

Sharing information about breastfeeding in pregnancy: Additional tips

Check what she already knows

Example questions:

- *Has anyone you know ever breastfed?*
- *If yes: what were your own thoughts about this as a way to feed babies?*
- *If no: what do you know or feel about breastfeeding?*

Allow her to talk with some prompting from you. Avoid expressing an opinion or contradicting what she is saying. Reflect back what she is saying to show you are listening.

Ask permission to share additional information

Example questions:

- *Would it be alright if I told you a little bit about how breastfeeding could benefit you and your baby?*
- *Is it okay if I tell you a bit about what will happen after your baby is born?*

Keep information succinct and don't overload. Use leaflets or props to re-enforce key messages.

Check that she has understood what you have said

Example questions:

- *What do you think about what I have told you? or How do you feel about what we have discussed?*
- *Is there anything else that you would like to know about...?*

Don't expect a commitment straight away. Provide links to additional information such as the Baby Friendly website.

