

Pre-Delivery Breastfeeding Group Counselling (1-2 Hours), BPNI Maharashtra



1) Questions related to Pregnancy and Delivery:	15 minutes
2) Questions related to Breastfeeding Practices:	40 minutes
3) Questions related to Child Care: (Quest 18)	05 minutes
Total Duration:	60 minutes

Till session starts: Talk informally to mothers who have come. Ask primiparas about what information they have on BF, baby care and complementary feeding & how they have acquired this knowledge. Ask multiparas about their past BF experience.

Introduction: MSG Leader to tell:

- 1) Her Name
- 2) What is mother support group
- 3) Organization represented
- 4) Purpose of today's talk (to prepare mother & her family for baby care)
- 5) Source of information to be given (WHO & UNICEF)

Questions:

- 01) What are the benefits of breastfeeding to the baby and the mother?
- 02) How should mother & family prepare for the baby?
- 03) Within how much time after delivery should mother start breastfeeding the baby & How?
- 04) What is colostrums and what are its benefits? Is it sufficient for the baby?
- 05) What are the hazards of prelacteal feeds?
- 06) Where should the baby be kept?
- 07) How frequently and for how long should a mother breastfeed her baby?
- 08) What is the correct method to feed the baby?
- 09) How to prevent & treat nipple cracks?
- 10) How to prevent & treat engorgement?
- 11) How long should breastfeeding be continued?
- 12) How would a mother know that the breastfeeding is adequate?
- 13) Can breastfeeding be given when mother\ baby are sick?
- 14) What dietary precautions should mother take when she is breastfeeding?
- 15) What are the hazards of bottles, nipples and top milk?
- 16) How should working mother manage breastfeeding?
- 17) What support family & society should extend to working mothers?
- 18) What are general precautions for baby care?
- 19) What is Baby Friendly Maternity Home?
- 20) What food should be started after 6 months of age?
- 21) What do I need to know if I deliver prematurely?
- 22) How HIV positive mother would handle infant feeding?
- 23) How good are milk powders & baby foods?
- 24) Which websites should I visit to gain more information on breastfeeding?

Request mothers to join Mother Support activity formally or informally

Material Required:

- 1 Doll
- 2 Flip Charts
- 3 Breast Model