



Michigan WIC
Nutrition Education Module for State
Sharing

Breastfeeding & Safe Sleep

Self-Directed Education for Breastfeeding Women and
Parents and Caregivers of Breastfeeding Infants



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Michigan Department of Health and Human Services, WIC Program, Lansing, Michigan.
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Michigan WIC Nutrition Education Lesson Plan

- I. **Title:** *Breastfeeding & Safe Sleep*
 - II. **Target Groups:** Breastfeeding women and parents and caregivers of breastfeeding infants.
 - III. **Suggested MI-WIC NE Topic(s):** Safe Sleep
 - IV. **Learning Objectives:** Clients, parents, and/or caregivers will be able to:
 - Identify one or more ways they can breastfeed and practice safe sleep with their infant.
 - V. **Learning Activities/Method:** Self-directed education.
 - VI. **Materials Needed:**

Breastfeeding & Safe Sleep module includes:

 - “Michigan WIC Nutrition Education Lesson Plan”
 - “Client Feedback Form”
 - “Client Feedback Form Key”
 - *Breastfeeding & Safe Sleep Bulletin Board Kit*. Readability: 4th grade.
https://www.michigan.gov/mdhhs/0,5885,7-339-71548_57836_58080-489497--,00.html
Kits are also available in Spanish and Arabic.
- Reinforcement Materials (optional):**
- *Breastfeeding & Safe Sleep*. 2018. Web 06 Feb 2020. Readability: 4th grade.
https://www.michigan.gov/documents/mdhhs/Breastfeeding_and_Safe_Sleep_630063_7.pdf
 - *Baby Sleeping and Eating: What is Normal?* 2018. Web 06 Feb 2020. Readability: 4th grade.
https://www.michigan.gov/documents/mdhhs/Baby_Eating_Sleeping_What_is_Normal_624788_7.pdf
 - More English, Spanish and Arabic resources found at
https://www.michigan.gov/mdhhs/0,5885,7-339-71548_57836_58080_91304---,00.html
- VII. **Equipment and Facilities Needed:** Poster board or bulletin board.
 - VIII. **Approximate Time:** 15-20 minutes.
 - IX. **Outline of Content:**
 1. Introduction: Each client, parent or caregiver will be welcomed by a WIC staff member who introduces himself/herself.
 2. The WIC Nutrition Educator/CPA/RD will discuss interests and health topics with the parent/caregiver and suggest relevant topics to address their nutritional needs.
 3. The WIC Nutrition Educator/CPA/RD will direct the client or parent/caregiver to read the bulletin board about *Breastfeeding & Safe Sleep* based on the client’s interest and/or nutrition education issues.

Factual Messages

- It is best to give only breastmilk for at least the first 6 months to reduce the risk for Sudden Infant Death Syndrome (SIDS) and sleep-related infant death.
- You can keep your baby safe by putting your baby to sleep on his/her back and using a firm sleep surface.

X. Evaluation Methods and Materials:

1. The parent/caregiver will complete the “Client Feedback Form” and return it to WIC staff. The “Client Feedback Form” encourages parents/caregivers to think about and describe what they learned and what they plan to change or continue when breastfeeding and practicing safe sleep with their baby.
2. Staff can use the “Client Feedback Form Key” to identify the parent/caregiver(s) stage of change intent for follow up.
3. The client will be offered an opportunity to speak to a WIC Nutrition Educator/CPA/RD.

XI. Staff Trained to Present: RD, CPA, and other trained nutrition education staff.

XII. References:

Baby Sleeping and Eating: What is Normal? 2018. Michigan Department of Health and Human Services. Web 06 Feb. 2020.

https://www.michigan.gov/documents/mdhhs/Baby_Eating_Sleeping_What_is_Normal_624788_7.pdf

Breastfeeding & Safe Sleep. 2018. Michigan Department of Health and Human Services. Web 06 Feb. 2020.

https://www.michigan.gov/documents/mdhhs/Breastfeeding_and_Safe_Sleep_630063_7.pdf

Breastfeeding & Safe Sleep Bulletin Board Kit. 2018. Michigan Department of Health and Human Services. Web 06 Feb. 2020.

https://www.michigan.gov/documents/mdhhs/Breastfeeding_and_Infant_Safe_Sleep_Bulletin_Board_Kit_630695_7.pdf

Safe Sleep Resources for Families. 2020. Michigan Department of Health and Human Services. Web 06 Feb. 2020. [https://www.michigan.gov/mdhhs/0,5885,7-339-](https://www.michigan.gov/mdhhs/0,5885,7-339-71548_57836_58080_91304---,00.html)

[71548_57836_58080_91304---,00.html](https://www.michigan.gov/mdhhs/0,5885,7-339-71548_57836_58080_91304---,00.html)



Breastfeeding & Safe Sleep

Client Feedback Form

Name:

Family No.:

Congratulations on completing this lesson!

Please answer the following:

Did you enjoy this topic?

Yes

No

Did you learn something to help you breastfeed your baby and practice safe sleep?

Yes

No

Tell us one thing you learned today:

Check ONE statement that best describes you:

- I plan to *continue* breastfeeding my baby using safe sleep practices.
- I plan to *start* at least one new way to breastfeed my baby and practice safe sleep, *soon*.
- I am *thinking about* trying at least one new way to breastfeed my baby and practice safe sleep, *someday*.
- I *don't plan to change* the way I breastfeed my baby using the safe sleep practices.

If you plan to make changes, please tell us what they are:

Would you like to talk to a WIC nutritionist?

Yes

No

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Staff Use Only

MI-WIC NE Topics: Safe Sleep

MI-WIC Recorded by:

Staff Initials:



Lactancia Materna y Descanso Seguro

Formulario de Evaluación del Cliente

Nombre:

Nº de Familia:

¡Felicitaciones por completar esta lección!

Por favor responda lo siguiente:

¿Disfrutó de este tema? Sí No

¿Aprendió algo que le ayuda a dar la lactancia materna a su bebé y practicar el sueño seguro?

Sí No

Cuéntenos algo que haya aprendido hoy:

Marque LA afirmación que mejor la describa:

- Planifico *continuar dándole la lactancia materna a mi bebé usando prácticas de sueño seguro.*
- Planifico *comenzar* por lo menos una nueva forma de amamantar a mi bebé y practicar el sueño seguro, *pronto.*
- Estoy *pensando en* intentar por lo menos una nueva forma de amamantar a mi bebé y practicar el sueño seguro, *algún día.*
- No planifico cambiar* la forma en que amamanto a mi bebé usando las prácticas de sueño seguro.

Si planea hacer cambios, por favor díganos cuáles son:

¿***Desea hablar con un nutricionista del WIC?*** Sí No

Esta institución brinda igualdad de oportunidades.

Sólo para Uso del Personal

Temas de MI-WIC NE: Sueño Seguro

MI-WIC Registrado por:

Iniciales del Personal:

الرضاعة الطبيعية والنوم السليم والأمن Breastfeeding & Safe Sleep

نموذج ملاحظات العميلة (Client Feedback Form)

رقم الأسرة:

الاسم:

نهنتك على إكمالك قراءة هذا الدرس!

يرجى الإجابة على ما يلي:

- هل استمتعت بقراءة هذا الموضوع؟
- لا نعم
- هل تعلمت شيئاً يفيدك ويساعدك على إرضاع طفلك الرضيع رضاعة طبيعية وممارسة النوم السليم والأمن عند وضعه للنوم؟
- لا نعم

أخبرينا عن شيء واحد تعلمته اليوم:

ضعي علامة واحدة في مربع واحد من مربعات الجمل التالية التي تصفك بأفضل شكل:

- أعتزم على مواظبة الاستمرار في إرضاع طفلي رضاعة طبيعية واستخدام ممارسات النوم السليم والأمن.
- أعتزم على أن أبدأ قريباً استخدام طريقة واحدة جديدة على الأقل لإرضاع طفلي رضاعة طبيعية وممارسة النوم السليم والأمن.
- لا أزال أفكر إذا كنت سأقوم في يوم من الأيام بتجريب طريقة واحدة جديدة على الأقل لإرضاع طفلي رضاعة طبيعية وممارسة النوم السليم والأمن.
- لا أعتزم أن أغير طريقة إرضاعي لطفلي رضاعة طبيعية واستخدام ممارسات النوم السليم والأمن.

إذا كنت تعترمين اتخاذ تغييرات، فنرجو منك أن تخبرينا ما هي:

هل ترغبين أن نتحدثي مع أحد الاختصاصيين في شؤون التغذية في برنامج WIC؟

لا نعم

هذه المؤسسة ملتزمة بتكافؤ الفرص في الأعمال التي تقدمها.

Staff Use Only (للموظفين فقط)
MI-WIC NE Topics: Safe Sleep
MI-WIC Recorded by:
Staff Initials:



Breastfeeding & Safe Sleep

Client Feedback Form Key

Name: _____

Family No.: _____

Congratulations on completing this lesson!

Please answer the following: *These responses can be used as client feedback and/or for counseling.*

Did you enjoy this topic?

Yes

No

Did you learn something to help you breastfeed your baby using safe sleep practices?

Yes

No

Tell us one thing you learned today:

Check ONE statement that best describes you:

- I plan to *continue* breastfeeding my baby using safe sleep practices. *Maintenance/Action*
- I plan to *start* at least one new way to breastfeed my baby and practice safe sleep, *soon*. *Preparation*
- I am *thinking about* trying at least one new way to breastfeed my baby and practice safe sleep, *someday*. *Contemplation*
- I *don't plan to change* the way I breastfeed my baby using the safe sleep practices. *Pre-Contemplation*

If you plan to make changes, please tell us what they are:

Would you like to talk to a WIC nutritionist?

Yes

No

If yes, please refer to a WIC nutritionist.

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