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Navigating the Psychosocial and Cultural Barriers Impacting Breastfeeding Among African American Mothers

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Handout

Case Study Part 1

A 19-year-old AA mother came to your clinic with her infant for a 2 week well child check. This is her first baby and mother is on WIC. Mom is breastfeeding her baby at the visit. You observe the feeding and baby is positioned and latched well, sucking, and swallowing rhythmically. Mom has no nipple pain with feeding and milk supply seems good. Baby is feeding every 1½- 2 hours at the breast with adequate wet diapers and stools. Baby is back to birth weight. Mom is asking about feeding her baby formula instead the breast. The baby is sometimes fussy after feeding and is concerned that her breast milk is not enough. She plans to go back to work in 1 week

Considering the case study, what questions would you ask the mother to learn more about her breastfeeding experience and to help target the psychosocial and cultural barriers?
Write down your answers in the space provided below.
Take about 1-2 minutes

1) What questions would you ask to assess BFSE and knowledge?

2) What questions would you ask to assess BF support and intergenerational influences?

3) What questions would you ask to assess workplace and community support?

Case Study Part 2

You learned from your assessment that breastfeeding is going well, and mom is enjoying the special bond with her baby. Her plan was to breastfeed for 6 months exclusively. But she wasn't prepared for the demands of frequent feedings and finds this very challenging. She is giving 1-2 formula bottles a day. She doesn't have a breast pump. She has a supportive friend who breastfed. She lives with her GM who did not breastfeed and holds negative views of breastfeeding. Her GM insists that she give her baby formula when fussy because her breast milk is not enough. GM will be caring for her baby when she returns to work. Now mom believes it would be best to give formula.

Write down your answers to the following questions in the space provided below.
Take about 1-2 minutes

To mitigate the psychosocial and cultural barriers found in your assessment of the mother and baby in the case study, what interventions would you implement to:

1) Increase BFSE and knowledge?

2) Increase BF support and intergenerational influences?

3) To debunk myths and beliefs?

Describe how you will provide more culturally competent breastfeeding care.