

Q & A Guide



Question and Answer Guide for Class Discussion Following the Video "Breastfeeding: A Magical Bond of Love"

Ask participants what new information they learned from the video.

Ask participants what they learned about colostrum.

Reinforce their answers by restating: Colostrum is a sticky yellow substance full of vitamins and minerals that provides the baby with important immunities and nourishment. Explain that when some new mothers see colostrum they think they aren't producing milk. It is important to know that colostrum comes in first, followed by breast milk a few days later.

Ask the class to talk about what they learned about the size of a newborn baby's stomach. Reinforce their statements by restating: A newborn baby's stomach is no bigger than a toy marble and by day 7 is about the size of a ping-pong ball. Babies need only small quantities of milk every 1½ to 3 hours in the beginning because their stomachs are so small.

Ask the class why it is important to feed the baby only breast milk. If necessary, restate the law of supply and demand. The more milk your baby sucks out, the more milk you will produce. If you feed your baby formula also, he or she will not breastfeed as often and your breasts will make less milk. It is important to feed your baby only breast milk at first, so you can establish your milk supply.

Ask the class what diseases breastfeeding can help protect against. Draw their attention to this information in their brochure "Breastfeeding: A Magical Bond of Love/You Have Everything Your Baby Needs." Point out that breastfeeding may reduce the risk of ear infections and colds and may also reduce the risk of obesity, diabetes, and certain cancers.

Ask participants about the benefits of breastfeeding for moms. Point out this information in the brochure. If it doesn't come up in discussion, remind the class that the benefits of breastfeeding for mom include shrinking the uterus to pre-pregnancy size, losing weight faster, bonding with the baby and, possibly, lowering her risk of developing breast cancer, ovarian cancer, and osteoporosis.

Ask if anyone has noticed that breast milk can look different from formula. Explain that, as mentioned in the video, breast milk can appear thinner or have a blue tinge. This is from the foremilk, or the first milk to come out during breastfeeding. The foremilk is more watery than the milk that follows, which is called the "hindmilk" and appears thicker.

Ask the participants what they can do at the hospital to ensure their babies are breastfed only and not given bottles. Reinforce the importance of resisting attempts by hospital staff to give the baby a bottle, which can interfere with successful breastfeeding.

Finally, make sure everyone has the phone number of a WIC breastfeeding counselor. Encourage moms to call if they have any challenges breastfeeding.

Make sure everyone has the brochures for grandparents and dads titled "Breastfeeding: A Magical Bond of Love/ Dads Play an Important Role" and "Breastfeeding: A Magical Bond of Love/Grandparents Play an Important Role." Ask the moms to share the brochures so their families can help support them while they breastfeed.



Contact your local WIC office for more information.
USDA is an equal opportunity provider and employer.
This project was funded by USDA/FNS W1BR-05-TX-1.
October 2008