



## 2019 Breastfeeding In-service Guide

### What needs to happen with this in-service?

- Completion due date: 12/31/2019
- Who must complete it: All WIC certifiers
- Facilitator: Local agency breastfeeding coordinator. If breastfeeding coordinator does not have experience leading staff in-services, ask the training supervisor to assist.
- Estimated length: 1 to 2 hours depending on discussion and what you review
- Content found here: <https://www.lactationtraining.com/>
  - All local agency breastfeeding coordinators are registered for the Lactation Education Resources (LER) lesson *The Essentials of Infant Latch on, Attachment & Solving Common Sucking Problems*. LER sent login details directly to each breastfeeding coordinator. If you need assistance contact Kelly Sibley, State Breastfeeding Coordinator at [kelly.e.sibley@state.or.us](mailto:kelly.e.sibley@state.or.us).

## Objectives

- Discuss the effects of separation of baby from the correct habitat and the physical affects of the post-despair response
- Describe important triggers for baby’s innate neurobehavior to breastfeeding
- Describe mother-led breastfeeding and the asymmetric latch-on
- Discuss baby-led breastfeeding behaviors of mother and baby
  - Note: There is an additional objective listed in this LER lesson, *compare the conventional view of infant sucking vs. new research*, the content for this objective is optional and not included in the Slide Selection Guide.

## Instructions

- Complete the online Lactation Education Resources lesson before you facilitate the in-service. Print the LER lesson handout so you can take notes as you complete the lesson and have as a reference. You’ll find instructions for printing the handout on slide #2 of the lesson.
- Schedule at least an hour for certifiers to complete the in-service. If you anticipate a good amount of discussion plan an extra 15-30 minutes. If you want to divide the in-service into 2 shorter sessions, a natural place to break is after slide 40. Then pick up next time at slide 41.
- Send staff the 4 links (below) to 3 short readings and 1 short video. Allow approximately 15 minutes to complete.
  1. Read the section “To make Good Attachment physically possible babies need to approach the breast in the “instinctive position”  
[https://www.rebeccaglover.com.au/viewStory/Learned\\_Attachment\\_Techniques\\_Changes\\_Outcomes](https://www.rebeccaglover.com.au/viewStory/Learned_Attachment_Techniques_Changes_Outcomes)
  2. Read biological nurturing philosophy  
<http://www.biologicalnurturing.com/pages/philosophy.html>
  3. Watch short video clip  
<http://www.biologicalnurturing.com/video/bn3clip.html>
  4. Read biological nurturing beliefs  
<http://www.biologicalnurturing.com/pages/beliefs.html>

- Arrange for a computer, speakers, and projector to show the lesson.
- The lesson is about 2 hours long, but you will only show certain sections listed in the Slide Selection Guide.

### In-service Overview

The first part of this LER lesson (slides 1-56) focuses on positioning, latch and innate infant behaviors. It expands concepts covered in our WIC Breastfeeding Basics course. The second part (slides 83-131 with some skipped slides) delves into common sucking problems. There are 5 activities including question and answer, quiz and post-test. The skipped slides are more technical and most appropriate for breastfeeding coordinators, lactation specialist and staff interested in becoming more expert in breastfeeding.

### Slide Selection Guide

Include Slide #	Main Content	Estimated minutes	Skip Slide #	Facilitator Notes
1-17	Innate behaviors, positioning	9		
18	<b>Activity:</b> Answer question to previously assigned reading described in <b>Instructions</b>	2		
19-37	Latch, baby led learning, neurobehavior, baby led latching, biological nurturing	15		
38	<b>Activity:</b> Click on embedded link to show previously assigned reading described in <b>Instructions</b> . Ask “Why might it be important for a new parent to know a baby does not need to be in an awake state to latch on and breastfeed?”	1		
39	<b>Activity:</b> Click on embedded link to show previously assigned video described in <b>Instructions</b> . Ask “What did you find most interesting in this video?”	1		
40	<b>Activity:</b> group quiz	1		
41-47	Ventral feeders, asymmetric latch	3		

Include Slide #	Main Content	Estimated minutes	Skip Slide #	Facilitator Notes
<b>48-54, 56</b>	Factors influencing feeding	5	55	
<b>83-85, 87-91, 95, 98</b>	Tongue Tie	5	86, 92-94, 96-97, 99-100,	
<b>101</b>	Case Study on Tongue Tie	1	102-108	
<b>109-111, 113</b>	Sensory integration, signs of sensory stress, supportive actions	3	112, 114-18	
<b>119</b>	Nipple blanching	2	120-128	
<b>129-131</b>	Tonic Bite and treatment	2		
<b>132-139</b>	Learning/Relearning breastfeeding, summary	6		
<b>140</b>	<b>Activity:</b> Answer 6 post test questions as a group.	3		
<b>141</b>	Final slide	1	142	
<b>Total</b>		60		