION TO PRACTICE HELPING A NEW BREASTFEEDING MOTHER

Bonnie came into WIC today with her baby, born 3 days ago. Bonnie is breastfeeding, but worried that she will not be able to make milk for her baby. She has asked if she can still get formula. Her baby, Bella, weighed 7 lbs. 4 ounces at birth, and now weighs 6 lbs. 11 ounces. When you asked her what kind of stools the baby had in the last 24 hours she recalled that she had a large bowel movement that looked a little like black tar. Her breasts do not feel hard like her friends told her they would, and Bella cried most of the night last night. She is afraid she is starving her baby.

1. Assess: Write 2-3 questions to help you determine more about Bonnie's situation. What potential red flags worry you?
2. Affirm: What do you believe Bonnie is most fearful of, and what supportive words of affirmation can you share with her?
3. Educate: What information would be most appropriate for Bonnie today?
4. Yield: To whom would you yield Bonnie for further support?



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HANDOUT 7.4  
APPLICATION TO PRACTICE  
HELPING A NEW BREASTFEEDING MOTHER  
ANSWER SHEET – RESPONSES TO CONSIDER

1. Write 2-3 questions to help you determine more about Bonnie's situation. What potential red flags worry you?

- *Number of bowel movements*
- *Meconium bowel movements*
- *Mother requesting infant formula*
- *Baby crying all night*
- *Mother concerned she is "starving her baby"*
- *Potential poor latch ~ poor milk transfer*
- *Misinformation from friends*
- *"Tell me about the last 24 hours—how feeding Bella has gone."*
- *"Describe a typical feeding with Bella."*
- *"Tell me how your breasts feel."*

2. What do you believe Bonnie is most fearful of, and what supportive words of affirmation can you share with her?

*She feels she is starving her baby and doubts her ability to breastfeed and take care of her baby.*

*"I remember feeling this way too Bonnie—that first night home from the hospital, my baby cried and that made me cry."*

*"I hear this from a lot of mothers. I can see you are worried about how breastfeeding is going. Bella is lucky to have a mother who is so concerned about her wellbeing."*

3. What information would be most appropriate for Bonnie today?

- *WIC is here to help her today*
- *Importance of skin-to-skin contact*



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- *Encourage mother to feed baby at least 8-12 times a day*
- *Let mother know not to take the baby off the breast after a certain number of minutes—let the baby finish the feed*
- *Breast compression*

#### 4. To whom would you yield Bonnie for further support?

- *Immediate referral to the WIC Breastfeeding Contact Person*
- *Peer Counselor*

# MY GOALS FOR BREASTFEEDING SUPPORT

