



Memorandum

#11-105

TO: WIC Regional Directors
WIC Local Agency Directors

FROM: Linda Brumble, Unit Manager
Nutrition Education/Clinic Services Unit
Nutrition Services Section

DATE: September 9, 2011

SUBJECT: A New Breastfeeding CCNE Lesson – *Breastfeeding and Returning to Work*

A new client-centered class is available for WIC agencies. The new lesson, *BF-000-37, CCNE Breastfeeding and Returning to Work*, will replace *BF-000-29*. With a client-centered focus, this class will go further in meeting the individual needs of WIC participants. This class informs clients of the new federal legislation which instructs employers to provide most employees adequate time and a space (other than a bathroom) to pump milk for their infants. In the class, participants will discuss ways to talk to their employers and develop pumping plans tailored to meet their needs. At the end of the lesson, clinic personnel can build value in WIC breastfeeding pumps by giving clients hands-on experience during the optional activity.

The class is currently posted at <http://www.dshs.state.tx.us/wichd/nut/bflessons-nut.shtm>, and the lesson code, *BF-000-37*, is in the pick list. The lesson includes the use of the Department of Labor (DOL) fact sheets, in English and Spanish, which explain the new law. The brochure, *Breastfeeding and Returning to Work*, no. 13-06-11496 and no. 13-06-11496A, is currently in revision to reflect the new law and will be available later this fall. Please use the DOL fact sheets as supplements to the brochure until the revised brochure is available. Lesson *BF-000-29* will be deleted at the end of this fiscal year.

For many clients going back to work is a barrier to breastfeeding. WIC agencies and clinics can encourage them to continue breastfeeding when they have to be away from their babies, by giving them resources and helping them establish plans that fit their needs. We hope local agencies will consider this class when developing their Nutrition Education plans. Thanks for all the effort put forth in making these classes more fun, engaging, and meaningful.

If you have any questions or require additional information, please contact Janet Jones, Breastfeeding Training Specialist, Nutrition Education/Clinic Services Unit, at (512) 341-4519 or janet.jones@dshs.state.tx.us, or Tracy Erickson, WIC Breastfeeding Coordinator, Nutrition Education/Clinic Services Unit, at (512) 3410-4521 or tracy.erickson@dshs.state.tx.us.