

BF-000-37, CCNE: BREASTFEEDING AND RETURNING TO WORK

Client-centered nutrition education uses methods like group discussions and hands-on activities to engage participants in learning. This outline starts with a **Snapshot of the Session**, and then includes two parts:

Part 1: Planning the Nutrition Education Session - The first section prompts the nutrition educator to think about the learning objectives, materials, and preparation necessary to carry out the session.

Part 2: Session Outline - The second section outlines the key parts of the session. The nutrition educator uses this outline to lead the session.

Snapshot of Group Session:

CCNE Lesson title: CCNE: BREASTFEEDING AND RETURNING TO WORK

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Date Developed: 02/2011

Approved by:

NE Code: BF-000-37 (MODIFIED FROM BF-000-29)

Class Description: CLIENT CENTERED LESSON WHICH ADDRESSES THE QUESTION, "HOW AM I GOING TO CONTINUE BREASTFEEDING WHEN I GO BACK TO WORK?", AND PROVIDES RESOURCES TO INSTILL CONFIDENCE IN THAT DECISION.

Target Audience: PREGNANT AND BREASTFEEDING WOMEN

Type of Learning Activities: DISCUSSION

Part 1: Planning the Nutrition Education Session

Lesson: CCNE BF-000-37 Breastfeeding and Returning to Work

Item	Notes for Planning the Session
<p>Learning Objective(s) – <i>What will the clients gain from the class?</i></p>	<p>By the end of the session, participants will:</p> <ul style="list-style-type: none"> • Be able to establish a breastfeeding plan for returning to work that is tailored to meet their needs. • Share strategies for approaching an employer about her infant’s continued needs as well as tips for making the return to work an easier transition. • Know their rights to breastfeed in public and to express milk for their baby while at work.
<p>Key Content Points – <i>What key information do the learners need to know to achieve the learning objective(s)? Aim for three main points.</i></p>	<ol style="list-style-type: none"> 1. When to begin storing milk. How to establish a pumping schedule while at work that will minimize pumping time while maintaining adequate milk supply. 2. The Fair Labor Standards Act (FLSA) protects an employee’s right to take reasonable break times to express breast milk for their infant. Guidelines also state that this should be somewhere other than a bathroom. 3. Chapter 165 of the Health and Safety Code states that she has the right to breastfeed anywhere she has the right to be. It is the law and very important for maintaining a milk supply. 4. Continued breastfeeding is IMPORTANT and expressing milk in the workplace can be done with confidence when a plan is established. - WIC provides breast pumps to ensure mom’s can maintain their milk supply.
<p>Materials – <i>List what you will need for the session (i.e. visual aids, handouts, supplies). Attach supplemental materials.</i></p>	<ul style="list-style-type: none"> • Breastfeeding and Returning to Work (13-06-11496/A) • US Dept. of Labor Fact Sheet #73 Break time for nursing mothers under the FLSA • Pumping in Progress door hanger (13-69/A) • License to Breastfeed card (13-06-10830/A) • Becoming a Mother Friendly Worksite (13-58/A) (optional) • Pump Demos (optional)
<p>Resources – <i>Review current WIC resources or other reliable resources like WIC Works.</i></p>	<p>Breastfeeding Resource list (local numbers to call for help)</p> <p>http://www.womenshealth.gov/breastfeeding/going-back-to-work/</p> <p>http://www.dshs.state.tx.us/wichd/lactate/mother-worksites.shtm#item4</p>

<p>Class Flow & Set Up – Consider the flow of the session & room set-up.</p>	<p>Circle or U-shaped setting. Leave room for baby carriers and strollers. Allow room for activities and interactions.</p>
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Part 2: Session Outline

Lesson: CCNE BF-000-37 Breastfeeding and Returning to Work

Item	Notes for Conducting the Session
<p>Introduction: Create a respectful and accepting learning environment by welcoming participants, introducing yourself, reviewing agenda exploring ground rules, making announcements, etc.</p>	<p>Welcome, and thanks for being here today. My name is _____</p> <p>I am the (Breastfeeding Peer counselor)..... As we go through this class today I encourage you to share your experiences and your questions with the group. Many times if you have a question someone else in the room is wondering the same thing, so don't be shy. This is YOUR class.</p> <p>There are only a few ground rules, Be respectful of others, try to stay at least somewhere in the area of the topic of discussion, cell phones turned to vibrate etc.....</p>
<p>Icebreaker: Anchor the topic to the participants' lives. Use a question or activity likely to bring out positive but brief comments; Can be done as a group or partners.</p>	<p>In previous classes we asked moms what were some of the biggest barriers or concerns they had about breastfeeding. One of the most popular responses was, "I have to go back to work." Many of those moms just didn't know how they would manage breastfeeding and working or just thought that pumping would be too difficult.</p> <p>I would like to open up that discussion with you today. As we go around the room please tell everyone when you're due, how many other children you have. Also, if you have had an experience with breastfeeding and working please share one or two things about how it went for you. If this is your first baby or you didn't breastfeed your previous child you can tell us how you feel about breastfeeding and if you will be going back to work?</p>
<p>Activities: For each learning activity, list instructions and include three to five open-ended discussion questions. Keep in mind that activities should enable participants to meet the learning objectives.</p>	<p>After everyone has introduced themselves and you have an idea of the class demographic, pass out reference materials</p> <ul style="list-style-type: none"> • Use client response to guide the discussion. • Familiarize yourself with the Breastfeeding and Returning to Work brochure as well as the DOL Fact sheet. • Point out the table of contents in <i>Breastfeeding and Returning to Work</i> to help participants navigate the information or to help guide the discussion. <p>Good questions to highlight resources available</p> <ul style="list-style-type: none"> • Why is it important to continue breastfeeding after returning to work? Draw upon previous lessons discussing the benefits of breastfeeding. Remind participants that those benefits don't stop once the baby is eating solid foods. In fact we begin to see significant decreases in risk for major health concerns like asthma, cancer, and diabetes after 4-6 months of breastfeeding.

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	<ul style="list-style-type: none"> • What steps do you think you would need to take to prepare for returning to work? Below are a few of the most important points <p>Talk to your employer: Have participants discuss how they might approach their employer about pumping at work. Feel free to offer any of our brochures to help her start the conversation. Highlight new Dept of Labor guidance that addresses a mother’s right to express milk for her baby. She can use these materials to talk to her employer in a non confrontational way.</p> <p>Establish a good milk supply by exclusively breastfeeding</p> <p>Begin storing milk prior to return. (See brochure for additional tips)</p> • Which pump is right for you? Use this time to describe and build value in the pumps that WIC provides. There is a picture in the brochure but for an additional activity, demonstrate how easy it is to put the electric pump together or allow participants to pass the manual pump around the room. You could also have a pump race at the end of class and give away one of our promotional materials to the winner i.e. lullaby CD or anything that would be a good prize. (Explanation below) • What about when you return to work, how often do you need to pump? Pick a couple of participants that stated that they would be going back to work and help them develop a pumping plan that will meet their needs. Remember to maximize direct breastfeeding time and minimize the number of times she would need to pump.
<p>Review and Evaluations: <i>Invite participants to summarize the key points and share how they will use what they learned in the future. List a question/activity to prompt this. List any community or other resources for clients.</i></p>	<p>What are 3 things you can do before you go back to work to prepare for breastfeeding and working? (one of them was done in class today)</p> <p>Some possible responses could be:</p> <ol style="list-style-type: none"> 1. Talk to my employer and/or childcare facility 2. Begin storing milk prior to return 3. Establish a pumping plan
<p>Personal Review of Session (afterward): <i>Take a few moments to evaluate the class. What will you change?</i></p>	<p>What went well?</p> <p>What did not go as well?</p> <p>What will you do the same way the next time you give this class?</p>

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<p>Supplemental Information – Describe any attachments and include any other needed information.</p>	<p>What is a pump race? You will need two demo pumps complete with kit. Choose two volunteers, preferably participants with no prior experience pumping. Demonstrate how to put the WIC pump together for the entire class, then separate out all the pieces for both demo pumps onto the table (try not to mix up pump parts). Each participant will put together their own demo pump when the class instructor begins the race. The person who puts their pump together correctly first wins the race.</p> <p>This exercise is fun for the participants; it gives them a chance to put their hands on the equipment and is designed to demonstrate that using the pump is easy.</p> <p>What if a mom wants to file a complaint against her employer? You can refer her to http://www.dol.gov/whd/nursingmothers/ which has all of the information. She can also call 1-866-487-9243 to be directed to her nearest office for further investigation and assistance.</p>