

Texas WIC Lesson Evaluation Results
BF-000-23: CCNE A Mother’s Guide to Breastfeeding

Client Feedback

Total # of clients who responded to survey: 217

Clients surveyed identified themselves as:

- Pregnant: 97%
- Breastfeeding: 37%
- Caretaker of baby under 12 months: 10%
- Caretaker of a child over 1 year: 42%
- Friend of family: 15%
- First WIC class: 41%

Language in which the class was taught:

- English – 78%
- Spanish – 19%
- Both – 4%

Compared to other WIC classes, clients awarded this class **4.6 stars** (out of 5).

Clients rated the class as follows on the items below:

	Not at all	A little	A lot
Helpful	1%	8%	91%
Too long	91%	9%	1%
Informative	1%	9%	90%
Important	1%	10%	89%
Boring	94%	4%	3%
Covered things I already know	22%	65%	14%
Answered my questions	2%	16%	82%
Encouraged me to participate	3%	22%	75%
The instructor knew a lot about the topic	0%	2%	98%
Good for first-time parents	1%	5%	94%
I understood the language	0%	2%	98%

Clients indicated one thing they learned that they would try at home. Out of 180 write-in responses, themes for the comments included:

- Breastfeeding is important, and there are many benefits of breastfeeding
- Ideas for trying new breastfeeding positions/holds and latching/unlatching techniques
- Hold baby skin-to-skin or breastfeed the baby in just a diaper
- Feel encouraged to breastfeed and understand how
- How to hand express breastmilk
- Breastfeeding does not have to hurt

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Staff Feedback

Total # of staff who responded to the survey: 19

Staff surveyed included: CA (1), Nutritionist (1), Nutrition Education Coordinator (1), Breastfeeding Coordinators (4), Breastfeeding Peer Counselors (12) and had the following degrees: LVN (1), RD (1), Degreed Nutritionist (2), Other (16).

Language in which the class was taught:

- English – 63%
- Spanish – 11%
- Both – 26%

Staff reported the following as working well when teaching the class:

- Sit on the same level as the participant.
- Input from moms who have previously breastfed was very helpful. Receiving information from other knowledgeable moms about breastfeeding experiences and sharing their feedback to the new moms.
- It works great when you have clients who are willing to speak up to talk up advantages and their personal experiences.
- Open discussion. Clients really like to input their personal experiences. It really is a plus for 1st time moms.
- The icebreaker is a great way to get everyone a chance to be heard and to share.
- The breastfeeding props worked very well.
- Allowing the clients to be hands-on with the demonstration doll/breast for positioning experience.
- The class set up made it comfortable and easy to interact.

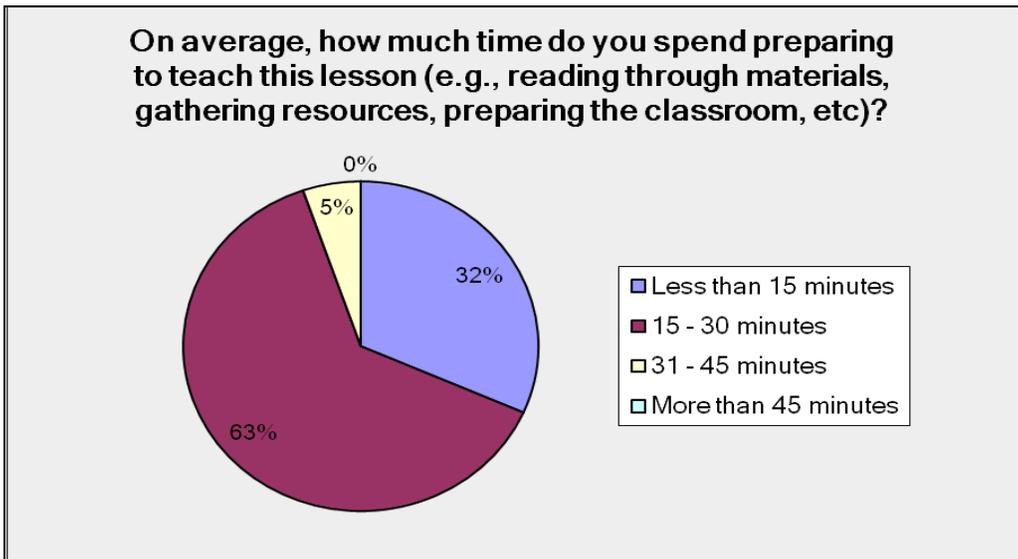
What staff would do differently the next time they teach the class:

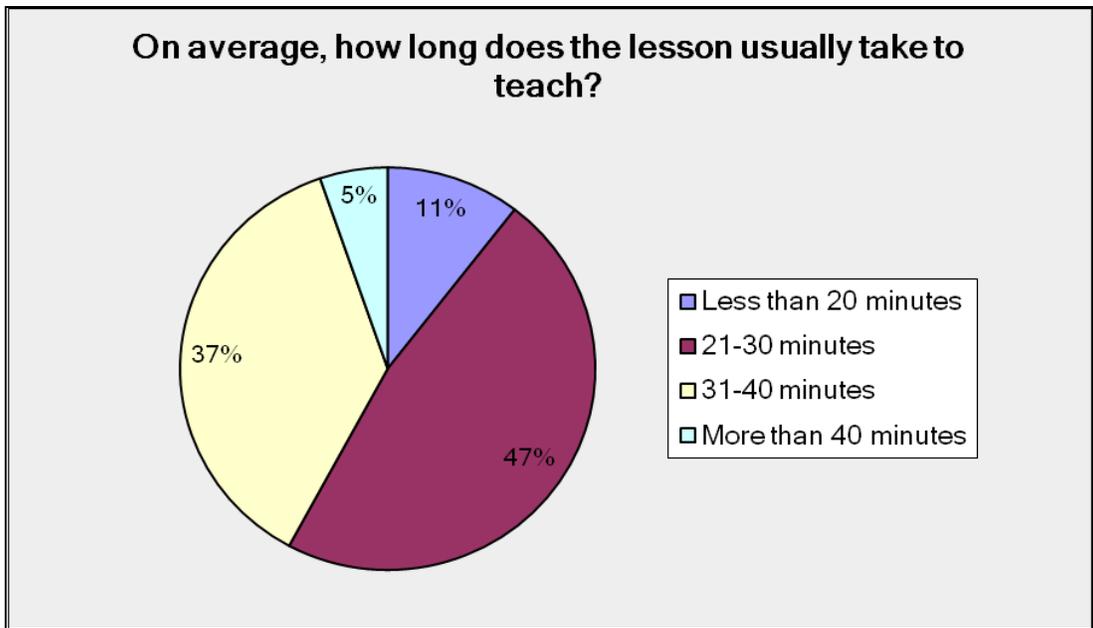
- Start by sitting.
- Try to incorporate more interaction from first-time moms.
- Get the clients to participate more, and make them comfortable expressing their feelings towards breastfeeding.
- Use more open-ended questions.
- Use more visuals.
- Be more time conscious.

CLASS LOGISTICS

How many times have you taught this class?		
Answer Options	Response Percent	Response Count
1	5.3%	1
2	15.8%	3
3	10.5%	2
4	21.1%	4
5 or more	47.4%	9

How easy or difficult was the lesson to follow?		
Answer Options	Response Percent	Response Count
Very Easy	36.8%	7
Easy	63.2%	12
Difficult	0.0%	0
Very Difficult	0.0%	0





In your opinion, what would be the ideal size for this class?

Answer Options	Response Percent	Response Count
Less than 6	36.8%	7
6-10	31.6%	6
11-16	21.1%	4
More than 16	0.0%	0
It doesn't matter	10.5%	2

CLASS FLOW

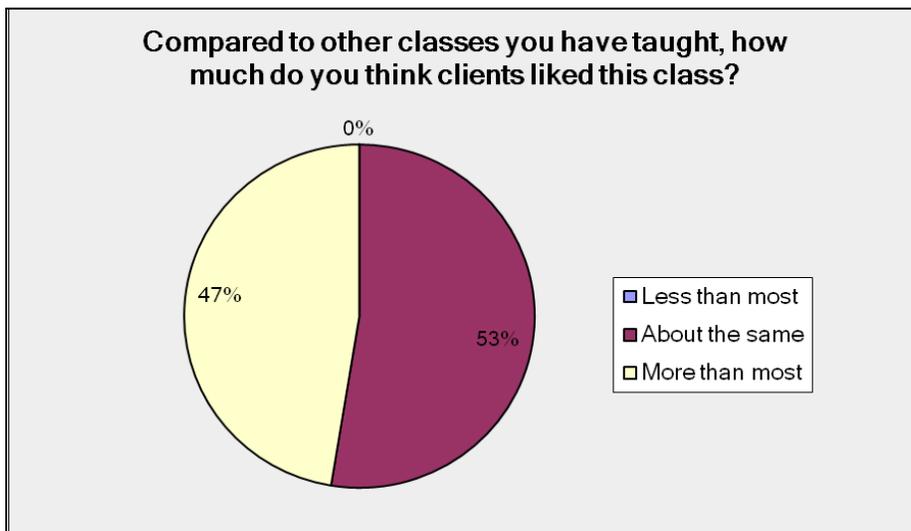
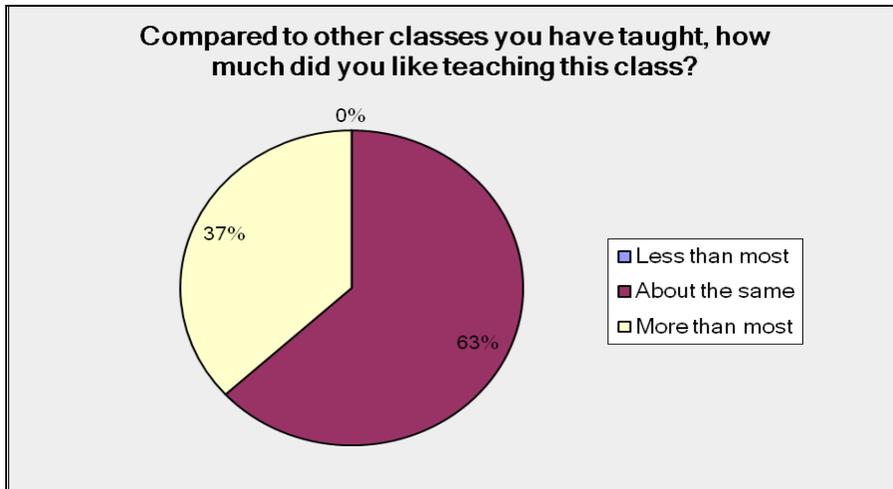
How much of the following sections of the lesson plan did you usually cover?

Answer Options	None	Some	All	Not applicable	Response Count
Introduction/Icebreaker	0	2	17	0	19
Main activity	0	3	16	0	19
Optional activities	2	11	4	1	18
Conclusion/Take away	0	6	13	0	19
In-class evaluation	2	5	10	1	18

How many of the clients usually participate in the class discussion?

Answer Options	Response Percent	Response Count
Almost none	0.0%	0
Less than half	21.1%	4
About half	26.3%	5
More than half	21.1%	4
Almost all	31.6%	6

ENJOYMENT OF CLASS



TRAINING BACKGROUND

What training or background have you had that helped you teach this class? (Check all that apply.)		
Answer Options	Response Percent	Response Count
None	0.0%	0
Basic nutrition knowledge	36.8%	7
Advanced nutrition knowledge	10.5%	2
Basic breastfeeding knowledge	52.6%	10
Advanced breastfeeding knowledge	78.9%	15
Public speaking	42.1%	8
Client-centered NE training from State	15.8%	3
Client-centered NE training at my local agency	47.4%	9
Other (please specify)		3

What additional training would help you teach this class?

- Any type of breastfeeding training with live experiences.
- Client-centered nutrition education training from the State.
- Getting dads involved and getting support from other family members, especially from mother-in-laws or grandparents.
- Visuals.