

### Goal-Setting Practice #1

Alisa is pregnant with her second baby. She tells the CPA that she formula-fed her first baby because nobody in her family was able to make milk. Plus, she thought it would be more convenient for her. Her baby had a number of ear infections but otherwise was fine. She is not really interested in trying breastfeeding with this baby.

1. What might the mother be feeling?
2. Is she ready, unsure, or not ready to consider breastfeeding her second baby?
3. What specific goal might be acceptable and realistic for her?

### Goal-Setting Practice #2

Olivia is at WIC for a postpartum recertification after the birth of her baby girl a week ago. She tried to breastfeed in the hospital, but the baby did not latch well and lost more than 10% of her birth weight. She was told to give formula supplements until her milk volume increases. She started feeling engorged 3 days ago, but she is nervous about discontinuing formula. She would like to get some formula from WIC “just in case,” but is also interested in continuing to breastfeed for as long as she can.

1. What might the mother be feeling?
2. Is she ready, unsure, or not ready to make a change toward exclusive breastfeeding?
3. What specific goal might be acceptable and realistic for her?

### Goal-Setting Practice #3

Anita is a WIC mom pregnant with twins. Anita is curious about how breastfeeding might help simplify feedings at her house, but she is concerned about being able to make enough milk for two babies. She did breastfeed her first child for 6 weeks but ended up supplementing due to low milk production.

1. What might the mother be feeling?
2. Is she ready, unsure, or not ready to breastfeed her twins?
3. What specific goal might be acceptable and realistic for her?

### Goal-Setting Practice #1

Alisa is pregnant with her second baby. She tells the CPA that she formula-fed her first baby because nobody in her family was able to make milk. Plus, she thought it would be more convenient for her. Her baby ended up being “sickly” but otherwise was fine. She is not really interested in trying breastfeeding with this baby.

1. What might the mother be feeling?  
*She might be feeling overwhelmed. She might feel comfortable using formula. She might be worried about her next baby also being sickly, but if she breastfeeds, she might not have family support or acceptance for that decision.*
2. Is she ready, unsure, or not ready to consider breastfeeding her second baby?  
*Alisa might not be ready. She is comfortable with what she knows and her family practices, and believes that her first child was fine, even though he was sickly.*
3. What specific goal might be acceptable and realistic for her?  
*Alisa might need to set a simple goal of learning more about breastfeeding. Commitment begins with knowledge, and if she learned more and could connect with others who have breastfed, it might not seem so foreign to her.*

#### *Possible goals:*

- I will talk to a peer counselor today to learn more about how breastfeeding might improve the health of my baby.
- I will invite my mother to join me in attending a prenatal breastfeeding class next month.