

Texas WIC Lesson Evaluation Results

BF-000-39: CCNE Breastmilk – Every Ounce Counts! Benefits of Breastfeeding for Baby and Mom

Client Feedback

Total # of clients who responded to survey: 82

Clients surveyed identified themselves as:

- Pregnant: 73%
- Breastfeeding: 43%
- Caretaker of baby under 12 months: 33%
- Caretaker of a child over 1 year: 48%
- Friend of family: 18%
- First WIC class: 35%

Language in which the class was taught:

- English – 65%
- Spanish – 24%
- Both – 11%

Compared to other WIC classes, clients awarded this class **4.9 stars** (out of 5).

Clients rated the class as follows on the items below:

	Not at all	A little	A lot
Helpful	0%	5%	95%
Too long	90%	10%	0%
Informative	0%	7%	93%
Important	2%	5%	93%
Boring	98%	3%	0%
Covered things I already know	20%	66%	15%
Answered my questions	0%	17%	83%
Encouraged me to participate	1%	22%	77%
The instructor knew a lot about the topic	0%	2%	98%
Good for first-time parents	0%	6%	94%
I understood the language	0%	4%	96%

Clients indicated one thing they learned that they would try at home. Out of 69 write-in responses, themes for the comments included:

- Breastfeeding is important, and there are many benefits of breastfeeding (every ounce counts – breastfeed as long as you can)
- 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; plugged duct massage

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Staff Feedback

Total # of staff who responded to the survey: 9

Staff surveyed included: CA (2), BF Coordinator (1), LA Director (1), BF Peer Counselor (5) and had the following degrees: LVN (2), Other (7).

Language in which the class was taught:

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

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

- Clients appreciate a class with lots of helpful breastfeeding information that they otherwise may not know about. At times you can touch on the specific benefit of bm/bf that really interests them and that can start a class discussion and cause others to ask questions that they may have been too shy to ask.
- The more clients, the better. The more mom or their sweetie is interested, the better the class. Even if they don't like to talk, they will ask questions.
- Open discussion
- What worked well is having the lesson plan in-hand and it is easy to follow. For me it is an outline to what we can relate to the class
- Having a hands-on activity. The clients seem to like this better and interact with you more.

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

- Nothing
- Some of the “cute” options provided are too time consuming for a busy clinic schedule
- Try to get every mother to ask a question
- Spend more time getting ready
- Keep moms' interest by asking questions
- Try to pick questions pertaining to the clients (pregnant or breastfeeding)

CLASS LOGISTICS

How many times have you taught this class?

Answer Options	Response Percent	Response Count
1	11.1%	1
2	11.1%	1
3	22.2%	2
4	22.2%	2
5 or more	33.3%	3

How easy or difficult was the lesson to follow?

Answer Options	Response Percent	Response Count
Very Easy	55.6%	5
Easy	33.3%	3
Difficult	11.1%	1
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	22.2%	2
15 – 30 minutes	55.6%	5
31-45 minutes	22.2%	2
More than 45 minutes	0.0%	0

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

Answer Options	Response Percent	Response Count
Less than 20 minutes	11.1%	1
21 – 30 minutes	66.7%	6
31 – 40 minutes	22.2%	2
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	22.2%	2
6-10	55.6%	5
11-16	11.1%	1
More than 16	0.0%	0
It doesn't matter	11.1%	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	5	0	9
Main activity	0	1	5	2	8
Optional activities	0	7	1	0	8
Conclusion/Take away	0	2	5	2	9
In-class evaluation	1	4	2	0	7

How many of the clients usually participate in the class discussion?		
Answer Options	Response Percent	Response Count
Almost none	11.1%	1
Less than half	0.0%	0
About half	11.1%	1
More than half	22.2%	2
Almost all	55.6%	5

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	11.1%	1
About the same	11.1%	1
More than most	77.8%	7

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	11.1%	1
About the same	44.4%	4
More than most	44.4%	4

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	66.7%	6
Advanced nutrition knowledge	33.3%	3
Basic breastfeeding knowledge	77.8%	7
Advanced breastfeeding knowledge	77.8%	7
Public speaking	44.4%	4
Client-centered NE training from State	44.4%	4
Client-centered NE training at my local agency	66.7%	6
Other (please specify)		0

What additional training would help you teach this class?

- Just to continue to offer in IDL trainings for staff in nutrition.
- Site resources such as Breastfeeding Facts. Facts could be used to provide subject matter for the lesson.
- Just keeping up-to-date on all new breastfeeding information.
- How to speak in front of an audience; teaching the class more times