

NUTRITION

On Your
Own

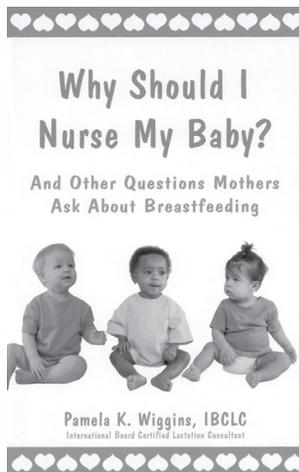
Self-Paced Lesson

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Breastfeeding Book Club Take-Home Class

(Adapted from LA#34)



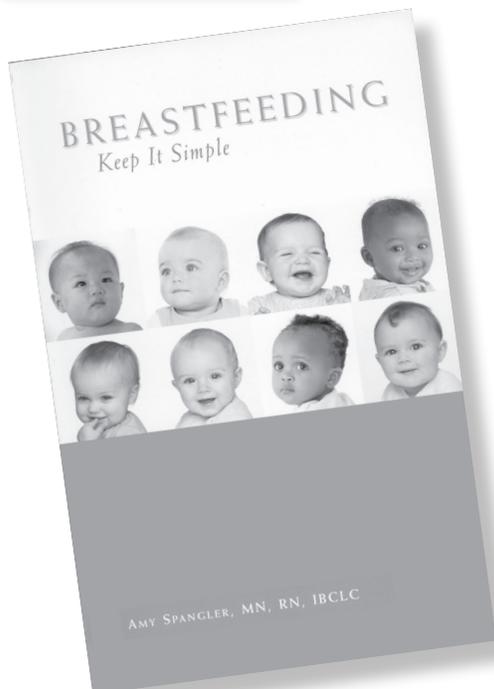
Welcome to the *Breastfeeding Book Club*. You will find answers to your questions about breastfeeding your baby in this simple, easy-to-read breastfeeding book. You can read the book and do this lesson together with a friend, in a group, or on your own. Follow the three simple steps to get credit for a WIC class.

The lesson includes information on:

- Benefits of breastfeeding
- How to get started breastfeeding
- How to make more breastmilk

By the end of the lesson you will know:

- One benefit of breastfeeding
- One way to make more breastmilk
- One person who can support you in breastfeeding



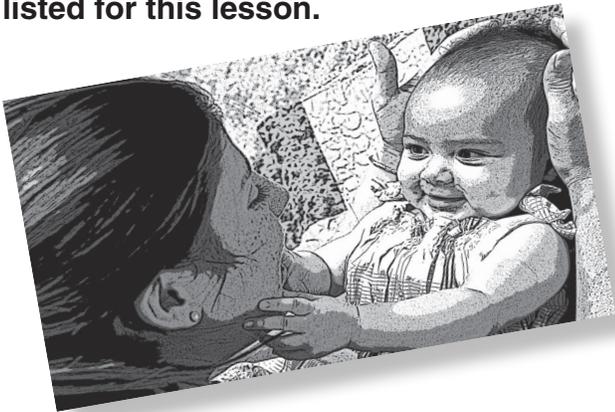
Steps to get credit for a WIC class:

STEP 1: Read one of the following breastfeeding books from WIC:

Breastfeeding Keep It Simple by Amy Spangler, MN, RN, IBCLC

Why Should I Nurse My Baby? And other questions mothers ask about Breastfeeding by Pamela K. Wiggins, IBCLC

STEP 2: Answer these questions.
All answers can be found in the books listed for this lesson.



1. Why is breastfeeding good for my baby?
(List 2 reasons)

2. What are two ways to tell that your baby is getting enough breastmilk:

3. If I want to make more breastmilk, I need to breastfeed more often.
True or False (circle one)

4. If I have problems or questions about breastfeeding, I can call:

5. I would like to breastfeed for at least _____ weeks/months/years (circle one)

6. My biggest concern about breastfeeding is

Questions about the book:

7. Which book did you read? (Check one)

Breastfeeding Keep It Simple by Amy Spangler, MN, RN, IBCLC

Why Should I Nurse My Baby? And other questions mothers ask about Breastfeeding by Pamela K. Wiggins, IBCLC

8. What is the most useful thing you learned in the book?

9. Will you read this information again after the baby is born?

___ Yes ___ No ___ Maybe

10. Who will you share this book with?

STEP 3: Bring the completed lesson to your next WIC appointment.



Frequently Asked Breastfeeding Questions In WIC

Can I combine breastfeeding with formula?

Yes, Breastfeeding is best, but some breastfeeding combined with bottle feeding is better than no breastfeeding at all.

Can I get a breast pump from WIC?

Yes. Not every mom needs a breast pump; however, if you feel like you need one, talk to WIC staff. WIC offers breast pumps to moms

who must be separated from their babies for reasons such as having a premature or sick infant, returning to work or school, or other reasons. If you know you will be returning to work or school and would like to continue providing your breast milk to your baby, let WIC staff know about a month before you return to work or while you are still pregnant. You will need to schedule an appointment to determine your need for a breast pump.

If I am breastfeeding, can I get formula if I need it?

Yes. WIC wants you to breastfeed as much and as long as possible but we realize that there are times when you might not be able to. Rest assured WIC will provide you with formula if you need it.

Will my baby and I still be protected from illness and disease if I give breastmilk and formula?

When it comes to protecting you and your baby from illness and disease, the more you breastfeed (or pump and feed your breastmilk to your baby) the more protection you'll both have. So, you'll want to breastfeed any time you and your baby are together, give your baby pumped breast milk when you can't be together and only use formula when you can't provide your own milk.

Remember - you CAN combine both breastfeeding and bottle-feeding.

Any amount of breast milk is better than none at all.



Who can help me learn to breastfeed?

Learning to breastfeed takes time for you and your baby. Be patient and give yourselves several weeks to learn. Then, enjoy this very special time for your family. Your WIC staff, WIC breastfeeding counselor, lactation consultant, support group, or another mother who has successfully breastfed, can be good sources of information and support.

**Call the Texas Breastfeeding Hotline
1-800-514-6667**

How to combine breastfeeding with bottle feeding:

- Start out by breastfeeding for at least the first three or four weeks. Avoid formula, water, pacifiers, and bottles. This will allow you time to build a large breast milk supply.
- Begin by offering your baby a bottle of pumped breast milk or formula in place of one breastfeeding. It may be easier if someone else feeds the bottle to your baby.
- Gradually replace one breastfeeding a day, everyday, with bottle-feeding, until your bottle-feeding schedule covers the hours you will be apart from your baby.
- Breastfeed your baby often when you are together.

