

PRACTICAL SESSION 2

TALKING WITH PREGNANT WOMAN

Breastfeeding Promotion and Support

A Training Course for Health Professionals

*Adapted from the Baby Friendly Hospital Initiative:
Revised, Updated and Expanded for Integrated Care (Section 3)
WHO/UNICEF 2009*



Objectives

After completing this session, participants will be able to:

1. Talk with pregnant woman about feeding her baby;
2. Discuss with pregnant woman practises that assist in establishing breastfeeding;
3. Use communication skills of listening and learning, and building confident.

Opportunity gained from the practice :

- Talking with a pregnant woman about her feeding intentions
- Discuss with a pregnant woman practices that assist about establishing breastfeeding such as:
 - early skin to skin contact
 - rooming-in
 - baby led feeding
 - exclusive breastfeeding



Cont...

- Use your communication skills of listening and learning, and building confidence.
- It is advisable for each participant talk to at least one pregnant woman

1. Build a team

- Work in groups of 4 with a facilitator with each group.
- To start with, the whole group works together.
- Take turns to talk to a pregnant woman, while the other members of the group observe.
- When everyone knows what to do, you can work in pairs, while the facilitator circulates.

2. Start a communication (one participant)

- i. Introduce yourself to the pregnant woman and ask permission to talk to her.
- ii. Introduce your partner and explain that you are interested in infant feeding. Find chair and or stool to sit on.

Cont..

- iii. To start the conversation, ask the pregnant woman some open questions:
 - what their thoughts on feeding baby
 - what their knowing about breastfeeding
- iv. Encourage the mother to talk using your communication skills .
 - Practice as many of the listening and learning skills as possible.

Cont...

- v. If the mother already knows about breastfeeding, you can acknowledge and praise her (**DO NOT** need to give information that she already knows).
- vi. Provide information in a way that is easy to understanding.
- vii. Include the importance of breastfeeding and some information on why practices are recommended.

Cont...

- vi. Offer opportunities for mother to ask questions/ discuss. You might ask about previous breastfeeding experiences if they already has children.
- vii. Remember to praise what mother is doing right.

If pregnant woman tell, not going to breastfeed because medical condition:

- **Do NOT** ask about her condition.
- **Do NOT** need to know her personal details
- **Can** ask her if anyone has talked to her about feeding her baby if she not breastfeed.

3. Observation (Other participant)

- Stand quietly in the background.
- Do not comment, or talk among yourselves.
- Make *general* observations concerning the conversation between the pregnant woman and the participant. for example:
 - who does most of talking?
 - Does the participant ask open questions?
 - Does the pregnant woman talk freely, and seem to enjoy it?

Cont...

- Make *specific* observations concerning the participant's communication skills. Notice if ;
 - she uses helpful non-verbal communication,
 - she uses judging words/ asks a lot of closed questions to which the mother says 'yes' and 'no'.

4. Ending the session

- Thank the pregnant women for her time and cooperation.
- Say something to encourage and support her.
- Go with the group into another room or private area to discuss your observations.
- Discuss what you noticed about the discussion and communication skills that the participant used.

Please notice...

Notice:

- The presence or absence of advertisement for:
 - baby formula
 - free samples
 - pens
 - other equipment advertising baby formula
- Any posters or leaflets for mothers on the importance of breastfeeding or how to breastfeed.



Remember...

- **Do NOT** comment on your observations/ any disapproval while in the health facility.

Wait until the facilitator invites you to comment privately/ in the classroom

Remember...

- Do not comment on your observations / show any disapproval while in the health facility.
- Wait until the facilitator invites you to comment privately/ class room.



Thank you