

# DEAR KATE

CLIENT	BEHAVIORS	TOOLS
Breastfeeding mother	Breastfeeding duration	"Dear Kate" letters audio files

## TOOLS:

"Dear Kate" audio files. (Each "Dear Kate" letter addresses a different common, yet frequently unspoken, barrier to breastfeeding success.)

Optional: Note cards and pens.

## OPENING ACTIVITY:

**SAY:** "Breastfeeding is an act of courage. Sometimes, talking about the real challenges and barriers to breastfeeding also takes courage. Jealous partners, competitive friends and bossy mothers-in-law can interfere with your breastfeeding plans. Today, we're going to talk about real, but rarely discussed, breastfeeding barriers."

Option #1: Play one "Dear Kate" audio file. After each "letter," ask client(s) to discuss solutions to the barrier. Continue with "Dear Kate" letters and group solutions for the entire session.

Option #2: Have moms use note cards to identify sensitive or embarrassing barriers to their breastfeeding success. Collect and review while playing the first "Dear Kate" letter. Select and play "Dear Kate" audio files that correlate with stated barriers.

## CONCLUSION:

**SAY:** "Breastfeeding is an act of courage, and that makes you a hero. How does it feel to be a hero to your baby today?"