

**Texas WIC Lesson Evaluation Results
BF-000-38: CCNE Benefits of Breastfeeding**

Client Feedback

Total # of clients who responded to survey: 144

Clients surveyed identified themselves as:

- Pregnant: 81%
- Breastfeeding: 35%
- Caretaker of baby under 12 months: 18%
- Caretaker of a child over 1 year: 33%
- Friend of family: 12%
- First WIC class: 39%

Language in which the class was taught:

- English – 83%
- Spanish – 11%
- Both – 6%

Compared to other WIC classes, clients awarded this class **4.8 stars** (out of 5).

Clients rated the class as follows on the items below:

	Not at all	A little	A lot
Helpful	0%	7%	93%
Too long	89%	7%	4%
Informative	1%	5%	94%
Important	1%	4%	95%
Boring	94%	4%	1%
Covered things I already know	16%	74%	11%
Answered my questions	1%	13%	86%
Encouraged me to participate	0%	14%	86%
The instructor knew a lot about the topic	0%	1%	99%
Good for first-time parents	1%	5%	94%
I understood the language	0%	1%	99%

Clients indicated one thing they learned that they would try at home. Out of 118 write-in responses, themes for the comments included:

- Breastfeeding is important, and there are many benefits of breastfeeding to baby and mom
- 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
- WIC provides breast pumps

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Staff Feedback

Total # of staff who responded to the survey: 13

Staff surveyed included: WCS (1), Nutritionist (1), Breastfeeding Coordinator (1), Breastfeeding Peer Counselor (10) and had the following degrees: Degreed Nutritionist (1), Other (16).

Language in which the class was taught:

- English – 39%
- Spanish – 8%
- Both – 54%

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

- Letting the clients interact with each other
- To have the mothers understand how important it is to exclusively breastfeed for at least 6 months
- The setting and materials we had to show the class worked well
- Having each person read the benefit of breastfeeding that they each pulled from the box helped segue into other open-ended questions.
- As the breastfeeding statements were read for the bingo, I would add an additional comment which in turn would bring up questions from the clients
- I think that my clients were more responsive to this class than most of the others. They actually wanted to interact, not just sit back and wait until the class was over. I also had more moms helping each other find their correct squares to mark off.
- Interaction with clients and learning in a fun way
- It is a fun class
- Getting clients to restate the benefits of breastfeeding that they didn't know
- The fun optional activities
- Everything about the class worked well

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

- I would keep doing the same, it has worked for me
- Everything went well with this class lesson
- I would have the participants help each other
- Our classroom is very small so there was no room for a table. I would rather have the clients cross out the breastfeeding statement rather than put the marker on it.
- Make more markers to cover benefits on bingo cards
- Nothing

CLASS LOGISTICS

How many times have you taught this class?

Answer Options	Response Percent	Response Count
1	7.7%	1
2	0.0%	0
3	7.7%	1
4	7.7%	1
5 or more	76.9%	10

How easy or difficult was the lesson to follow?

Answer Options	Response Percent	Response Count
Very Easy	61.5%	8
Easy	38.5%	5
Difficult	0.0%	0
Very Difficult	0.0%	0

On average, how much time do you spend preparing to teach this lesson (e.g., reading through materials, gathering resources, preparing the classroom, etc)?

Answer Options	Response Percent	Response Count
Less than 15 minutes	53.8%	7
15 – 30 minutes	30.8%	4
31-45 minutes	7.7%	1
More than 45 minutes	7.7%	1

On average, how long does the lesson usually take to teach?

Answer Options	Response Percent	Response Count
Less than 20 minutes	0.0%	0
21 – 30 minutes	53.8%	7
31 – 40 minutes	46.2%	6
More than 40 minutes	0.0%	0

In your opinion, what would be the ideal size for this class?		
Answer Options	Response Percent	Response Count
Less than 6	0%	0
6-10	76.9%	10
11-16	23.1%	3
More than 16	0.0%	0
It doesn't matter	0.0%	0

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	11	0	13
Main activity	0	2	11	0	13
Optional activities	3	5	4	1	13
Conclusion/Take away	0	0	13	0	13
In-class evaluation	0	4	8	1	13

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	7.7%	1
About half	30.8%	4
More than half	38.5%	5
Almost all	23.1%	3

ENJOYMENT OF CLASS

Compared to other classes you have taught, how much did you like teaching this class?

Answer Options	Response Percent	Response Count
Less than most	0.0%	0
About the same	53.8%	7
More than most	46.2%	6

Compared to other classes you have taught, how much do you think clients liked this class?

Answer Options	Response Percent	Response Count
Less than most	7.7%	1
About the same	7.7%	1
More than most	84.6%	11

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	38.5%	5
Advanced nutrition knowledge	15.4%	2
Basic breastfeeding knowledge	46.2%	6
Advanced breastfeeding knowledge	84.6%	11
Public speaking	15.4%	2
Client-centered NE training from State	0.0%	0
Client-centered NE training at my local agency	46.2%	6
Other (please specify)		0

What additional training would help you teach this class?

- Attending trainings on CCNE classes and viewing other clinics teach this class