



Home Visiting Curriculum **Talking about Lactation**

Part 1: **Personal Considerations**

Part 1: Personal Considerations

Personal Considerations Curriculum

The journaling exercises might bring up fond memories and experiences. It also might bring up disappointments, regrets or difficult emotions. Hopefully it will prepare you, as a home visitor, to support your clients by processing your own experiences. The questions may prompt your journaling, but should not limit your writing. You do not have to share your journal entries, but you may share them if you are comfortable doing so.

Outline

- 1.Support Experiences Journal Topics
- 2.Lactation Experiences Journal Topics
- 3.Personal Barriers/Perceptions Journal Topics
- 4.Considerations Evaluation

Objective:

Home Visitors will explore biases and increase understanding of lactation support needs of clients through reflections, writing and discussion of journal topics.

Activity:

Journal about and discuss home visitors' experiences, barriers and perceptions related to supporting clients in general and exploring personal experiences with lactation specifically.

Supplies:

Curriculum Slides and binder handouts, pen/pencil

Experiences Journal Topics

Experiences Journal Topics

Please see your Part 1: Experiences Journal Topics link to complete this section's activities.

Experiences Journal Topics

Support Experiences

Think about a time when you felt well supported in meeting a goal. It could be during any life experience (not limited to work or parenting). Write about what that goal was and what it felt like to be supported.

Think about a time when you did not feel supported in meeting a goal. It could be during any life experience (not limited to work or parenting). Write about what that goal was and how it felt to not be supported.

Experiences Journal Topics

Lactation Experiences

Please write only in the sections that relate to your experiences and skip the sections that do not apply.

Scenario 1

You or your partner have adopted or given birth to a child. You and/or your partner have breastfed, chestfed, bottle fed human milk and/or fed both human milk and formula to your child:

What were your lactation goals? Did you meet your goals?

How was your experience?

Do you have regrets? What could have made it better?

Did you have support to breastfeed, if so who?

Were you discouraged from breastfeeding?

Did you feel you did your best with the information and support you had at the time?

How does your lactation experience affect how you support a client and their family?

Experiences Journal Topics

Lactation Experiences

Please write only in the sections that relate to your experiences and skip the sections that do not apply.

Scenario 2

You or your partner have adopted or given birth to a child. You and/or your partner have not breastfed, chestfed, bottle fed human milk and/or fed both human milk and formula to your child:

What were your lactation goals? Did you meet your goals?

How was your experience?

Do you have regrets? What could have made it better?

Did you have support to breastfeed, if so who?

Were you discouraged from breastfeeding?

Did you feel you did your best with the information and support you had at the time?

How does your lactation experience affect how you support a client and their family?

Experiences Journal Topics

Lactation Experiences

Please write only in the sections that relate to your experiences and skip the sections that do not apply.

Scenario 3

You or your partner have not had a child:

Do you have hopes to have a child in the future, if so what are your lactation goals?

Do you have experiences with loss related to pregnancy or giving birth, what was that like for you?

Do you have experiences supporting friends, family or clients with breastfeeding, or with disappointments or challenges related to breastfeeding? How was that for you?

How do your experiences affect how you support clients and their family?

Experiences Journal Topics

Personal Barriers and Perceptions

Please write about the following topics and situations. Do any of them bring up new considerations or discomforts for you?

1. How long after meeting a client would you consider bringing up lactation?
2. On a scale of 1-10, how important is it that you talk with your pregnant clients about lactation?
3. Is it comfortable to discuss lactation with a client? What if a partner or other family member is present? Are there situations when it is not comfortable?
4. How do you feel sitting in a room (or chatting virtually) while a client's child is nursing?

Experiences Journal Topics

Personal Barriers and Perceptions

5. How much should a parent be covered while their child nurses? Consider the photos of children nursing, write about your reactions.



6. When should a child wean? Consider the photos of children nursing, write about your reactions or thoughts about whether they are the age to wean.



Experiences Journal Topics

Personal Barriers and Perceptions

Please write about the following topics and situations. Do any of them bring up new considerations or discomforts for you?

7. How would you support a parenting partner who also wants to breastfeed or chestfeed?

8. How do you feel about observing a baby's latch to suggest interventions or determine if professional interventions are needed?

9. Have you considered that an adoptive parent might want to breastfeed or chestfeed an adopted baby? What questions would you have?

10. What are your thoughts about co-workers taking breaks to pump or feed their child?

Experiences Journal Topics

Personal Barriers and Perceptions

Please write about the following topics and situations. Do any of them bring up new considerations or discomforts for you?

11. Have you had experiences where clients had cultural practices that seemed strange to you? What were they and how did you react?

12. How could you support a family if they say that they would like home visitation support from someone of their same culture?

Throughout the curriculum specific topics may be challenging for you. Continue to discuss and process these challenges with your training group. Together you may find creative ways to make the conversations more comfortable for yourself and your clients.

Evaluation

Part 1: Personal Considerations Evaluation

Please see your Part 1 Evaluation link to complete Part 1: Personal Considerations Evaluation.