



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:

A single mom of a 1-month-old baby works two jobs to make ends meet. During the day, she works at a childcare center. She then goes to a restaurant to work the busy dinner shift. Her mother cares for her baby and her 2-year-old while she is at work.

1. *What might be her biggest barriers to continuing to breastfeed?*
2. *What solutions could you suggest to her?*

Scenario 2:

A pregnant Hispanic mother who speaks little English works in a meat processing plant. She tells you she is considering breastfeeding, but is not sure how she would be able to do it at work due to her rigid schedule. She does not want to be considered a “troublemaker,” so she is nervous about speaking up to request accommodations.

1. *What more do you need to know about her situation?*
2. *What solutions could you suggest to her?*

Scenario 3:

A clerk at a large discount store is back at work after a short maternity leave. Her sister cares for her baby. She is running into problems getting support from her co-workers to cover for her when she needs to express milk. Some days she is not able to express as often as she would like. She thinks her milk supply is dwindling and she might need to begin using some formula.

1. *What more do you need to know about her situation?*
2. *What solutions do you think could help this employee?*