
NE Lesson Code BF-000-21

Breastfeeding Basics: Positioning and Latch-On

This is a motivational and educational lesson for pregnant women and their partners. It is one of three lessons developed for use with *Breastfeeding: The How-To Video*. Lesson BF-000-20 covers information given during the first 8.5 minutes of the video - how the body makes milk, benefits of colostrum, and hunger cues. **Lesson BF-000-21 covers information from the last 16 minutes of the video - positioning, latch, engorgement, signs of suck/swallow, and how to tell if a baby is getting enough to eat.** A third lesson for expectant fathers, BF-000-22, may be used to support *Men and the Breastfeeding Experience*, a 5-minute video segment at the end of *Breastfeeding: The How-To Video*.

OBJECTIVES

Participants will be able to:

- < name one way to tell if a baby is getting enough milk.
- < name one tip for correctly positioning a baby for breastfeeding.

MATERIALS

TV, VCR

Videotape: *Breastfeeding: The How-To Video*, stock no. 6771(produced by Vida Productions, approximately 25 minutes), mailed to all Texas WIC local agencies in November 2002.

Two dolls, breast model or slightly inflated balloon, pillows, foot stool or box, chair (preferably comfortable chair or rocking chair)

Handout: *Instructional Guide for Giving Your Baby the Best* stock # 13-06-10954, English and stock #13-06-10954-A, Spanish, available from WIC Warehouse, using the *Texas WIC Materials Order Form*.

<p>Note about Evaluation Forms for New Lessons:</p>
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<p>The first few times a new lesson is presented, staff and participants need to complete the evaluation forms attached at the end of this lesson. Please note that the <i>Staff Evaluation Form</i> is different from the <i>Participant Evaluation Form</i>.</p>
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<p>Only 10-20 participant evaluations need to be completed. Please mail completed evaluations to:</p>

<p>Delores Preece Texas Department of State Health Services Nutrition Services 1100 W. 49th Street Austin, Texas 78756</p>

TEACHING TIPS

Fast forward 8.5 minutes into the video where the “Breastfeeding Basics” section begins. Have the video ready to start before the class begins. Show this part of the video (about 16 minutes) until the video short, *Men and the Breastfeeding Experience*, begins.

Participants may have questions raised by the video. Encourage them to ask questions and to discuss their concerns.

In the activity portion of this lesson, it would be ideal to use a peer counselor who is still breastfeeding her child to help you demonstrate good positioning and latch.

ICEBREAKER

I want everyone to think back about when you learned how to walk or ride a bike. Did you automatically know how to do these things the first time you tried them or did it take you a few days to learn? Allow participants time to answer.

It took you a few days, didn't it? While an activity, such as walking, is a natural thing for humans to do, it is still a learned skill - much like breastfeeding. Today you will learn some tips on how to position your baby correctly at the breast so that you can avoid soreness while breastfeeding and help ensure your baby will get plenty of milk.

VIDEO

Show the last 16 minutes of the 25-minute video, *Breastfeeding: The How-To Video*. Start with the “Breastfeeding Basics” segment which is 8.5 minutes into the video.

ACTIVITY AND DISCUSSION

1. Let's review the positioning techniques they covered in the video.

Pass out the *Instructional Guide for Giving Your Baby the Best*.

Use a peer counselor or ask for a volunteer so that you can demonstrate good positioning utilizing the chair, foot stool, pillows, and doll. Use another staff member if a peer counselor is not available and no one wants to volunteer. Ask other class participants to open their Instructional Guide to the section on positioning so they can follow along. If it is a small enough class, encourage participants to gather around the peer counselor/volunteer to observe. Choose a seated position shown in the Instructional Guide to demonstrate. Tell participants which one you will be demonstrating. Other positions can also be demonstrated if time allows. While demonstrating, cover aloud the following points and elaborate when needed.

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- **Make sure you are comfortable first. When you and your baby are learning to breastfeed, you may feel more comfortable if your knees are level with your hips or**

slightly higher. This will also help you keep your baby close to your breast and positioned well. Offer a foot stool or box under her feet, if needed.

- **Place a pillow in your lap** (if demonstrating the cradle hold) **at your side** (if demonstrating the football hold). **You may also like one behind your head or back or under the arm you will be supporting the baby with.** Place additional pillows around the mom as appropriate for the chair and the position you are demonstrating.
 - **Once you are comfortable, place your baby on your lap with his ear, shoulder, and hip in a straight line keeping him very close to your body.** Help the mother place the doll in the position you are demonstrating to the class.
2. Once you and the baby are positioned correctly and comfortably, you are ready to latch the baby on. If you have a peer counselor with a breastfeeding child, allow the peer counselor to demonstrate latch-on as you talk. If not, use another doll and breast model (or balloon) to demonstrate yourself.

Read aloud the instructions for latch in the instructional guide while demonstrating.

The video discussed ways to tell if a baby is latched-on well. Do you remember what they were? You can look at your instructional guide to help you remember. Allow participants time to answer.

Possible answers may include:

- Baby's ear, shoulder, and hip are in one line
- You can hear the baby swallowing
- Baby's lips are curled out, not in
- It should not be painful - but may be tender for the first minute or two

Read aloud from the instructional guide the list of possible answers and the other ways to tell if the baby is latched on well or if the milk is flowing.

3. Utilizing the volunteer mom or peer counselor, elaborate aloud while demonstrating how to re-position the baby if his chin is not buried into the mother's breast by bringing the baby's bottom in closer or slightly moving the baby.

Your baby will get more milk if he is correctly positioned and latched onto your breast. You will also be less likely to experience soreness. It's also important to breastfeed often, about every 1 to 3 hours. This will prevent your breasts from becoming uncomfortably full or engorged.

4. **The video covered several other topics such as engorgement, how to tell when your baby is full, and how to tell if he is getting enough to eat. This information is also in your instructional guide. I'm going to ask you some questions about these topics and I want you to tell me what you think the answer is. You can look in your instructional guide for the answers.**

Read each question of the oral evaluation aloud, first pausing after each question to give participants time to answer, then reading the answer to each question.

CLOSING

Your instructional guide was designed to answer common questions breastfeeding moms have in the first couple of weeks after delivery. Keep the guide handy and look through it often in the first few days. It will help you tell if breastfeeding is going well for you and your baby. Be sure to call for help right away if you are experiencing any soreness or have any questions. The faster you get help, the more you can enjoy the wonderful experience of breastfeeding your baby.

Oral Evaluation

TRUE OR FALSE

1. **Your baby's ear, shoulder, and hip should be in one line while you are nursing.**

ANSWER: TRUE. Correct positioning will help your baby get more milk and keep you from getting sore.

2. **A good way to treat engorgement is to nurse your baby often.**

ANSWER: TRUE. Nursing often is the best way to treat or even avoid engorgement. There are other tips for treating engorgement in your instructional guide.

3. **Your baby's lips should be curled in while nursing.**

ANSWER: FALSE. Your baby's lips should both be curled or flipped out when latched on correctly.

4. **One way to tell if your baby is getting enough to eat is to check the number of wet and soiled diapers he makes each day.**

ANSWER: TRUE. Start keeping track of this in the hospital. Your instructional guide has a chart that tells you how many wet and dirty diapers a newborn should have each day.

5. **If your baby falls asleep on your breast, you should massage and compress your breast to stimulate milk flow.**

ANSWER: TRUE. Massaging and compressing your breast will stimulate your milk to flow. Your baby will either begin sucking again or he will release your breast because he is full. Burp him and offer the other breast. He may take the other breast right away, in a few minutes, or hours.

6. **Babies are typically hungry every one to three hours and don't need to eat more frequently certain times of the day.**

ANSWER: FALSE. Babies typically feed more frequently at certain parts of the day and less frequently at other times.

7. **A healthy newborn's stomach is about the size of a grapefruit so they can go long period between meals.**

ANSWER: **FALSE**. A healthy newborn's stomach is only about the size of a walnut or his fist so newborns need to eat every one to three hours.

8. You have to eat healthy to make healthy milk for your baby.

ANSWER: **FALSE**. Even women in less developed countries who have poor diets still make perfect milk for their babies. It is important to eat healthy - but it is more important for your health than for your baby's health.

MULTIPLE CHOICE

9. Which of the following are keys for successful breastfeeding:

- a. Get someone to help with cooking, laundry and housework.
- b. Be confident that you can breastfeed.
- c. Nurse your baby as soon as you can after birth within the first 30 minutes if possible.
- d. Avoid giving your baby bottles or pacifiers the first 4-5 weeks.
- e. Commit to working through the kinks or challenges of breastfeeding.
- f. All of the above.

ANSWER: **All of those are keys for successful breastfeeding.**

TRUE OR FALSE

10. WIC will help you breastfeed your baby.

ANSWER: **TRUE**. All of the staff here have completed breastfeeding training. We are here to help you and your baby breastfeed successfully. Please don't hesitate to call us.

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Participant Evaluation Form

1. **I am: (you may circle more than 1)**

- a. Pregnant
- b. Breastfeeding
- c. Parent of an infant
- 4. Parent of a child
- 5. Family or friend
- 6. Teenager

2. **How much did you like the video?**

- a. A lot
- b. A little
- c. Not at all

3. **Do you think this is a good video to show at WIC?**

- a. Yes
- b. No

Why or why not? _____

4. **How much did you like the discussion portion of the class?**

- a. A lot
- b. A little
- c. Not at all

5. **Do you plan to start out by breastfeeding your baby?**

- a. Yes
- b. No

Why or why not? _____

6. **What is the most useful thing you learned from the video and discussion today?** _____

Thank you for your comments and participation!

