

## TLC: Ready To Be Awesome

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*Materials needed for this session: Word magnets, Awesome Mom Letters, pens or markers, Breastfeeding Crib Cards, and the 5 Steps to Breastfeeding Success poster.*



### Key Messages:

- Imagine how to reinvent your child's future.
- Five simple steps can get breastfeeding off to the right start.
- How will your family values shape your baby's future?
- What's your plan to be an awesome mom?

### Open: Magnets

Babies who receive the gift of breastmilk feel the love and bonding that starts with breastfeeding. When moms choose to welcome their babies with breastmilk, they're also choosing to gift them a healthier future. Breastfeeding is like an insurance policy that allows hopes and dreams to come true because babies are healthier throughout life.

Today's about taking some time to explore what matters most to you for your new baby. Let's take a look at these magnets with different words on them. Pick a magnet that suggests the kind of mother you hope to be.

- What makes that word important to you? (*Hear and reflect.*)

### Share and Connect:

Thank you for sharing the words that are important to you as a parent.

Some people feel breastfeeding is a gift a mother gives her baby, but mothers who breastfeed feel that the baby gives them the gift. And most moms feel the first few weeks with a new baby are the most challenging. Did you know there are five simple tips to help moms and babies successfully breastfeed? They work best if you start them right away after birth. Let's take a look at each of these on the poster and talk about them.

In looking at this poster: (*possible discussion questions*)

- *What stands out to you?*
- *Which of these would be easy for you to try?*
- *Which of these might seem more challenging?*
- *If you've breastfed before, what tips would you like to share?*
- *How do you feel about these tips?*
- *What do you need to know about your baby's sleeping and crying?*
- *What else do you need to know?*

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## **Summarize:**

*Summarize what's been talked about and highlight key points from the discussion.*

As we were all talking and sharing about breastfeeding, you might have been thinking about the things you're really looking forward to and preparing for those moments when you first get to hold your baby.

## **Act: Awesome Mom Letters**

We also know those early days with a new baby can be hard, and having a plan helps those days be a bit easier. I'd like to invite you to write down your plan for being an awesome mom to your little one. Let's take a moment right now to start your plan. (*Hand out Awesome Mom letters and pens*)

- Would anyone like to share their plan? (*Reflect and affirm*)

When you need a boost, you can reflect on the words you've written today.

During the discussion, some of you were worried about those things that are challenging in the first few weeks. When breastfeeding feels challenging, having a plan to get help can make all the difference.

- What are some things you can do if you need help? There's a space on your Awesome Mom letters to write these ideas down. (*I can start by giving you our phone number because WIC can help.*)

Many moms find it's helpful to put these plans where you can see them easily. They can be heartening in those moments when breastfeeding feels tough, and remind you of your plan to get help when you need it.

Your Word Magnets and Awesome Mom Letters will remind you of the hopes and dreams you have for your baby. Please take your Breastfeeding Crib cards with you as a quick reminder about the 5 ways to get the best start with breastfeeding.

I have great confidence in all the gifts you'll be sharing with your new baby. When you share the gift of breastfeeding, it's giving the gift of health for a lifetime.

Thank you all for sharing with me today.

*Words for moms who are still undecided:* Don't worry if you're not ready to know if you'll breastfeed yet. It's your decision, and only you can decide when the time is right. Some moms don't know what their decision is until they're holding their babies for the first time.



For persons with disabilities, this document is available on request in other formats.

To submit a request, please call 1-800-841-1410 (TDD/TTY 711).

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