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