



Breakout Room Activity

We will divide into small breakout rooms to work on the below scenarios for 10 minutes. Each group should read the scenario and then discuss:

- What might the participant be FEELING?
- How can you affirm the participant?
- Identify at least two education points to share with the participant
- Think about what communication method might help you best connect with the participant

All groups will return back to the main Zoom session and report out on what they discussed in their breakouts.

Scenario 1:

At a home visit with a pregnant teen, the case worker learns that the teen seems open to breastfeeding. However, she is worried whether her boyfriend will approve. Her mother tells you, "She won't be doing that. I'll be taking care of this baby so she can finish high school."

1. What do you think the teen mom might be feeling?
2. How would you affirm her?
3. What could you say to affirm the baby's grandmother?
4. Be curious! What more do you need to know to assist them?
5. What information might be most important to share with the teen and her mother?

Scenario 2:

A new mother calls you by phone to say she is breastfeeding her 1-week-old baby, her first. She worries whether she is making enough milk since her baby is fussy. Her nipples are also very sore. She wonders if she is even doing this correctly since nobody at the hospital helped her. She is currently quarantining since a family member tested positive for COVID-19 yesterday.

1. What do you think this new mother might be feeling?
2. How would you affirm her?
3. Be curious! What more do you need to know to assist her?
4. What might be the most important information to share with her?
5. What options might help you connect with her during this time?

Scenario 3:

A pregnant woman tells you did not breastfeed her first two children. She thinks she will formula feed this baby, too, since she will need all the help she can get from her partner. He was not very involved with the care of her first two, and she hopes this time around he will be a bigger help. Because he works a lot he cannot attend any baby classes with her.

1. What might this pregnant woman be feeling as she approaches the birth of her third baby?
2. How could you affirm her?
3. Be curious! What more do you need to know to assist her?
4. What suggestions might help her partner feel more engaged and supportive?
5. What options might help you connect her partner to information and support?