

**Indiana WIC Program
Indiana State Department of Health**

Breastfeeding Education Contacts

Policy

The local agency Breastfeeding Coordinator, CPA, or Peer Counselor will offer and provide the prenatal and postpartum clients evidence-based breastfeeding education.

Authority

7 CFR Part 246.11(d)(1);(e)(1)(4)(5)(6)

Procedure

- I. A breastfeeding education contact may include:
 - A. sharing sessions (facilitated discussion)
 - B. individual counseling
 - C. group class

- II. A breastfeeding sharing session shall:
 - A. be facilitated by
 - 1. a CPA who has completed lactation training,
 - 2. a peer counselor, or
 - 3. a Breastfeeding Coordinator;
 - B. address the clients' questions and concerns;
 - C. be available to all clients and partners or support persons;
and
 - D. be documented in the Nutrition Education tab of the INWIC.

- III. An individual counseling contact shall address individual breastfeeding barriers.
 - A. A CPA providing an individual counseling contact that counts as a second nutrition education contact will make a complete Breastfeeding note or Individual Care Plan, depending on risk, and an entry in the Nutrition Education tab of INWIC.
 - B. A peer counselor providing an individual counseling contact will make a Breastfeeding Note, which does not count as a second nutrition education contact.

- IV. A group class shall:
 - A. be conducted by
 - 1. a CPA who has completed lactation training,
 - 2. a peer counselor, or
 - 3. a Breastfeeding Coordinator;
 - B. follow a lesson plan that has been developed or reviewed by the local agency Breastfeeding Coordinator;
 - C. be available to all clients and partners or support persons;
 - D. be considered a second nutrition education contact; and
 - E. documented as a group class in the Nutrition Education tab of INWIC.