

Appendix B

Breastfeeding Anticipatory Guidance Topics Checklist

VENA philosophy connects nutrition and breastfeeding assessment to effective and appropriate counseling and support that best meet the needs of the breastfeeding mother and infant. Effective counseling approaches are participant-centered and include active listening using open-ended questions to build rapport, identify and reflect concerns, and help women set realistic goals. The following checklist represents key anticipatory guidance topics that may be used as a guide when developing targeted messages about breastfeeding during pregnancy and after delivery. As with all participant-centered education efforts, the information should be tailored to meet the needs of the individual participant as determined through their breastfeeding assessment.

<u>Breastfeeding Topic*</u>	Prenatal	Birth - 2 weeks	2-4 weeks	1-5 months	6-12 months
WIC encourages and supports moms to breastfeed	x	x	x	x	x
Changes to a mother's body	x	x			
Breastfeeding benefits mom and baby	x	x	x	x	x
Support is critical to breastfeeding success	x	x	x		
Hospital practices and their impact on the breastfeeding relationship	x	x			
Supplemental feedings interfere with a mother's milk supply and her breastfeeding success	x	x	x	x	
Maternal nutrition during breastfeeding	x	x	x	x	x
Breastfeeding when returning back to work or school	x			x	x
Breastfeed as soon as possible after birth	x	x			
Importance of colostrum and transition to mature milk	x	x			
Comfort and proper positioning	x	x	x		
Recognize hunger and fullness cues	x	x	x	x	x
Feeding frequencies and maintaining milk supply	x	x	x	x	x
Signs that infant is getting enough human milk	x	x	x	x	
Appropriate weight gain/loss for infants	x	x	x	x	x
Basic breast care/ Avoidance of common breastfeeding-related breast and nipple issues		x	x		
Appetite/ Growth spurts		x	x	x	x
Vitamin D and iron supplementation		x		x	
Teething				x	x
Introducing complementary foods				x	x
Weaning					x

* The timeframes (i.e., prenatal, birth-2 weeks, 2-4 weeks, 1-5 months, 6-12 months) are guidelines and may need to be adjusted depending on the woman's individual needs determined at assessment.