

Module 7 : Breastfeeding

Session 8 : Providing breastfeeding support

Day : 2

Time Required: 1 hour and 30 minutes

Purpose

To give the ASHAs practice in providing breastfeeding advice and support to mothers.

Objectives

At the end of the session the ASHA will be able to:

1. Demonstrate how they should discuss early initiation of breastfeeding with a mother and her mother-in-law.
2. Demonstrate how they should help a mother breastfeed for the first time.
3. Demonstrate how they should manage common breastfeeding problems such as sore nipples, inverted nipples at the time of delivery, engorged and painful breasts or the mother thinking she is not producing enough milk.

Materials

- Interpersonal communication skills checklist (Interpersonal communication Module Reading Material From previous Training Workshop)
- Managing common breastfeeding problems (Breastfeeding Module Reading Material)
- Worksheet 1 : Model role play script

Preparation

- Instruct the trainees in advance to bring their copies of the material listed above from the earlier sessions.
- Ensure the availability of adequate copies of Worksheet 1, depending on the number of trainees.

Training Methods

Model role play (15 minutes)

Instructions to Trainers :

1. Perform the 'model' role play using the script (Worksheet 1). After the role play, distribute the script to trainees.
2. Discuss the role play; focus on communication skills and appropriateness of breastfeeding advice.
3. Remind the trainees of the importance of helping the mother gain confidence in her ability to feed her baby. Praise, encourage, help and support her.
4. Explain that when talking to mothers, it is better not to be judgmental, but to instead ask 'open' questions, and to then reflect their feelings. That way, they leave the door open for them to tell you more. Some examples :

Judgemental Question	Open/Non-judgemental Question
Does he suckle well?	How is he suckling?
Is his urination normal?	How often is he urinating?
Do you have any problems breastfeeding?	How is breastfeeding for you?
Does he cry too much at night?	How does he behave at night?

Mother's words	ASHA answer (reflecting or empathising)
My baby was crying a lot last night	Your baby kept you up last night?
<i>(The ASHA's answer lets the mother know she is listening to her and cares for her. Sometimes health workers ask a lot of questions instead of emphasizing...such as 'How many times did he wake up?' This question is not that helpful and the mother may begin talking lesser and lesser.)</i>	
My baby feeds a lot, my sister thinks he needs a bottle.	What do you feel about this?
<i>(This leaves the way for the mother to say how she feels. You can praise her and say how well she is doing, she should be proud about how the baby loves her milk. You should not force a mother to do something, but only give her the best possible advice and support.)</i>	
I think the baby needs extra water.	Why do you think that?
<i>(Listen to the mother; base your response on what she says. If she says it is very warm, explain that her breastmilk has enough liquids required by the baby. Assure her that if she is feeding the baby often, and the baby urinates at least six times, is also growing well, he is getting enough fluids even in the warm season.)</i>	

Role Play Practice (45 minutes)

Instructions to Trainers :

1. Divide the group into small groups of three ASHAs in each.
2. Review the communication checklist.
3. Each group practices at least three of the role play topics below, taking turns playing an ASHA, a mother, a mother-in law or a TBA:
 - Antenatal visit: explaining early initiation to the mother and the mother-in-law
 - At delivery: early initiation; focus on positioning
 - At delivery: early initiation, discussion with the mother-in-law who wants to give jaggery water to the baby
 - At delivery: mother with inverted nipples, but who does not need extra help
 - At delivery: mother with inverted nipples, and who needs extra help
 - At delivery: LBW infant able to breastfeed
 - Day 2 : mother having sore nipples
 - Day 2 : mother letting baby sleep all day
 - Day 3 : mother with engorged breasts
 - Day 3 : mother giving extra water to the baby
4. Circulate in the room; observe how the ASHAs behave with the “mothers” and the kind of advice they give. If needed, clarify any doubts.

Role Play Presentations (30 minutes)

Instructions to Trainers :

1. Have each small group pick one role play to perform in front of the whole group (3-5 minutes each). Make sure a sampling of scenes from antenatal, delivery day and postpartum are presented.
2. Discuss the role plays. Was the correct advice given? Were good communication skills used? How did the mother feel?

Summary

- Have a trainee demonstrate how she would help a mother breastfeed for the first time.
- Have trainees demonstrate how to manage a few of the common breastfeeding problem, e.g., sore nipples, not enough milk, engorged and painful breasts.

Evaluation of the session

Objectives	Assessment Method	Output
Demonstrate how an ASHA should discuss early initiation of breastfeeding with a mother and her mother-in-law.	Observation of role play/ discussion	Trainer's report of his/her observations during role plays. Also note additional difficulties if any or positive experience
Demonstrate how an ASHA should help a mother breastfeed for the first time.	Observation of role play / discussion	Trainer's report of his/her observations during role plays. Also note additional difficulties if any or positive experience
Demonstrate how they should manage common breastfeeding problems such as sore nipples, inverted nipples at the time of delivery, engorged and painful breasts or the mother thinking she is not producing enough milk.	Observation of role play/ discussion	Trainer's report of his/her observations during role plays. Also note additional difficulties if any or positive experience