

Module 3A– “All about latch – say no to pain”

Teaching point: Good latch feels good.

Teaching materials:

1. DVD on latch (or link to website)
2. Breastfeeding positions handout in the WIC booklet page 1
3. How to get LATCH in the WIC booklet page 2
4. Step-by-step LATCH sheet

Teaching Plan:

1. Watch the DVD with your client. Talk with her about it and see what she thinks. Give her a copy of it.
2. Help her find the WIC booklet picture of breastfeeding positions in her folder. (If we are able to get soft dolls or your client has one, practice how to hold a baby for breastfeeding and good latch).
3. Help her find the step-by-step LATCH sheet in her folder, and the WIC booklet LATCH page.
4. Do a “teach back”- Ask, “what stuck in your mind most today from what we looked at together?”

Resource for latch video:

YouTube: <http://www.wonderhowto.com/how-to-find-comfortable-latch-position-breastfeeding-214188/> OR <http://www.youtube.com/watch?v=6Hdhiii573A> OR

Website: <http://www.ameda.com/resources/video>