

THE POWER OF WORDS

Supporting Breastfeeding Moms *... the power of our words*



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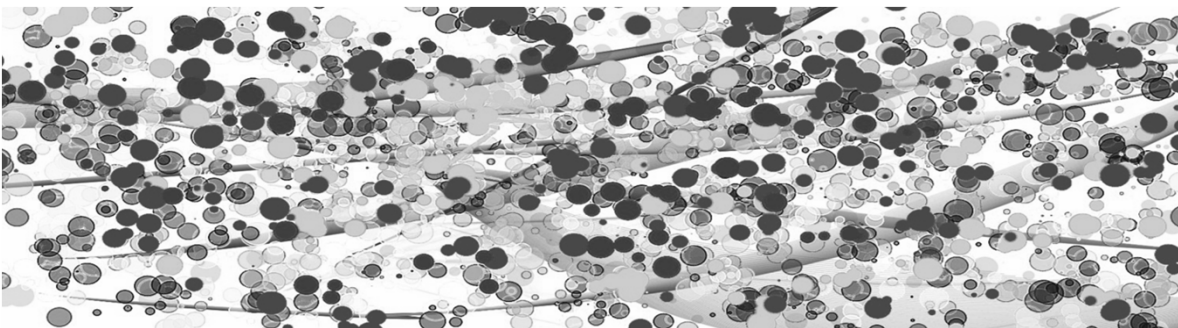
- I work for OSF Health Care as the lead outpatient lactation consultant
- I have been an IBCLC since 1993
- Prior to that I was a LaLeche League Leader for 12 years
- I have also worked as a doula and childbirth educator

objectives

- Understand how new moms process information
- Determine what methods of communication are most effective with new moms
- Assess your own style of communication
- Develop strategies to address common concerns of new moms



What a new mom's brain looks like



How new moms process information



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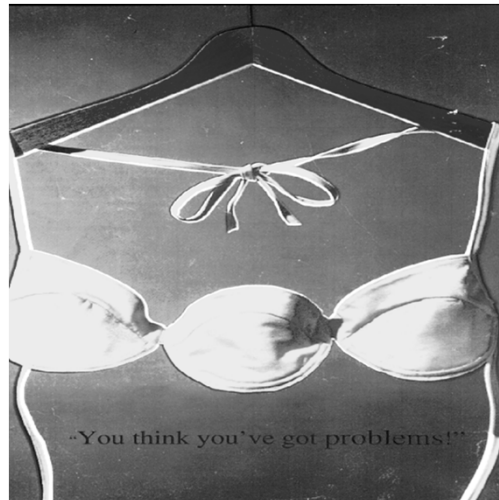
Self-awareness

Talking too much



Ohmygodness someone PLEASE cut me off because I want to stop talking but don't know how to end this story and now I'm rambling like an idiot which makes it even harder for them to cut me off gracefully and now when they finally cut me off I'm going to feel horrible and awkward and assume that they think I'm an awful person with no social skills and the worst thing is that they're probably right

My problem is bigger than your
problem!



Problem solver





What was the most beautiful thing someone has ever said to you? Take a moment and revisit that experience... What do you see? How do you feel? It could have been just one sentence—one single sentence that changed you for a moment, or maybe even a lifetime.

EXAMINE



The words we speak to other people and the thoughts we hear in our minds, add up and create our personal stories. Those stories eventually shape and create our realities. Words to stories, stories to realities. This is the power of language.

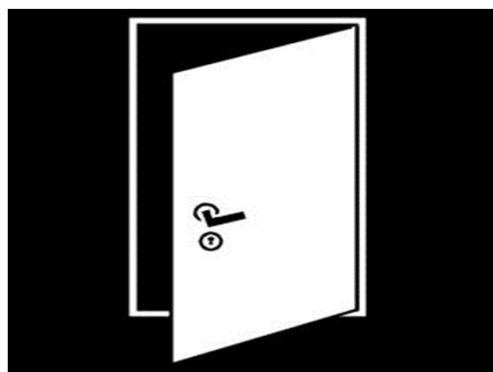
MWAH MWAH MWAH

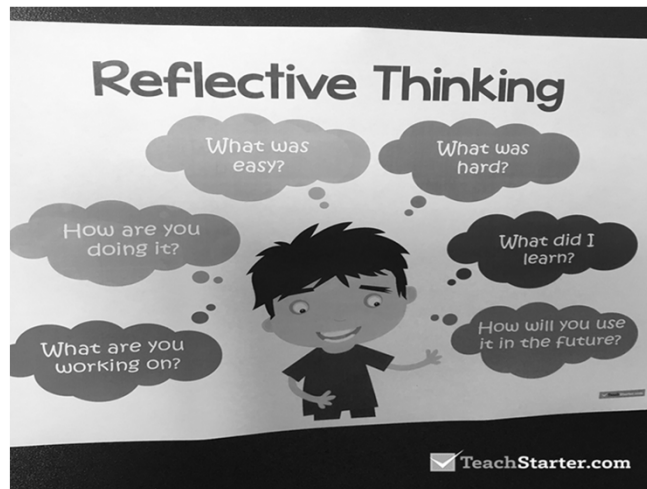


Don't slam the door!



Close the door quietly





Don't know what to say...it's ok



Tend and befriend



What does tend and befriend look like?

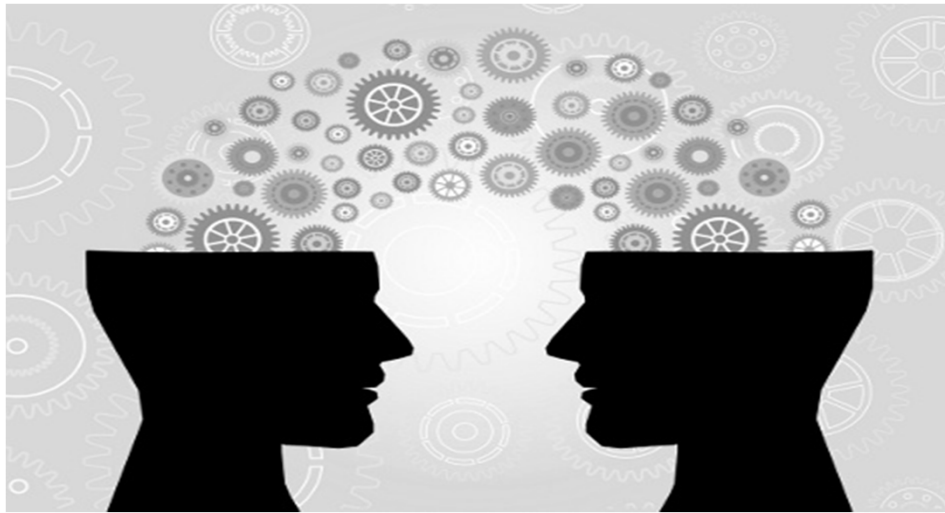
- Develop confidence in mothering and breastfeeding
- Listen attentively
- Respond with sensitivity
- Use positive words
- Foster an effective learning climate
- Gather info before problem solving



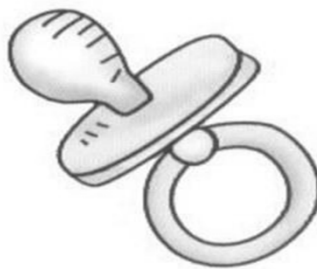
Practice reframing

- Should
- Never will
- Can't
- Won't
- Dread
- Could
- Not yet
- Can
- Will
- Excited to

Let's work through some examples



My baby is using me like a
pacifier



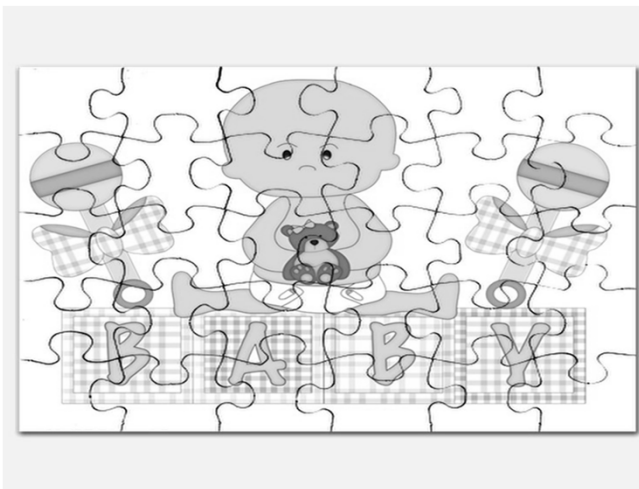
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- Assess

- Respond

Yes, babies are a puzzle!



Developing confidence

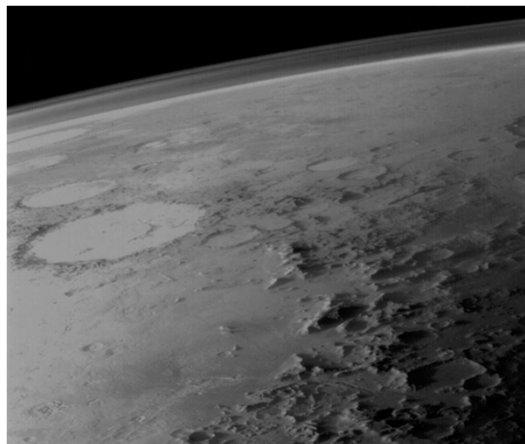
**EVERY DAY
MAY NOT BE
GOOD...
BUT THERE IS
SOMETHING
GOOD IN
EVERY DAY.**



You are not a pacifier

Paula Yount

- You are not a pacifier
- **You are a mom**
- You are the sun, the moon, the earth.
- You are liquid love,
- You are warmth,
- You are security
- You are comfort in the very deepest aspect of the meaning of comfort...
- But you are NOT a pacifier



He loves that he 'found' you



You are his sun and his
moon...his everthing



That baby loves to breastfeed!



“What? I like to breastfeed!”



“I don’t have enough milk!”



- Assess

- Respond

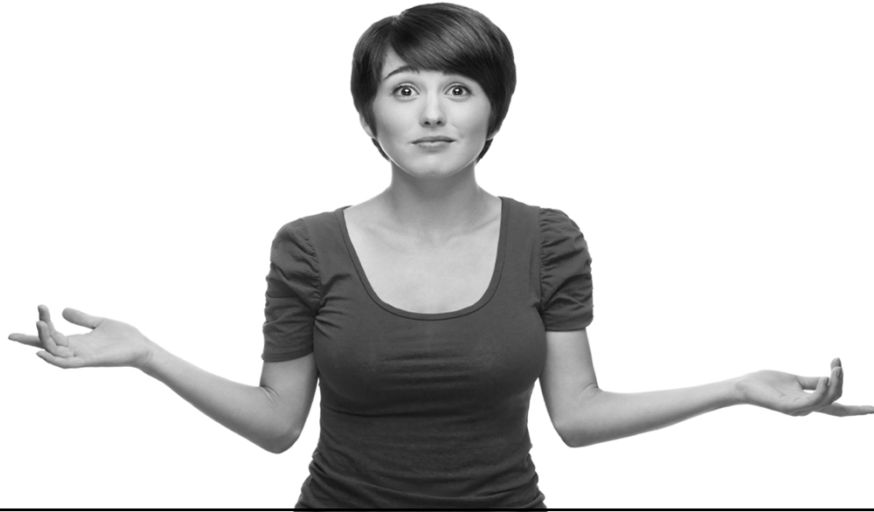
I don't know what my baby wants!



- Assess

- Respond

“Everyone tells me something different”



- Assess

- Respond

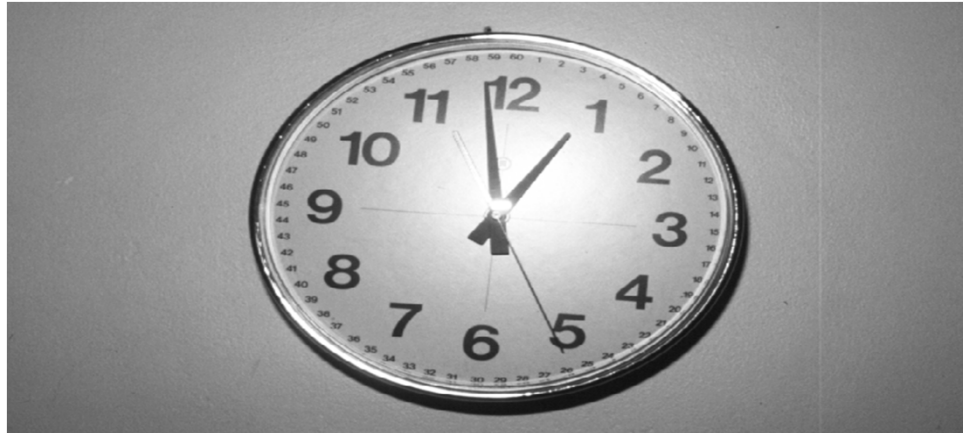
“It hurts to breastfeed”



- Assess

- Respond

“Breastfeeding takes too much time!”



- Assess

- Respond

My baby is lazy



- Assess

- Respond

I want Daddy to be involved



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- Assess

- Respond

Need to tell their birth story



So, how did you get here?







Together, develop a plan



Review

- Tend and befriend
- Listen, listen, listen
- Assess and respond
- Be aware of what you say
- Encourage, encourage, encourage
- It's about the mom and baby



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