

**Texas WIC Lesson Evaluation Results
BF-000-37: CCNE Breastfeeding and Returning to Work**

Client Feedback

Total # of clients who responded to survey: 35

Clients surveyed identified themselves as:

- Pregnant: 91%
- Breastfeeding: 26%
- Caretaker of baby under 12 months: 17%
- Caretaker of a child over 1 year: 49%
- Friend of family: 11%
- First WIC class: 43%

Language in which the class was taught:

- English – 100%
- Spanish – 0%
- Both – 0%

Compared to other WIC classes, clients awarded this class **4.2 stars** (out of 5).

Clients rated the class as follows on the items below:

	Not at all	A little	A lot
Helpful	0%	6%	94%
Too long	80%	20%	0%
Informative	0%	9%	91%
Important	6%	11%	83%
Boring	86%	11%	3%
Covered things I already know	17%	83%	0%
Answered my questions	0%	34%	66%
Encouraged me to participate	3%	11%	86%
The instructor knew a lot about the topic	0%	6%	94%
Good for first-time parents	0%	3%	97%
I understood the language	0%	0%	100%

Clients indicated one thing they learned that they would try at home. Out of 24 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 at work or school and understand how; preparing to go back to work
- How to hand express breastmilk or use of breast pump; pumping while away from baby

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Staff Feedback

Total # of staff who responded to the survey: 12

Staff surveyed included: Clerk (1), WCS (1), CA (1), Nutritionist (1), Breastfeeding Coordinators (3), Breastfeeding Peer Counselors (5) and had the following degrees: Degreed Nutritionist (2), Other (11).

Language in which the class was taught:

- English – 33%
- Spanish – 0%
- Both – 67%

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

- The handout which spelled out their rights in the state of Texas while pumping at work
- Informative and educational for the clients
- Open discussion
- Showing the moms the pumps and letting them see that they are not hard to use.
- I really like the client centered class. This class can be tweaked to include going back to school as well as work, since many of our clients do go to school. The class works in that it is a topic of interest to many of our clients.
- Basic info output breakdown of returning to work
- Icebreaker: Always works well to have Moms introduce themselves and discuss any past experiences with breastfeeding and working.
- Pump race

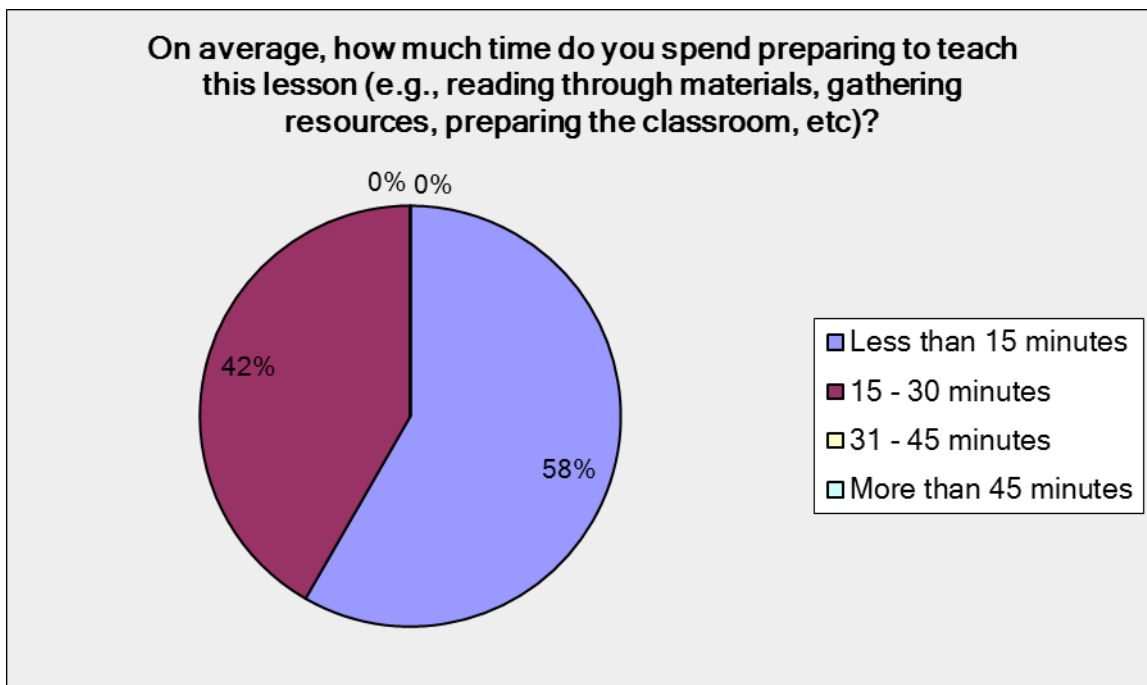
What staff would do differently the next time they teach the class:

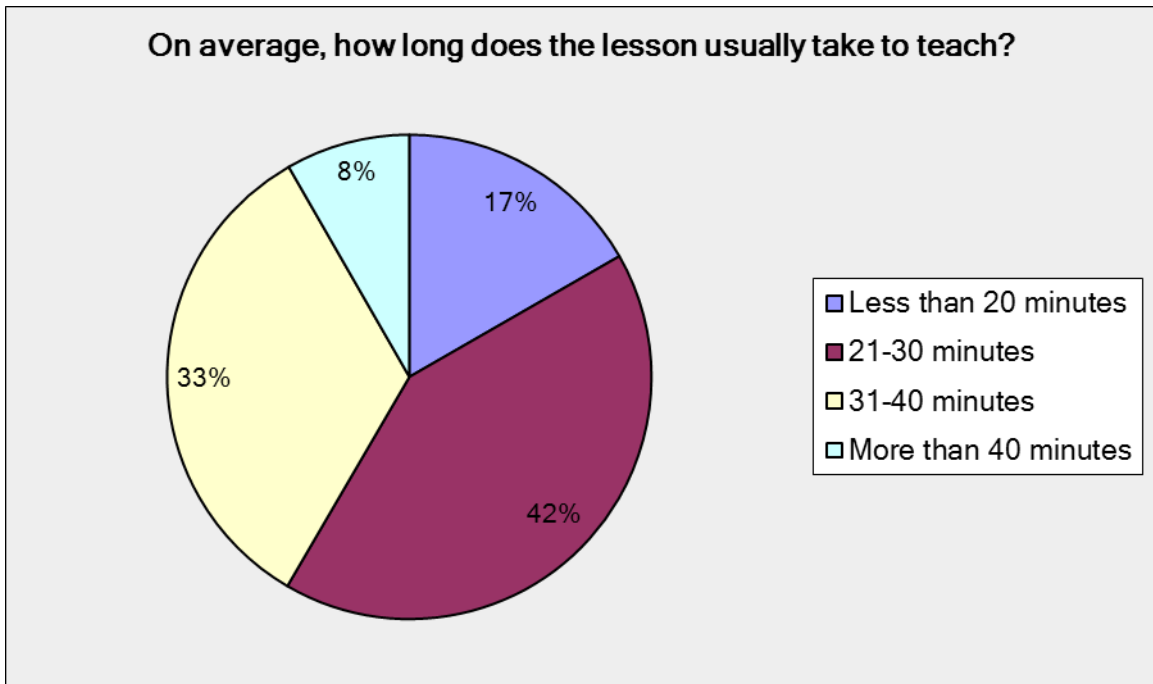
- Nothing
- Not much. I like this class.
- I wouldn't stick with just work. Some clients do go back to school or work after having babies, but some of our clients don't do either. For these clients the class may seem pointless since they have the ability to stay home with their infant.
- Allowing more time for client input would help the moms "own" the class.
- I think it [working the breast pumps] made them nervous, so next time just have one or whoever wants to put one together do so.

CLASS LOGISTICS

How many times have you taught this class?		
Answer Options	Response Percent	Response Count
1	0.0%	0
2	0.0%	0
3	41.7%	5
4	16.7%	2
5 or more	41.7%	5

How easy or difficult was the lesson to follow?		
Answer Options	Response Percent	Response Count
Very Easy	33.3%	4
Easy	66.7%	8
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	8.3%	1
6-10	66.7%	8
11-16	16.7%	2
More than 16	0.0%	0
It doesn't matter	8.3%	1

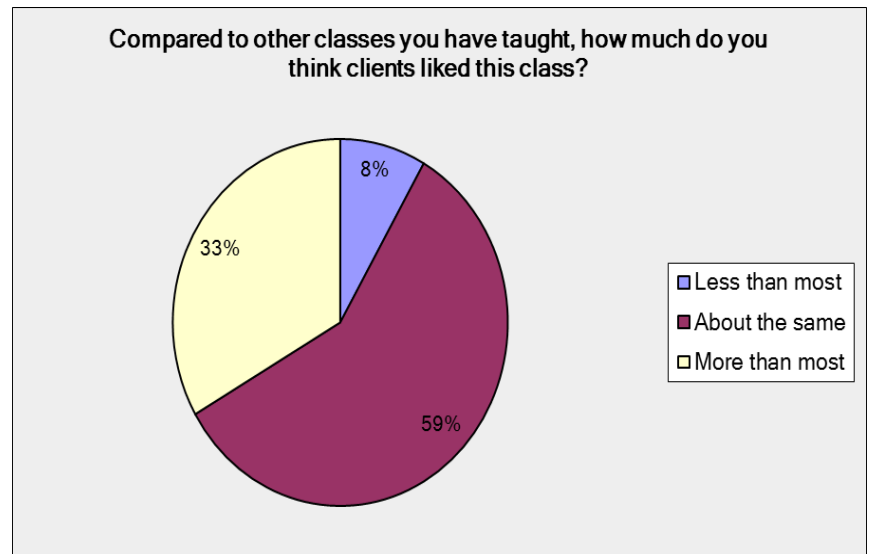
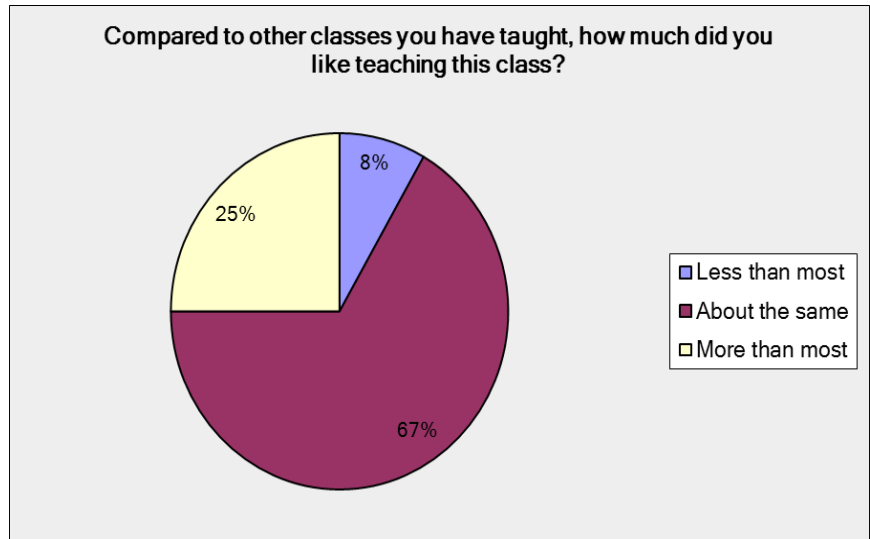
CLASS FLOW

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	4	8	0	12
Main activity	0	3	9	0	12
Optional activities	3	6	1	1	11
Conclusion/Take away	0	6	5	0	11
In-class evaluation	2	4	3	2	11

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	16.7%	2
About half	33.3%	4
More than half	41.7%	5
Almost all	8.3%	1

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	41.7%	5
Advanced nutrition knowledge	8.3%	1
Basic breastfeeding knowledge	58.3%	7
Advanced breastfeeding knowledge	41.7%	5
Public speaking	50.0%	6
Client-centered NE training from State	16.7%	2
Client-centered NE training at my local agency	41.7%	5
Other (please specify)		4

What additional training would help you teach this class?

- None
- Breastfeeding education
- IBCLC
- More ideas to implement CCNE
- By watching someone else do the class, you can get different ideas to improve the lesson.