# Participant Centered Group Session Guide, Washington County WIC

# BABY PREP CLASSES 1-5

**Location Considerations**: Beaverton and Hillsboro classrooms

**Materials Needed and Their Location**:

* Tables and chairs for about 5- 10 couples
* White board
* White board markers
* Laptop with loaded PowerPoint presentations
* Projector
* Speakers
* Extension cord
* Name table tents
* Markers for name tags and group activities
* pens, enough for each couple
* Business cards

**Preparation Needed**:

Organize tables and chairs however they fit best in the room, set up PowerPoint and projector, make sure sound and DVDs work for video, set out nametags and markers on the tables, set out business cards near exit.

**Time needed:** approximately 60 minutes

**Facilitator Considerations or Expertise Needed**: A Breastfeeding Peer Counselor, a WIC counselor with advanced breastfeeding training or an IBCLC will have the expertise necessary to facilitate.

# Session Title: BABY PREP # 1

**Session 1 Focus**

**Target Audience: Pregnant women and their partners/support people**

**Session Goal**: General introduction to Baby Prep classes and basic information about risks of formula feeding and benefits of breastfeeding.

**Key Content Points:**

* Point 1: Benefits and risks of breastfeeding and formula feeding
* Point 2: Differences between breast milk composition and formula
* Point 3: Breastfeeding duration and anticipated barriers

**Session Objectives: By the end of the session, participants should be able to**

* Objective 1: Identify two benefits of breastfeeding and two risks of formula feeding
* Objective 2: Identify two components that can be found in breastmilk, but not formula
* Objective 3: State the AAP recommended breastfeeding duration

**Session 1 Outline**

**Facilitator notes**: Provide a general overview of PC Breastfeeding Services and expectations for participation.

|  |  |  |
| --- | --- | --- |
| **Time** | **Learning activity (Supports participant centered content/instruction) – Key Open Ended Questions - Important concepts to cover**  | **Objective covered** |
|  | Leave blank |  |
| **2min** | Opening the session: Welcome and review agenda |  |
| **20 min** | Activity 1Video: Inspirational clip from Breastmilkcounts.comDiscussion: Benefits/risks Manipulative: Journaling. Pg. 3, Q 1. | 1 |
| **20 min**  | Activity 2Manipulative: Lego activity & reviewDiscussion: Breastfeeding duration Video: “You know you’re breastfeeding when…” | 2,3 |
| **10 min** | **Closing** Manipulative: Baby Prep cardDiscussion: summary Feedback: survey |  |

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**Session Title: BABY PREP # 2 *(Also known as “Tips for Partners”)***

**Session 2 Focus**

**Target Audience: Partners/support people of pregnant participants, and pregnant participants**

**Session Goal**: To provide practical, anticipatory guidance on how partners can support a breastfeeding parent

**Key Content Points:**

* Point 1: Identify ways partners can support the breastfeeding parent
* Point 2: Explore myths that can undermine breastfeeding confidence

**Session Objectives: By the end of the session, participants should be able to**

* Objective 1: State two ways a partner can support breastfeeding
* Objective 2: Identify two myths that can interfere with breastfeeding success
* Objective 3: Describe one event which is supportive and one event which is unsupportive of breastfeeding

**Session 2 Outline**

**Facilitator notes**:

|  |  |  |
| --- | --- | --- |
| **Time** | **Learning activity (Supports participant centered content/instruction) – Key Open Ended Questions - Important concepts to cover**  | **Objective covered** |
|  | Leave blank |  |
| **2min** | Opening the session: Welcome and review agenda |  |
|  **15 min** | Activity 1Discussion: define “partner”. Slideshow: 8 tips to support your breastfeeding partnerManipulative: truths & myths activity |  |
|  **30 min**  | Activity 2Manipulative, group work: supportive board activityVideo: Dads and breastfeedingJournaling: Pages 19. 20, Q1. |  |
| **10 min** | **Closing** Manipulative: Baby Prep cardDiscussion: summary Feedback: survey |  |

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**Session Title: BABY PREP # 3**

**Session 3 Focus**

**Target Audience: Pregnant women and their partners/support people**

**Session Goal**: Introduction of resources to prepare for childbirth

**Key Content Points:**

* Point 1: Know how to access community resources for childbirth
* Point 2: Exploring feelings around childbirth
* Point 3: Exploring importance and benefits of skin to skin contact

**Session Objectives: By the end of the session, participants should be able to**

* Objective 1: Give two benefits of skin-to-skin
* Objective 2: State one community resource for accessing birth doulas
* Objective 3: Describe personal feelings around childbirth

**Session 3 Outline**

**Facilitator notes**:

|  |  |  |
| --- | --- | --- |
| **Time** | **Learning activity (Supports participant centered content/instruction) – Key Open Ended Questions - Important concepts to cover**  | **Objective covered** |
|  | **Leave blank** |  |
| **2min** | **Opening the session**: **Welcome and review agenda** |  |
| **10 min** | Activity 1Manipulative: Picture activity. Ask participants to choose 2-3 pictures that best represent how they currently feel about childbirth. Then discuss. | 3 |
| **15 min**  | Activity 2Discussion & offer handouts: Doula resources, childbirth education resourcesVideo: Labor and positioning from Babycenter.com | 2 |
| **23 min** | Activity 3Discussion: Skin-to-skin important pointsManipulative: Journaling Pg. 32- both QsDemonstration and video - Biological nurturing: Nina, DVD, slides, handout  | 1,3  |
| **10 min** | **Closing** Manipulative: Baby Prep cardDiscussion: summary Feedback: survey |  |

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**Session Title: BABY PREP # 4**

**Session 4 Focus**

**Target Audience: Pregnant women and their partners/support people**

**Session Goal**: Increase confidence in breastfeeding skills such as latch and positioning, hand expression and skin to skin contact

**Key Content Points:**

* Point 1: Introducing practical skills for successful breastfeeding
* Point 2: Offering anticipatory guidance for common breastfeeding concerns

**Session Objectives: By the end of the session, participants should be able to**

* Objective 1: Demonstrate skills for hand expression
* Objective 2: Identify normal infant stool patterns
* Objective 3: Describe the process of lactogenesis

**Session 4 Outline**

**Facilitator notes**:

|  |  |  |
| --- | --- | --- |
| **Time** | **Learning activity (Supports participant centered content/instruction) – Key Open Ended Questions - Important concepts to cover**  | **Objective covered** |
|  | **Leave blank** |  |
| **2min** | **Opening the session**: **Welcome and review agenda** |  |
| **10 min** | Activity 1Discussion: Percent durationManipulative: Journaling Pg 10, Q2 | 3 |
| **10 min**  | Activity 2Discussion: Colostrum, milk production - supply/demand fundamentals.Video: Stanford hand expression. Begin at 2’11” | 3 |
| **28 min** | Activity Manipulative, group work: Timeline activity. Each participant will receive an “event”. The group will work together to place each event on the correct place on the timeline.Journal: Pg 21, Q1 | 2,3  |
| **10 min** | **Closing** Manipulative: Baby Prep cardDiscussion: summary Feedback: survey |  |

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**Session Title: BABY PREP # 5**

**Session 5 Focus**

**Target Audience: Pregnant women and their partners/support people**

**Session Goal**: Review of previous classes and understanding baby behaviors

**Key Content Points:**

* Point 1: Materials from previous sessions (Summaries)
* Point 2: Understanding of baby behaviors

**Session Objectives: By the end of the session, participants should be able to**

* Objective 1: Identify three baby cues related to feeding
* Objective 2: Know how/when to contact breastfeeding services
* Objective 3: Complete Baby Prep card

**Session 5 Outline**

**Facilitator notes**:

|  |  |  |
| --- | --- | --- |
| **Time** | **Learning activity (Supports participant centered content/instruction) – Key Open Ended Questions - Important concepts to cover**  | **Objective covered** |
|  | Leave blank |  |
| 2min | Opening the session: Discussion: Welcome and review agenda |  |
| **19 min** | Activity 1Discussion, visual: crying, night wakingManipulative: Pass out 6 week calendar, review | 1 |
| **19 min**  | Activity 2Journaling: Pg 21, Q1Visual, manipulative: Tour board | 1,2,3 |
| **10 min** | **Closing** Manipulative: complete Baby Prep card and receive blanket/gift (when available). Hand out “Your Guide to Breastfeeding” magazine.Discussion: summary Feedback: survey |  |