

**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.