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**Goals**

* + To increase understanding among mothers who are sex workers of the physical, intellectual, social, and emotional developmental milestones of children
  + To strengthen parenting skills to nurture and support childhood development within the context of maternal sex work
  + To increase mothers who are sex workers’ ability to prevent, recognize, and mitigate common maternal and child health risks
  + To increase sex workers’ sense of empowerment and confidence in their ability to be good mothers, supporting them to thrive both as mothers and sex workers

**Learning Objectives**

*By the end of this session participants will be able to:*

* Describe colostrum and its use and benefits
* Explain exclusive breastfeeding and correct use of this practice
* Describe the benefits of breastfeeding
* Explain how an HIV positive woman can safely exclusively breastfeed
* Demonstrate how to breastfeed
* Describe a good latch while breastfeeding
* Describe common issues and barriers associated with breastfeeding, and ways to lessen/overcome these
* Describe common reasons women chose to formula feed, and counter these reasons with strategies or facts that promote breastfeeding

**Session Preview**

* Help group members review ways to keep their children healthy
* Introduce the concept of exclusive breastfeeding and its benefits
* Introduce the concept of breastfeeding while HIV positive
* Assist group members to practice breastfeeding
* Help group members identify barriers and facilitators to breastfeeding
* Help group members identify solutions to common reasons women formula feed

**Materials Needed**

* Plastic baby
* 2 orange slices for every group member
* Small box
* 1 straw for every group member
* Flip chart paper
* Marker for facilitator
* 1 copy of Soul City – Mother and Child Care for each group member
* Activities:
  + Activity 1 – Breastfeeding Benefits

**Preparation Needed**

* Arrange chairs in a circle
* Order 1 copy of Soul City – Mother and Child Care for every group member
* Write/draw out the following materials before the session begins:
  + Activity 1 - Breastfeeding Benefits

**Suggested Facilitators**

* Peer Educators
* Lactation/Breastfeeding Counselor
* Pediatrician
* SWEAT and/or TB/HIV Care nurse

**Instructional Time**

180 minutes (2.5 hours)

**Activity Minutes Needed**

1. Introduction………………………………………………………..……..………5 minutes
2. Breastfeeding Basics……………………………………………………….…...25 minutes
3. Breastfeeding Benefits….…………………………………………………..…..20 minutes
4. Breastfeeding and HIV……………………………………….....………………20 minutes
5. Breastfeeding Practice………………………………………….…………….…40 minutes
6. Breastfeeding Barriers………………………………………….……………….40 minutes
7. Formula Feeding……………………………………………….……………….15 minutes
8. Closing………………………………………………………………………….15 minutes

The following pages contain material that was taken verbatim or adapted from Soul City’s *Mother and Child Care* booklet with permission[6]:

262-263, 280, 284-287

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The following pages contain material that was taken verbatim or adapted from Soul City’s *HIV and AIDS and Treatment* booklet with permission[7]:

273-274

**Activity A**

Introduction

**Preparing for the Activity**

**Purpose**

To welcome the group members and review children’s health.

**Materials**

* Plastic baby

**Time**

5 minutes

**Procedure--------------------------------------------------------**

* After all the group members are in the room, start to sing a song. Have everyone stand up and sing/dance with you. Do not let this go on for more than **3 minutes.** Then, welcome the mothers to the group by saying:

Thank you all for coming to the sixth meeting of Mothers of the Future! Last week we agreed to babysit baby Nonceba and learned more about how to keep her healthy! She is such a good baby, we told her mother Thandi that we’d help care for Nonceba whenever she needs help!

Let’s start today by saying hello to Nonceba and letting her know we can keep her healthy! I’ll pass her around the group. When it’s your turn to hold her, please share something you learned during our last meeting. As a reminder, we talked about immunizations, colds, diarrhea, vomiting, dehydration, HIV, TB, and strategies to help us care for a sick child. If you weren’t able to come to our last meeting, feel free to share anything you know about children’s health. I can start. Last week I learned that if someone loses too much water from their body, they can become dehydrated. This can be very dangerous, especially for babies.

* Pass Nonceba around the group and let group members share a something they learned/know about children’s health.

**Activity B**

Breastfeeding Basics

**Preparing for the Activity**

**Purpose**

To explain the use and benefits of colostrum and exclusive breastfeeding, and talk about myths/concerns surrounding these topics

**Materials**

* 2 orange slices for every group member

**Time**

25 minutes

**Procedure--------------------------------------------------------**

* Start the activity by saying:

Super job everyone – I’m glad to hear we learned so much about children’s health! We are all very capable of keeping our babies healthy and happy. Today we will continue talking about nourishing our babies to become strong, healthy adults!

Like we’ve discussed in the past, having a baby means you will have to make many choices. One of the most important and long-lasting choices is the way you feed your baby. You can choose to breastfeed or use formula.

Many things influence how a mother chooses to feed her baby, like time, money, personal opinions, and lack of knowledge. Some of these things we cannot change, but some of them we can. We do not want to make anyone feel bad or embarrassed about their choice to breastfeed or formula-feed their child. Instead, we want to make sure everyone understands the positive and negatives of both feeding options, so we can make informed decisions about what is best for our babies and ourselves.

Today we are going to focus mostly on breastfeeding. This is because experts and doctors recommend breastfeeding over formula feeding. Let’s learn more about why doctors say breastfeeding is so healthy for babies, talk about common breastfeeding myths in South Africa, practice breastfeeding tips, and develop ways to make breastfeeding work for our lifestyles!

First, can anyone describe to the group what breastfeeding is?

* Let **1 group member** describe breastfeeding.

Breastfeeding is when a woman feeds a baby with milk from her breast. Breastfeeding is a normal way of providing young infants with the nutrients they need for healthy growth and development. You’ve probably all seen a woman breastfeeding a child before, or have breastfed a child yourself. Today we will be able to talk about the experience of breastfeeding and continue to learn from each other. However, before we continue with this discussion, we first need to talk about three very important concepts of breastfeeding to make sure we’re all on the same page.

First, let’s talk about colostrum. Can anyone describe to the group what colostrum is?

* Let **1 group member** describe colostrum if they can, or just continue by saying:

Colostrum is the yellowish, sticky, and somewhat thick breast milk that starts to develop inside a woman’s breast during the end of her pregnancy. This is completely normal and healthy. A mother should start breastfeeding as soon as possible after birth, so that her baby drinks this colostrum. Do not give water or powder milk instead of this yellow milk.

This milk is one of the best things you can ever give your baby. Colostrum provides all the nutrients, which are the good things in food that your body needs, and fluids that your newborn needs in the early days. It can stop your baby from getting sick, and keep them healthy and strong. It also is very easy on your baby’s tummy and helps them clean their body out by pooping.

A woman’s body knows how good colostrum is for a baby, so a mother’s breasts will naturally make colostrum for several days after delivery. Her breasts may not feel full during this time, but colostrum is so full of good things, her baby will be nourished if she feeds them colostrum. After a few days, her body will stop making colostrum. Her milk will start to become more creamy or white in color.

Sometimes when our bodies do something we are not used to, like make colostrum, it can be hard to understand and scary. When I am confused or worried about something, it helps to talk with people who have gone through the same thing. This reassures me. Would anyone like to help me feel less frightened and confused by sharing your experience with colostrum, or a story you heard from someone else?

* Let the group talk about this for no longer than **5 minutes**. Kindly correct any incorrect information they share.

Thank you all for sharing those stories. I feel much more relaxed about colostrum now, and I hope the group does too.

From talking with other mothers, I’ve learn that some South African women think colostrum is dirty milk. They believe colostrum is unhealthy for the baby because it has a different color and thickness than breast milk they are used to seeing. However, colostrum is very, very healthy for your baby and is completely clean. This is why mothers’ breasts make colostrum – a woman’s body would not make something that is bad for her baby. Colostrum is yellow-ish and can be sticky and thick. This does not mean it is dirty. It means it is packed with nutrients and good things that will protect your baby. It is like a special boost that welcomes your baby into the world and gives them all the nutrients they need for the first few days of life.

We have all probably heard other rumors or things people have said about colostrum. Would anyone like to share something they have heard about colostrum with the group? You might know if what you heard is true or not, but maybe someone else in the group might not. It’s important to talk about what we hear about colostrum so we can get the facts straight.

* Let group members share myths they’ve heard about colostrum. Every time someone shares something they’ve heard about colostrum, ask the group what they think about this. Make sure that you correct any myths about colostrum as the group talk about it. Do not let this go on for more than **4 minutes.**

Great, thanks for sharing everyone. Now let’s talk about one more very important concept of breastfeeding. This is called exclusive breastfeeding. Does anyone know what this means to exclusively breastfeed?

* Let **1 group member** describe exclusive breastfeeding if they can, or just continue by

saying:

Exclusive breastfeeding means that you *only* give your baby breast milk for the first six months of their life. When you are exclusively breastfeeding, you do not give your baby any other food or drink, not even water. The only thing you give your baby is breast milk.

Doctors and experts say that exclusively breastfeeding for the first six months of your baby’s life is the way to support their growth, development, and health. Breast milk has everything in it that your baby needs to be healthy. If you give your baby water or another liquid that is not breast milk, they might get diarrhea if the water is not clean! Water can also make a baby feel full, even though they haven’t really eaten any nutrients. Breast milk has a lot of water in it, so whenever a baby is thirsty they can be breastfeed. Breast milk is also clean and provides all the nutrients and vitamins a baby needs to be healthy. This is why you should exclusively breastfeed.

Now that you all know what it means to exclusively breastfeed, can someone explain this to the group in your own words?

* Let **1 group member** describe exclusive breastfeeding. Nicely correct anything they say that is incorrect.

If you are exclusively breastfeeding, the only time you can give your child something other than breast milk is if they need medicine or vitamins. If your baby is sick, you should talk to a health worker at a clinic and tell them you are exclusively breastfeeding. They may give you some syrup or liquid medicine or vitamins to give to the child. If your child is dehydrated, they may give you a special mixture, like we talked about during our last meeting. If a health worker who is trained and works in a clinic tells you to give you baby any liquid medicine, vitamins, or special mixture – this is fine. However, otherwise babies who are exclusively breastfeed should *not* be fed anything other than breast milk.

Does anyone have any questions about exclusive breastfeeding?

* Answer any questions the group members may have.

Let’s play a little game to review what we just learned. I’m going to ask the group a question. If you’d like to respond to the question, raise your hand and share your thoughts with the group. You’ll get some orange slices for answering a question! Once you’ve had a chance to talk and win orange slices, please let others have a chance to answer. Also, don’t eat your orange slices yet! We will use it later on today.

* Ask each question below, then let **1-2 group members** try to answer. After they answer, read the answer below the question. Give each group member that answers a question 2 orange slices. Make sure you correct their answer if it is wrong before you give them the orange slices.

Here’s the first question:

1. What is colostrum?
   1. Colostrum is the yellowish, sticky, and somewhat thick breast milk that starts to develop inside a woman’s breast during the end of her pregnancy. After the woman gives birth, her breasts will continue to make colostrum for a few days. Colostrum is very high in nutrients and healthy for a newborn baby.
2. Is colostrum good for a baby? Why or why not?
   1. Yes, colostrum is very healthy for a baby. This milk is one of the best things you can ever give your baby. Colostrum provides all the nutrients and fluids that your newborn needs in the early days. It protects your baby against infections and other illnesses, which helps them stay healthy and strong. It also is very easy on your baby’s tummy and helps them clean their body out by pooping.
3. What would you tell someone who is afraid to give their baby colostrum?
   1. Answers **could** include:

* Find out why they are afraid to give their baby colostrum. They might have heard a myth that I can tell them isn’t true and explain why.
* Explain that colostrum is normal and healthy. It is not dirty milk. It is just so full of nutrients and good things, it looks different than breast milk women are used to seeing.

1. What is exclusive breastfeeding?
   1. Exclusive breastfeeding means that you *only* give your baby breast milk for the first six months of their life. When you are exclusively breastfeeding, you do not give your baby any other food or drink, not even water. The only thing you give your baby is breast milk.
2. What if it’s a really hot day and my baby looks thirsty. If I’m exclusively breastfeeding, can I give her some water or tea to drink? Why or why not?
   1. No. Exclusively breast feeding means you only give your baby breast milk. You cannot give them water, tea, or anything else to eat or drink. The water could be dirty and make the baby sick. The baby could also feel full from drinking water, even though they haven’t gotten any nutrients they need to live.
3. What if my baby gets sick? If I’m exclusively breastfeeding, can I give her anything to feel better?
   1. If you are exclusively breastfeeding, the only thing you can safely give your baby that is not breast milk is liquid medicine, vitamins, or a special mixture to stop them from being dehydrated. You should talk to a trained health worker at a clinic first and let them know you are exclusively breastfeeding. They can make sure you help your baby get better in a safe way. You should also keep breastfeeding your child. This will help them to get better.
4. Why would a woman want to breastfeed?

* Let group members talk about this last question. Give an orange to everyone who doesn’t have an orange, and remind the group not to eat the oranges yet.

**Activity C**

Breastfeeding Benefits

**Preparing for the Activity**

**Purpose**

To explain the benefits of breastfeeding.

**Materials**

* Small box
* Activity 1 – Breastfeeding Benefits

**Time**

20 minutes

**Procedure--------------------------------------------------------**

* Start the activity by saying:

Around the world, many women choose to breastfeed their baby. Like we just talked about, women make this decision for a variety of personal reasons. One of these reasons is often all of the benefits that come with breastfeeding a baby. Breastfeeding a baby can help make your baby healthy and strong. There have been many scientific studies about all of the good things that can come from breastfeeding. Let’s talk about all of the benefits of breastfeeding now! I’m going to pass around a box that has random pictures inside. Each picture has to do with something positive that comes from breastfeeding. Please close your eyes and pick a picture from the box. When you pull the picture out of the box, open your eyes and guess what it could have to do with a benefit of breastfeeding.

Does anyone have any questions before we begin?

* Answer any questions the group may have, then say:

Great. Let’s get started.

* Pass the box to the group member sitting next to you and ask her to close her eyes, then pick a picture out of the bag. Once she pulls the picture out, ask her to show the rest of the group her picture. Then ask her what that picture could have to do with one of the positive reasons women breastfeed. After she guesses, find the item below and read the fact. Keep passing the box around the circle, having group members guess, and then reading the fact below until all of the pictures are gone.
* **Healthy Children -** Breastfed babies are healthier. Exclusive breastfeeding helps to protect children from diarrhea and lung infection. Breastfed children also get fewer colds and sinus/ear infections. This is because breast milk helps babies develop a strong immune system. An immune system helps your body fight off disease, and keeps you healthy and strong.
* **Pencil -** Breastfeeding can improve your child’s intelligence, which means breast milk can help make your baby very smart. There have been many scientific studies that show breastfed babies are smarter and do better in school when they grow up.
* **Easy on Baby Tummies -** Breast milk is more digestible than formula because it is more natural. It is also always clean. This means that babies’ bodies can process breast milk easier than formula.
* **Woman who Lost Weight -** Breastfeeding helps mothers lose weight after the baby is born. Most women gain weight during pregnancy, and some women like how breastfeeding can help them lose any extra weight they put on.
* **Mother and Child Heart -** Breastfeeding promotes bonding and cuddling between mother and baby. It allows the mother and the baby to spend quality time together and satisfies both the mother and baby’s emotional needs.
* **Rand –** Breastfeeding saves money. This is because you don’t have to spend money buying formula. Feeding your baby with breast milk is free – your body already makes this milk! Think about all the other things you could buy with the money you save from breastfeeding.
* **Birth Control -** Exclusive breastfeeding can act as a natural birth control method for six months after delivery. This means, feeding your baby only your breast milk can stop you from getting pregnant for six months after you give birth. This is a pretty effective form of birth control, if you exclusively breastfeed correctly. If you want to use exclusive breastfeeding as your form of birth control, you must not give your baby anything to eat or drink that is not breast milk. You must also breastfeed your baby at least every four hours during the day and every six hours at night. Your baby will probably naturally want to be breastfed this often. Lastly, make sure to check if you’re having a period. If you have a period during the first six months after delivery, it may be possible for you to get pregnant again, even if you are exclusively breastfeeding. If this happens, you should switch to another form of birth control. Keep in mind that breastfeeding does not protect you from sexually transmitted diseases, like HIV. You still must use a male or female condom during sex to protect yourself from disease. Does anyone have any questions about using exclusive breastfeeding as a form of birth control?
* Answer any questions the group has and hang up Flip Chart 1 - Birth Control from Session 2. Point to where exclusive breastfeeding is located on this chart.

Great job everyone! Can anyone else think of any other benefits of breastfeeding?

* Let group members talk about this for no longer than **3 minutes**.

**Activity 1: Breastfeeding Benefits---------------------------**

*[Instructions: Draw each of these pictures on a piece of paper before the session begins. Fold the pictures in half and place them in a box.]*

|  |  |  |
| --- | --- | --- |
| **Item Name (Found in above activity)** | | **Drawing to Place in the Box** |
| Healthy Children | | http://generalbyng.pbworks.com/f/healthy_kids.bmp  Healthy! |
| Pencil | | http://thumbs.gograph.com/gg57607838.jpg |
| Easy on Baby Tummies | | http://site-images.s3.amazonaws.com/wp-content/uploads/all-natural.jpg |
| Woman who Lost Weight | | https://encrypted-tbn2.gstatic.com/images?q=tbn:ANd9GcROR-xvUXEa7tAslv61vP7i4h5yAmgSJfeEgLfa5ttALkiO-lblhttps://encrypted-tbn2.gstatic.com/images?q=tbn:ANd9GcROR-xvUXEa7tAslv61vP7i4h5yAmgSJfeEgLfa5ttALkiO-lbl |
| Mother and Child Heart | | https://encrypted-tbn1.gstatic.com/images?q=tbn:ANd9GcRuDsb4rqJAP4Pk86PIjlZuZTu_r9AL7JR-ZNhCuZnOlHuyb_6TIw |
| Rand | | http://www.risk.net/IMG/834/271834/rand-app.jpg |
| Birth Control  (See Session 2:  Flip Chart 1 – Birth Control  For a larger picture of this chart) | http://s3.amazonaws.com/bedsider/content_images/7/images/full.jpg?1325805205 | |

**Activity D**

Breastfeeding and HIV

**Preparing for the Activity**

**Purpose**

To learn about breastfeeding as an HIV positive mother

**Materials**

**Time**

20 minutes

**Procedure--------------------------------------------------------**

Now that we’ve learned about the benefits of breastfeeding our babies, let’s talk about how to do this safely. Does anyway remember the three main ways a mother who has HIV can give HIV to her baby?

* Let group members talk about this for no longer than **1 minute.**

HIV positive women can give their babies HIV during pregnancy, childbirth, or breastfeeding. However, it is possible to prevent mother to child HIV transmission! If a woman has HIV, her child can be as healthy as anyone else’s!

Does anyone remember what HIV positive women can do to prevent giving their children HIV during pregnancy or childbirth?

* Let group members talk about this for no longer than **3 minutes.** Correct anything that is incorrect.

Great everyone! Remember, as soon a woman thinks she is pregnant, she should get an HIV test. If she knows her status, she can take steps to lessen the chance of giving her baby HIV. Even if her first HIV test is negative, she should continue to get tested, especially during her pregnancy.

If she learns she is positive, the woman should begin taken HIV medicines called antiretrovirals, or ARVs, every day. This is the best way to prevent transmitting HIV to her baby and keep her body as healthy as possibly. She should also continue to use condoms with her sexual partners, so she does not give anyone else HIV or get re-infected with a different type of HIV. This can be very dangerous for the mother and child!

HIV can also be passed from mother to child during childbirth. Like we just mentioned, a HIV positive woman should be taking HIV medicines called ARVs. This will help to prevent HIV transmission during childbirth. She should also talk with her doctor about the safest way to give birth. This might be a C-section or Caesar, where the doctor helps deliver the baby through surgery.

After an HIV positive woman gives birth, it is also possible she can give her baby HIV through breastfeeding. However, just like HIV positive women can take steps to prevent giving their babies HIV during pregnancy and childbirth, they can also take steps to prevent giving their child HIV through breastfeeding.

A HIV positive mother can breastfeed her child safely. It is possible to prevent mother-to-child HIV transmission!

Does anyone know how an HIV positive mother can breastfed her child successfully and safely?

* Let group members talk about this for no longer than **4 minutes**. Ask them questions about how a HIV positive mother can safely breastfed her child.
* Let group members talk about this for no longer than **5 minutes.** Answer any questions they may have.
* Let group members talk about this for no longer than **3 minutes.** Answer any questions they may have and kindly correct any incorrect information.

A mother who is HIV positive should talk to a health worker about the best way to feed her baby. However, for almost all HIV positive women, doctors highly recommend exclusive breastfeeding for the first 6 months of a child’s life. Like we just talked about, breast milk has so many health benefits for the baby, doctors believe these benefits far outweigh any risks, especially since these risks can be managed! The breast is best!

If HIV positive mothers breastfeed exclusively and make sure their babies and themselves take their HIV medicines, the risk of the mothers giving their babies HIV is very low.

Remember when we talked about HIV medicines called antiretrovirals or ARVs? If a mother is HIV positive, she must take these medicines throughout pregnancy and while she is breastfeeding to prevent her child from getting HIV. She should take ARVs for the rest of her life to stay healthy. For the baby’s sake, it is most important the mother at least takes her medicines while she is pregnant and breastfeeding.

Doctors also recommend that the baby is given a medicine called nevirapine once a day for 6 weeks. This will also help to prevent HIV transmission.

HIV positive mothers who exclusively breastfeed for the first 6 months of a child’s life should start to gradually wean their baby off breast milk and begin to feed them other foods at 6 months of age. This weaning should be gradual, meaning HIV positive mothers should continue to breastfeed their children as they also begin to feed them other foods. This process should be slow and take about a month. We will talk more about weaning our children off breast milk and beginning to feed them other foods next week.

Do you have any questions about breastfeeding and HIV?

* Let group members talk about this for no longer than **5 minutes.** Answer any questions they may have.

**Activity E**

Breastfeeding Practice

**Preparing for the Activity**

**Purpose**

To learn about and practice breastfeeding tips and techniques.

**Materials**

* Plastic baby
* 2 orange slices for each group member from the last activity
* 1 straw for each group member

**Time**

40 minutes

**Procedure--------------------------------------------------------**

* Continue the session by saying:

Now that we know more about the benefits of breastfeeding, let’s learn more about and actually practice some breastfeeding tips.

Your baby will be born with a suckling instinct. This means the baby will want to find and put their mother’s nipple in their mouth, begin to suck on it, and swallow the milk. This is very natural and babies are born knowing how to breastfeed. They want to breastfeed!

Because babies are born wanting to suckle, it is best to introduce your baby to breastfeeding within the first hour or so of their life. This can be done through something called skin-to-skin contact. Many scientific studies show that mothers and babies should be together, skin-to-skin, right after birth and later. Skin-to-skin means the baby’s skin will directly touch the mother’s skin, so the baby should be naked and not wrapped in a blanket. The baby can then lie on the mother’s chest, or wherever is comfortable. This part of the mother should be naked as well, so she and her baby are lying skin-to-skin. Can anyone demonstrate what skin-to-skin contact would look like with Nonceba?

* Let **1 group member** show what skin-to-skin contact should look like with Nonceba.

Great job! Skin-to-skin contact helps keep the baby happier, and lets the mother and her new baby meet in person for the first time! The baby feels safe being so close to their mom, so skin-to-skin contact also helps keep the baby’s heart rate, temperature, and breathing stable. Skin-to-skin contact should be done within the first hour after the mother gives birth to keep the baby happy and healthy.

The other great thing about skin-to-skin contact, is that is encourages your baby to begin breastfeeding. Like we talked about, babies are born wanting to breastfeed. When your baby is lying on your chest, they can smell the colostrum inside your breast. Babies also know this colostrum is very good for them, and they want to begin their first breastfeeding!

This is when the first breastfeeding can begin. Although all babies are born wanting to breastfeed, some might need help learning how to. Let’s practice breastfeeding as a group, so we can help teach our babies and other mothers how to breastfeed.

Obviously we don’t all have babies with us right now, so we will have to pretend. Also, we will not be exposing our breasts. Breastfeeding is natural and healthy, so it is something to be celebrated. However, I understand that not everyone is comfortable seeing other women’s breasts or exposing their own. We will just walk through the breastfeeding as if we didn’t have a shirt covering our breasts.

Great, can I get a volunteer to help lead the group in our breastfeeding practice?

* Pick 1 volunteer from the group and ask them to come sit close to you. Then continue by saying:

Thanks for volunteering. I’ll walk us through how to breastfeeding, and you can show the group what I mean by demonstrating with Nonceba.

* Hand the volunteer the plastic baby, Nonceba. Help her act out the following steps:

First you should find a comfortable chair. It may help to get comfortable if you put pillows behind your back or under your feet. Sit up straight in your chair, and cradle the baby in the curve of your arm. Loosen your clothing. Make sure that the baby can reach the breast easily.

The baby should be on her side, so that her tummy and/or her knees are touching your opposite breast. It is a common mistake to hold the baby to the side, away from breast, like you would if you were feeding her with a bottle. The baby should be turned on its side and facing you.

Next, cup the hand that is not holding the baby. This is done by relaxing the hand and holding it in the shape of the letter “C”. Place this hand under the breast you will use to feed your baby to support the breast. The main part of the hand with all the fingers should be well under the breast, with just the thumb on top of the breast. This position supports the breast and helps the nipple stick out towards the baby’s mouth.

With a gentle message of the thumb towards the nipple, express some colostrum or milk, whichever your body is making. This means use your thumb to gently squeeze some of your milk out of your breast, so the baby will smell and taste it. We will talk more about this later, but expressing milk encourages your baby to eat.

Next, gently rub the nipple across the baby’s lips in an attempt to get her to open her mouth wide. When the baby’s mouth is open wide and you can see her tongue, place the nipple on the baby’s tongue. Try to get as much of the nipple and the dark area around the nipple in her mouth. Make sure the baby takes a large mouthful of the breast, not only the nipple.

Keeping your hand in this supportive position will help prevent sore nipples, because your baby won’t be tugging on the nipple.

Listen very carefully to your baby as she easts. If she is latched correctly, there will be no sound. Latching means when the baby puts the nipple and the area surrounding the nipple into her mouth. If you hear a sucking sound, this could mean the baby doesn’t have the nipple in her mouth quite right. You are hearing the sound of air between your breast and the baby’s mouth. Simply release the breast and move the baby slightly to help her get a better latch on the nipple. We will also talk more about latching in a few minutes.

Your baby will come off the breast by herself when finished. Let her show you herself when she has had enough. She may stop sucking a few times during a feed and then start again. Do not worry. This is normal.

That’s how you breastfeed! How did that feel to everyone? Would anyone like to share their thoughts or concerns?

* Let the group members talk about this for no longer than **4 minutes.**

Let’s do another activity to help us understand what it means when a baby has a good latch. A baby who has a good latch will have your entire nipple and the area around your nipple in her mouth. You nipple will be at the back of the baby’s mouth, so it won’t be squashed or pinched by her tongue. The trick to breastfeeding is getting the baby to latch on well. A baby who latches on well, gets milk well. A baby who latches on poorly has more trouble getting milk.

A poor latch is like giving a baby a bottle with a nipple hole that is too small – the bottle is full of milk, but the baby will not get much. When a baby is latching poorly, she may also cause the mother nipple pain because she is sucking extra hard.

Let’s learn about what if feels like to not have a good latch. Does everyone still have their two orange slices I passed out earlier? I’m also going to pass around some straws. Just take one.

* Pass straws around the circle.

Great. Now, everyone take one slice of orange and stick a straw in it. Try to suck as much juice from the slice as possible through the straw.

* Let group members try to suck juice from the orange using a straw. Do not let this go on for more than **1 minute.**

How easy was it to suck juice from the orange just using a straw?

* Let group members talk about sucking juice from the orange using a straw. Do not let this go on for more than **1 minute.**

It seems like it wasn’t very easy to get a lot of juice from the straw, if you’re just sucking on a straw. Let’s try something else. Take your other orange slice and suck as much juice from it as possible, using only your lips and tongue. Do not use your teeth.

* Let group members try to suck juice from the orange using their mouth. Do not let this go on for more than **1 minute.**

How easy was it to suck juice from the orange using your lips and tongue?

* Let group members talk about sucking juice from the orange using their lips and tongue. Do not let this go on for more than **1 minute.**

It seems like it was much easier to get juice out of the orange, if you used your lips and tongue instead of just a straw.

You’re probably wondering how this relates to breastfeeding and latching. The orange and the straw represent the amount of milk a baby gets when they suck on the nipple only. The orange was the breast and the straw was the nipple. Remember how hard it was to get juice out of the orange just using a straw?

However, sucking on the orange with your lips and tongue represents the amount of milk a baby gets when it is latching and feeding correctly on the mother’s breast. The baby is able to get a deep mouthful of the breast, including the nipple and the area around the nipple. The baby can then suck milk through the breast using the massaging action of its lips, tongue, and gums, along with the suction as they swallow. You were able to suck a lot more juice out of the orange when you used your mouth on the entire orange, not just the straw. This is just like how a baby is able to suck a lot more milk out of a breast when it latches onto the nipple and area surrounding the nipple.

Now that we’ve learned more about how to breastfeed a paper properly and make sure she latches, how can we tell when a baby is hungry?

* Let group members talk about this for no longer than **2 minutes**.
* Answers **could** include:
  + Making sucking motions with the lips
  + Opening and closing the mouth
  + Sticking out the tongue
  + Puckering of the lips
  + Baby moves her head from side to side, like she is looking for something.
  + If you touch the side of your baby’s head, and she turns that way looking for something to suck
  + If your baby puts her hands, toys, or clothing in her mouth and sucks on them

In the first few weeks feed your baby often during the day and night. Newborn babies sleep a lot, but you want to make sure they don’t get too hungry. If your baby is sleeping, you should gently wake them up for a breastfeeding. In general, breastfed babies feed 8 to 12 times each day. A baby should be fed about every four hours during the day, and 6 hours at night. However, you should make sure to feed your baby whenever she is hungry.

After a few weeks, you and your baby will settle into a regular feeding schedule. You will learn signs that your baby is hungry the more you are around them. Listen to your baby – she will let you know when she is hungry.

Some women worry that even if they feed their baby whenever she is hungry, she might not be getting enough milk. What are some signs the baby is not getting enough milk?

* Let group members talk about this for no longer than **2 minutes**.
* Answers **should** include:
  + She is not gaining weight.
  + She is not wetting 6 nappies or more every day.

If you feel your baby isn’t getting enough milk, what can you do to help your body make more milk?

* Let group members talk about this for no longer than **2 minutes**.
* Answers **should** include:
  + Eat well.
  + Rest whenever you can.
  + Drink a lot of clean water.
  + Breastfeed very often to help build up your milk supply. This is another reason to breastfeed exclusively, as it signals to your body that it must produce milk regularly. If you breastfeed exclusively, your body will naturally make enough milk to feed your baby.

Great ideas! This will help your body make milk that keeps your baby healthy and happy. But what about if you or your baby is sick? Should you keep breastfeeding?

* Let group members talk about this for no longer than 2 minutes.

Yes, you should keep breastfeeding if you or your baby become sick. If your child is sick, breast milk will help her to get better. In fact, you should try to breastfeed more often while she is sick.

If you are sick, you can continue to breastfeed your baby. Only stop breastfeeding if your health worker tells you too. Try to get someone to help you with your shopping or housework while you are sick, so you can stay well rested and able to breastfeed. Also drink lots of clean water to help your body make enough milk.

**Activity F**

Breastfeeding Barriers

**Preparing for the Activity**

**Purpose**

To talk about common barriers that make breastfeeding difficult, and ways to overcome these barriers.

**Materials**

* 1 copy of Soul City - Mother and Child Care for each group member

**Time**

40 minutes

**Procedure--------------------------------------------------------**

* Move onto this section by saying:

We’re all breastfeeding experts now! However, we need to realize that even if women want to breastfeed, it might be difficult for some women for a wide number of reasons. This game gives us a chance to share solutions when something makes breastfeeding difficult.

First let’s break into 4 teams. Before we get started, each team must pick a team name! Talk as a team and raise your hand when you’ve picked a team name.

* Help the group members divide into 4 even teams. Then let the teams talk to each other and pick a team name for no longer than **1 minute.** Draw 4 squares on the flip chart. Afterwards, ask for the team names and write one team name in each square.

Great team names. The game we are going to play is called best response, like we played during the session on safe sex. I will read you a little story, and each team will get 2 minutes to talk and figure out the best way to respond to that story. For example, I may read you a story about a woman who is too busy to breastfeed. You will then have 2 minutes to decide what advice you would give that woman. Each team will share their answers with the group, but only the best answer will score a point. The team with the most points at the end will win a prize! Many teams may have a good response, but I am looking for the best response that you could use in real life. Try to think of things you or a friend have done in the past that have helped you with breastfeeding.

Does anyone have any questions before we begin?

* Answer any questions the group members have, then continue by saying:

Let’s start our game! Remember, you are trying to come up with the best solution to the problem.

Here is our first story: A new mother has been breastfeeding her baby for 3 months now. Her baby sometimes takes the nipple into her mouth in three or four movements, before she is able to latch on. This is making the mother’s nipple very tender and sore. She knows how important breastfeeding is and wants to continue, however she is in pain. What can she do to help make her nipples feel better?

* Give the groups **2 minutes** to talk about their answer.

Alright, it’s time to share your answers with the group so we can pick the best response! Would *[insert team name]* like to start?

* Let each team explain their response to the group. Do not let each team talk for more than **1 minute**. Correct anything the groups say that is wrong.

You all had really good ideas for how to make a breastfeeding mother’s nipples less sore, but I think the best response was from *[insert name of the winning team].*

* Mark a point under that team’s name on the flip chart, then say:

She can also try holding the baby in different positions during feedings, or offer the baby the nipple that is less sore first. She can air dry her nipples, which means leaving her nipples out in the air all day by not wearing a shirt or a bra all day.

Sometimes a baby also has trouble latching because the breast milk doesn’t start to flow right away when the baby starts to suckle. This means the baby must take the nipple into her mouth a few times to help the milk come out. This can make the nipples sore.

She can use a trick called hand expression to help her milk begin flowing. Hand expression is basically a way of massaging her breasts to get the milk flowing. By hand expressing a little milk to the nipple, and then laying the nipple on the baby’s tongue, she can prevent the additional time it would take the baby to latch. This means her nipples might not be as sore.

Before she starts to hand express her breast milk, it might help to place a hot towel on our breasts. This will help the milk flow easier. She should also always wash her hands anytime she touches her breast. Remember, if her hands are dirty, this dirt can get onto her breast, and then into the baby’s mouth!

After she washes her hands, she can start to hand express her breast milk. Let’s practice this together. Remember, normally you would not have a shirt covering your breast.

* Read the following section while acting it out. Encourage group members to practice hand expression with you.

With the palm of your hand on your upper chest, near your shoulder, begin to downward massage toward the nipple with firm, but gentle strokes. Take your time to push your flattened hand toward the nipple. Repeat this going all around the breast. When you reach the armpit, place your opposite hand over the hand doing the massage and continue toward the nipple in a firm manner. Take about a minute to massage each breast like this to help your milk start flowing.

Next, press your fingers together in a “milking motion”, and let them slide toward the nipple. Do not touch the nipple - hand expression does not involve touching the nipple. This will only make your nipple sorer. The hand expression happens by massaging behind the nipple. Gently squeeze your fingers until a small amount of milk comes out from the nipple. By placing hot towels on the breast, using hand expression to get the milk flowing, and placing the nipple on the baby’s tongue, the baby can suckle more effectively and will not make your nipples as sore.

Alright, here is our next story: Another mother just gave birth 4 days ago and began breastfeeding right after birth. However, she is in pain because her breasts are engorged. This means her breasts feel swollen and full of milk. Her baby has drunk all of her colostrum, and her white milk is coming in. Her breasts feel tender, warm, and hard. She knows how important breastfeeding is and wants to continue, however she feels so uncomfortable. What can she do to help make her breasts feel less engorged or swollen with milk?

* Give the groups **2 minutes** to talk about their answer.

Ok, time for the teams to share their answers with the group! Would *[insert team name]* please go first?

* Let each team explain their response to the group. Do not let each team talk for more than **1 minute**. Correct anything the groups say that is wrong.

Great job teams! Breast engorgement usually happens 2 to 7 days after a woman gives birth. The breast can feel swollen and hard. The best way to treat this is to breastfeed the baby often. The baby will naturally drink the mother’s breast milk and help her breasts feel less full. To relieve some of the pain, she can also:

* Place warm towns on each breast 10 minutes before breastfeeding.
* Hand express each breast like we just talked about. This will help some of the milk begin to flow out and the baby will be able to drink more. If her baby isn’t hungry, she can also squeeze out a small amount of milk into a cup. This will help make her breasts soft and feel less full.
* Breastfeed often, meaning every two to two and a half hours. She should let her baby breastfeed for 10-15 minutes on each breast.
* Use ice on each breast for 20 minutes between feedings to help with swelling.
* Cabbage leaves can also help. She can take some cabbage leaves and put these inside her bra after feeding. She can keep them there until she feeds again.

Every team had good ideas about how to deal with breast engorgement, but I think the best response was from *[insert name of the winning team].*

* Mark a point under that team’s name on the flip chart.

Let’s play another round of or game. The mother who gave birth just went back to work a few days ago, and all of her regular clients are happy to see her again. Her baby is 2 months old and she is breastfeeding, so her breasts and nipples are extra sensitive. She’s a little afraid that a client might get too excited and squeeze her breasts or suck on her nipple in a way that hurts. What can she do or say if a client hurts her sore breasts and nipples?

* Give the groups **2 minutes** to talk about their answer. Correct anything the groups say that is wrong.

Can *[insert team name]* start this time please?

* Let each team explain their response to the group. Do not let each team take more than **1 minute**.

You all have very creative ideas on how to stop clients from hurting breastfeeding mothers. I wonder, is there any way she can also market herself better as a sex worker who is breastfeeding? For example, can she tell clients her boobs are bigger? Do you have any other ideas on how she can get more clients and/or charge more money if she’s breastfeeding?

* Let group members talking about marketing strategies for sex workers who are breastfeeding as a group. Do not let this go on for more than **3 minutes**.

Great ideas everyone! Let’s play one last round of our game. The mother wants to exclusively breastfeed her baby, but now that she’s working again, she’s never home at night. She know she’s supposed to breastfeed her baby about every 6 hours at night, but she can’t leave the streets to go feed her. How can she work and exclusively breastfeed at the same time?

* Give the groups **2 minutes** to talk about their answer. Then say:

Would *[insert team name]* please start?

* Let group members talking about let for no more than **3 minutes**

Great answers everyone! It can be very tricky to balance work and breastfeeding. However, she doesn’t have to stop breastfeeding just because she is returning to work. Here are some tips that might help her breastfeed her baby while continuing to work as a sex worker:

* Breastfeed right before she leaves for work at night.
* Try to express her milk into a cup before she go to work. Her child-minder can give this expressed milk to the baby with a cup and spoon – not in a bottle. Remember, bottles can be hard to clean and can make babies more sick. She can speak to a health worker if expressing is a problem, to find other ways to feed her baby while she is at work.
* Try to work closer to home, so she can run home and breastfeed the baby throughout the night.
* Breastfeed the baby when she gets home and whenever she wakes up. This is easier if the baby sleeps close to you.

Even though everyone gave really good answers, I think the best response was from *[insert name of the winning team].*

We have a winner! Team *[insert name of the team with the most points]* has the most points. However, all the teams did a great job! Exclusive breastfeeding isn’t always easy. Sometimes things can get in the way, but we can find ways around these problems!

To help us breastfeed, we are all going to get a prize! Here is a guide from Soul City about Mother and Child Care. It covers a lot of what we’ve talked about so far in class, and has a really good section on breastfeeding.

* Pass out 1 guide of Soul City’s *Mother and Child Care* booklet to each group member.

**Activity G**

Formula Feeding

**Preparing for the Activity**

**Purpose**

To discuss why women choose formula feeding, and how to formula feed safely.

**Materials**

* Flip chart paper
* Marker for facilitator

**Time**

15 minutes

**Procedure--------------------------------------------------------**

* Start activity by saying:

I’m glad we developed ways to support those of us who chose to exclusively breastfeed. I also hope we learned more about all of the benefits of exclusive breastfeeding, and why this is the method of feeding babies that doctors recommended!

However, not all mothers chose to breastfeed their baby. Some women might instead feed their baby with formula. What do you think are some reasons a woman might choose to feed her baby with formula?

* Let group members talk about this for no longer than **3 minutes.** Write down their answers on a flip chart. Try not to shame or argue with anything group members say, but do not agree with or approve of anything they say that is positive about formula feeding.

Thank you for sharing your thoughts about why some women choose to formula feed. It is important to remember the important benefits of breast milk a baby will not receive if she is not breastfed. Almost all mothers can safely breastfeed their babies, even mothers who are HIV positive!

However, if a mother still choses to formula feed her baby, it is important she at least does so in a safe way. How do you think a mother can safely formula feed her baby?

* Let group talk about this for no longer than **3 minutes**.

Formula is never as safe for babies as breast milk. However, if a mother still choses to formula feed her baby, she must make sure that the formula is mixed with clean water. If she mixes the formula with dirty water, this can cause the baby to have very diarrhea and get very sick or possibly die. To make sure water is clean, it must be boiled for at least 1 minute.

Mothers who formula feed their babies must also make sure the dilution is correct, meaning they must mix the right amount of formula with clean water. Like we talked about, formula is not natural like breast milk. Formula is harder for babies’ tummies to digest. Too must formula can upset the baby’s tummy, and too little formula does not give the baby all of the nutrients it needs to be healthy and survive. If a mother formula feeds her baby, it is very important she will always be able to buy formula, or her baby may starve! She must also not let formula sit out for long, or it can go bad and make the baby very sick. If her baby does not drink all of the formula she prepares, she must dump the extra formula out. Formula does not stay good for very long, and trying to feed the baby this left over formula later can make her very sick.

Even if mothers know about the risks of formula feeding babies, and still choose to do so, they must also make sure they feed the baby with clean utensils. Bottles can be very hard to clean. Unclean bottles can be very dirty and make babies sick. It is better to use a cup and spoon to feed a baby.

**Preparing for the Activity**

**Purpose**

To review what was learned in this session by countering reasons given by the group to formula feed a baby.

**Materials**

**Time**

15 minutes

**Activity G**

Closing

**Procedure--------------------------------------------------------**

* Close the session by saying:

Great job today everyone! Let’s review what we learned by talking more about our list of reasons why mothers might chose to formula feed her baby.

Think about all of the benefits and tips you learned about breastfeeding today. Now look at these reasons some women formula feed, even though breastfeeding is healthier for our babies and our bodies. Do you still think these are good reasons to formula feed a baby?

Everyone pick a reason on this list that you would like to find a solution for. Pretend that you are talking with a friend about feeding your baby, and she tells you one of these reasons why she formula feeds her baby. What would you say to her? What good things about breastfeeding would you tell her? How would you help her to breastfeed instead of formula feed? I can give you an example to start.

* Pick one of the reasons from the list group members developed of common reasons women formula feed. Tell the group how you would respond to your friend if she ever told you this is why she formula feeds. Make sure to use a positive fact about breastfeeding to convince your friend why breastfeeding is better than formula feeding, then list a solution to help her breastfeed instead.
* Go around the circle and let all of the group members pick a reason women give to formula feed, then ask the group member to list a solution to this reason. This should not go on for more than **9 minutes.**

Brilliant job group! Remember, the breast is best! If you have any more questions about breastfeeding, please feel free to ask me after class.

Remember, our next meeting is on *[date]* at *[time]*. We’ll be talking even more about the health of our children, but next week will focus on nutrition, healthy foods, and finances. It’s going to be a wonderful session, so I hope to see you all again on *[date]* at *[time]*!

**Appendix 1 - Resources---------------------------------------**

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4. World Health Organization. *Why can't we give water to a breastfeeding baby before the 6 months, even when it is hot?* 2014. Available from: <http://www.who.int/features/qa/breastfeeding/en/>.

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6. Soul City, *Mother and Child Care*.

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1. World Health Organization. *Up to what age can a baby stay well nourished by just being breastfed?* 2013. Available from: <http://www.who.int/features/qa/21/en/>.
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4. UNICEF. *Breastfeeding*. 2014. Available from: <http://www.unicef.org/nutrition/index_24824.html>.