

## Georgia WIC Program Peer Counselor Talking Points

### First Week Talking Points

1. How are you enjoying nursing your baby so far?
2. Tell me about your baby's eating habits...
  - a. What else, if anything are you feeding the baby?
  - b. About how many times a day is your baby eating/nursing?
  - c. How does your baby behave before eating? What about after?
3. Tell me about your supply concerns....
  - a. How many diapers do you get within a 24 hour period?
4. What happened at your last MD appointment for the baby and yourself?
5. What have you heard about skin to skin?
6. Hearing a baby cry can be stressful/how do you handle times when your baby cries?
7. What can you tell me about your support system?
8. How can I help you meet your breastfeeding goals?

### Second/Third Week Talking Points

1. Tell me about your most recent MD appointment for the baby and yourself?
2. Tell me about your baby's eating habits...
  - a. What are you feeding the baby? How does this make you feel?
  - b. About how many times a day is your baby eating/nursing?
  - c. How does your baby behave before eating? What about after?
3. Explain to me about how your breasts feel?
4. Tell me about your sleeping/eating patterns?

## Georgia WIC Program Peer Counselor Talking Points

5. How is the baby feeding at night?
6. Hearing a baby cry can be stressful/how do you handle times when your baby cries?
7. What can you tell me about your family or community breastfeeding support?
8. How can WIC help you reach your breastfeeding goals?
  - a. How has your breastfeeding goal changed since we last talked?
  - b. What caused you to change your goal?
9. What conversations and arrangements have you made with your employer/school as a breastfeeding mom?

## Four/Six Weeks Talking Points

1. What else, if anything are you feeding the baby? How does this make you feel?
  - a. About how many times a day is your baby eating/nursing?
  - b. How does your baby behave before eating? What about after?
2. Tell me what's different or new about breastfeeding now...
3. What is your breastfeeding plan for the upcoming months?
4. What are your plans to ensure your baby receives your milk while you are away?
5. How long are you going to be away from the baby?
6. What arrangements have you made with your employer/school as a breastfeeding mother?
7. What type of breast pump are you planning to use at work or school?
8. Share with me any concerns you have about breastfeeding at work or school...
9. Tell me about your breastfeeding support at home, work, or school.

**Georgia WIC Program  
Peer Counselor Talking Points**

## **Three/Four Month Talking Points**

1. What happened at your baby's last MD appointment?
2. Tell me about your baby's eating habits...
  - a. What are you feeding baby?
  - b. About how many times a day is your baby eating/nursing?
  - c. How does your baby behave before eating? What about after?
3. Can you share some milestones your baby has accomplished since we last talked?
4. Tell me about your times away from the baby. How are you being supported at work/school to express milk?
5. I am so proud of you! Tell me about any concerns you have about breastfeeding a three/four (3/4) month old...
6. Has your breastfeeding plan/goals changed since we last talked?
7. How can WIC help you reach your breastfeeding goal?

## **Six/Nine Month Talking Points**

1. Tell me about your baby's last MD appointment.
2. Tell me about your baby's eating habits...
  - a. What else, if anything, are you feeding baby?
  - b. About how many times a day is your baby eating/nursing?
3. Tell me about your times away from the baby. How are you being supported at work/school to express milk?
4. Share with me any concerns you have with feeding your baby at six (6) months (or nine months).
5. Has your breastfeeding goal changed since we last talked?
6. How can WIC help you reach your goal?