

TELL ME THE STORY...

CLIENT	BEHAVIORS	TOOLS
Breastfeeding mother	Breastfeeding duration	Photos

TOOLS:

Photos

OPENING ACTIVITY:

Tell participants: “I want to tell a story to you, but I only know parts of the story. Will you help me fill in the parts I don’t know?” Show numbered photos in sequence, asking clients to fill in the blanks.



Show **PHOTO 1** of an ultrasound.

“Once upon a time, a mom saw her baby for the first time. It was a powerful moment and she felt_____.”



Show **PHOTO 2** of a newborn baby with its mother.

“Finally the long-awaited day came, and a miracle happened. As the mom welcomed her baby to earth with the perfect drink that only she could provide, she felt _____. And in that moment, she changed. She became _____.”



Show **PHOTO 3** with “Dream”.

“The little miracle came home. To the casual observer, life seemed to be a series of everyday activities. But the mother’s heart has changed. She dares to dream big dreams, like _____.”



Show **PHOTO #4** of a villain.

“Stories often have a villain—as does this story. Villains sneak into happy stories and rob the hero of joy. In this story, the villain isn’t a person, but rather negative thoughts, like ‘breastfeeding doesn’t really matter,’ ‘you can’t do it’ and ‘_____.’ This villain also uses the words of family and friends to discourage our hero from achieving her breastfeeding goal, saying things like ‘breastfeeding is unnatural’ or ‘_____.’”



Show **PHOTO #5** of a mom and baby.

“Voices are powerful, especially when the voice is that of the mom’s precious baby. This baby has been silently cheering her mom on throughout the first year, treasuring each cuddle and every drop of breastmilk. What does the baby miraculously say so the mom knows how her gifts have made a difference in his/her life?”



Show **PHOTO #6** of a baby's first birthday with cake.

"The day finally comes—baby's first birthday. The cake is to celebrate baby's first year, but deep inside Mom knows she is to be celebrated, too, for crossing the finish line with her breastfeeding goal. As she watches the candle being blown out, she tells herself_____."

A HAPPY ENDING



Show **PHOTO #7** of a happy ending.

"As in all great stories, there is a happy ending here. How does it end for the mom who gave her child the gift of a lifetime—breastmilk for a full year? How does it change how she views herself and who she is in the world?"