

## **Module 4B- “Am I stuck here or is it bonding?”**

**Teaching Point:** Mom does not need to feel alone with breastfeeding her new baby.

**Discussion Method:** Review questions and answers

**Possible Teaching Materials:** One sticker sheet (handout) with problems/dilemmas and possible solutions that are stickers to peel off, and a second sticker sheet with decorative stickers. Laminated cardboard in folder labeled “My plan for success” preprinted with dilemmas (problems) serves as the backboard for placing the stickers.

**Possible Game Plan:** Client chooses the solutions that seem best for her in response to the dilemmas/problems on the “My Plan for Success” board. She then decorates with stickers to personalize further the board. Let her know she can change and add and make her own responses also.

What can I do as a new breastfeeding mom so I don't feel alone?

- Ask my mom to come over every day (and night).
- Ask my baby father to be there every day (and night).
- Ask my friend or baby father to help me go to doctor/nurse visits.
- Snuggle close with my baby
- Hold the baby “skin to skin” on my chest.
- Show dad how to hold the baby “skin-to-skin” on his chest.
- Join a support group for breastfeeding or new moms and go to MomsClubs.

What can I do as a new breastfeeding mom so I don't feel cooped up or stir crazy?

- Take my baby (in a soft carrier) and go out to the store.
- Call my girl friend/mom/sister on the phone.
- Ask my baby father for a massage.
- Put the baby in a safe place and do some stretches and exercises on the floor.

How can I take a breastfeeding baby out?

- Use a baby sling, wrap or carrier.
- If I am out for just a couple of hours I don't even need the diaper bag.

How can I breastfeed away from home?

- I don't need to expose my breasts- I can turn around to latch the baby.
- I can go into a ladies room or changing room or behind an aisle to latch the baby.
- I can ask my girlfriend or baby father to stand in front of me while I latch on.
- I can breastfeed under a poncho or shawl or large scarf or receiving blanket.
- Act like nothing is happening- others will do the same.

What if I feel isolated (all alone) as a breastfeeding mom?

- Remember breastfeeding is very short when you compare it to baby's first years.
- Remember this special bonding period will make a difference for a lifetime.
- Remember I will look back on these first weeks and wish them back.
- Remember I am the only one who can give my baby breast milk.**
- Join a support group for breastfeeding or new moms and go to MomsClubs.
- Talk with my baby's father and my family about the baby.
- Reach out and ask for help from my family, my CHW, my doctor or nurse