

MIND MAP

CLIENT	BEHAVIORS	TOOLS
Breastfeeding Mother	Breastfeeding duration	Mind Map, clipboard, and pens for each client

TOOLS:

Two Mind Maps per person and pens/pencils

OPENING ACTIVITY:

Give each person two Mind Maps.

SAY: “Imagine your baby’s face in the middle of the circle of your Mind Map. On each of the lines connecting with the circle, write the feelings you have when you breastfeed your baby.”

Allow a few minutes for clients to complete the task.

SAY: “Now, imagine your baby’s face in the center of the second Mind Map. On each of the lines connecting with the circle, write challenges that make it difficult to continue breastfeeding.”

Allow a few minutes for clients to complete the task.

ASK: “Who would like to share their Mind Maps? Please start with your first (feeling) Mind Map.”

Listen to client responses. Jot them down or write them on poster board for later reference. Ask clients to suggest solutions, provide advice, or offer encouragement to client challenges. If needed, provide technical answers to questions clients aren’t able to address.

SUMMARY:

SAY: “Despite the challenges, what would you say to a new mom who wonders if breastfeeding is it worth it? How does breastfeeding make a difference in your baby’s life? How does breastfeeding make a difference in how you view yourself as a mom?”

Thank the clients for coming.

