

BFPC

SCOPE OF PRACTICE

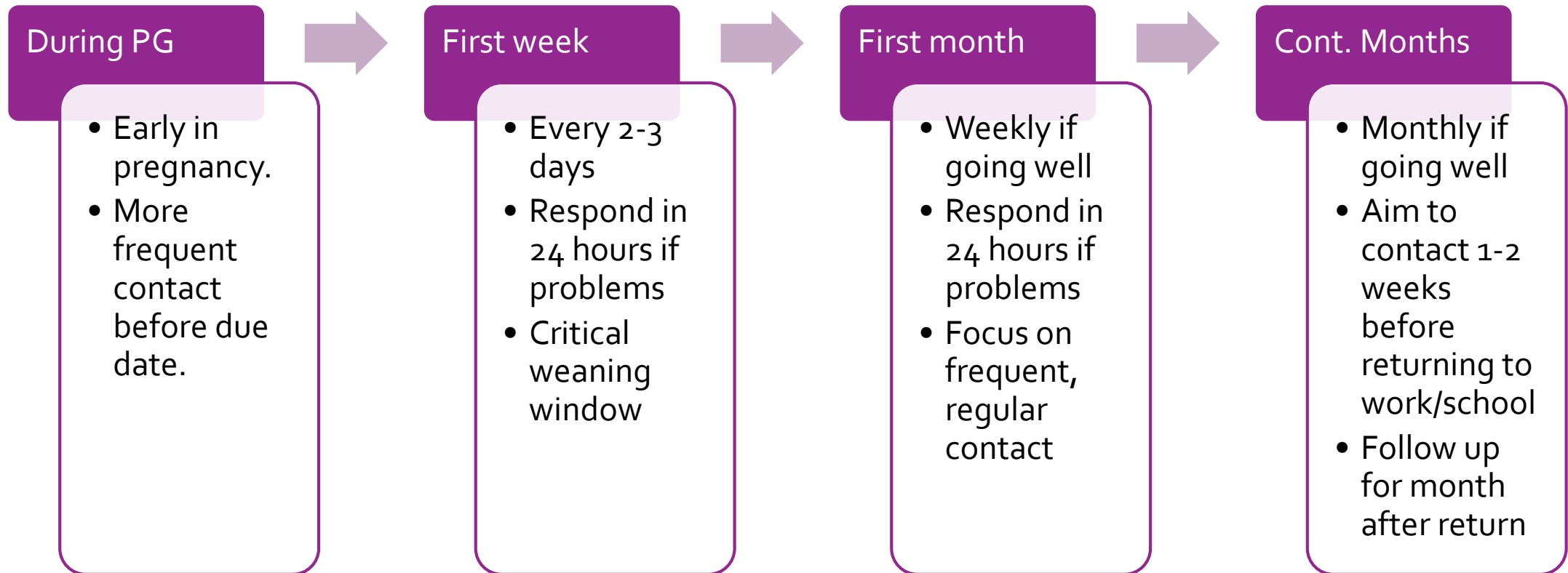
Breastfeeding Peer Counselor Scope of Practice

- Offer BF encouragement.
- Provide pros of BF and Cons of not BF.
- Assist clients and families in identifying concerns and barriers to BF.
- Provide basic education, problem solving, and support.
- Teach families basic techniques that help ensure a successful start in BF.
- Help families advocate for a positive birth/hospital experience.
- Help families plan for return to work/school that supports the continuation of BF.
- Refer families to appropriate resources.

• Federal resource:

- https://wicworks.fns.usda.gov/wicworks/Learning_Center/PC/webinars/Webinar4Script.pdf

Offer BF encouragement contact timeline



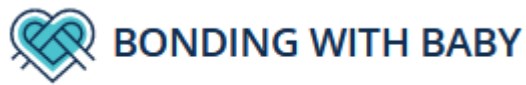
Provide pros of BF and cons of not BF

Focus on:

- Evidence based information
- Added benefits of breastfeeding
- For both mom and baby

We do NOT want:

- Scaring tactics against formula
- Shaming against formula
 - Nutritionally BOTH meet infant's needs



Assist clients and families in identifying concerns and barriers to BF

- Identify support system
 - Family or community members
 - Professionals
- Yield mothers to an expert when past your scope of practice
- Respect client's cultural attitudes and practices

Barriers

Cultural/social norms

Personal beliefs

Poor support

Misinformation

Physical

Basic education and techniques, problem solving, and support

- Basic education
 - Positioning and latch
 - Frequency and timeline of initiating breastfeeding
 - Expression and storage
 - Exclusive breastfeeding
 - Stages of breastmilk
- Common challenges
 - Breastfeeding in public
 - Balancing nursing with other activities
 - Challenges with older babies (solid food/teething)



IMPORTANT: Make sure all information you are sharing is evidence based and up to date

Help families advocate for a positive birth/hospital experience



- Discuss birthing plan
- Breastfeeding cards to place with baby
- Visits to hospital when allowed/partnering with clinics
- Familiarize yourself with Baby Friendly and [High 5 for Mom&Baby](#) hospitals in community
- Join KBC's hospitals member section

Child Care

2nd, Wednesday, 12-1 pm, odd months

Local Breastfeeding Coalitions

2nd Thursday, 12-1 pm, odd months

Hospitals

4th Thursday, 12-1 pm, odd months

Public Health

2nd Thursday, 11 am – 12 pm, even months

Email info@ksbreastfeeding.org to join a Section.

<https://ksbreastfeeding.org/our-work/member-sections/>



Help families plan for return to work/school that supports the continuation of BF

- Encourage continuing breastfeeding
- Discuss breast pumps
- Help identify creative solutions
 - Pumping schedule
 - Who will be watching/feeding baby
 - Work on building inventory



DBE/IBCLC



Community Resources



WIC

Promote food
package
Encourage
keeping
appointments

Refer
families to
appropriate
resources

Common Issues Outside of Scope of Practice

Issues

- Supplement Recommendations
 - Vitamins/Minerals
 - Galactogogues:
 - Fenugreek/Milk thistle
 - Research does NOT support use to increase milk
- Food Recommendations
 - Mom and Baby
 - No specific foods that increase milk
 - Baby led weaning

Tips

- Encourage hydration
- Encourage food package use
- Refer to WIC staff
- Discuss differences between baby led and parent led weaning
- Ask clinic for the materials they give to clients to ensure consistent messaging



GIVE YOURSELF GRACE

Resources for BFPCs

- [WIC Page](#)
- [KBC](#)
- [Local Breastfeeding Coalitions](#)
- [FNS](#)
- State laws: <https://www.ncsl.org/research/health/breastfeeding-state-laws.aspx>
- State Employees:
 - BFPC Coordinator: Casey Florea, MS, RDN cassandra.florea@ks.gov (785)296-0752
 - BF Coordinator: Emily Brinkman, RDN, LD, CLC emily.brinkman@ks.gov (785) 291-3161

Questions?

