

Counseling: Beliefs and Basics

Level 1 Handout: What If?

Situation #1:

A pregnant teen is at WIC for initial certification. Her mother is with her. While they are waiting, her mother complains loudly about the breastfeeding posters in the waiting area. She says she shouldn't have to look at people doing "that," and besides, she didn't breastfeed, and her children turned out fine. Her daughter needs to focus on finishing high school. What is your first thought? *(For example, maybe you feel annoyed or wish you could correct her, so others are not influenced by her negative attitude.)*

Your First Thought	How You Might Respond

Situation #2

A mother of a 3-week-old baby comes into the clinic without an appointment and says she needs to get formula **TODAY**. She was already certified as an exclusively breastfeeding mom a week ago. However, says she has changed her mind and wants to use formula so she can get more help with the baby. What is your first thought? *(For example, you might feel frustrated that she is giving up so soon, or maybe you are glad she at least tried breastfeeding.)*

Your First Thought	How You Might Respond

Situation #3

The mother of a 1-year-old baby is back at WIC for her baby's recertification appointment. When you congratulate the mother for breastfeeding a year she says, "It's going so well I think I'll breastfeed until he goes to school." What is your first thought? *(For example, maybe you feel shocked that someone would want to breastfeed that long breastfeeding that long, or perhaps you regret you did not personally breastfeed very long.)*

Your First Thought	How You Might Respond

Situation #4

Two mothers are talking while they wait for their WIC appointments. One mother is pregnant and the other has a 6-month-old baby. You overhear the mother of the baby telling the pregnant mother that she tried breastfeeding in the hospital but that it just didn't feel right. She goes on to say that she knew she wouldn't make enough milk, so she started supplementing on day one. Her baby "never got the hang of it" and by the end of the first week, she was no longer breastfeeding. She tells the pregnant mother that if she decides to breastfeed, it would be better if she didn't tell anyone at WIC or they won't give her any formula. What is your first thought? *(For example, you might feel angry or upset that a participant would mislead WIC about their intentions.)*

Your First Thought	How You Might Respond