

# The Learn Together Approach

## Facilitated Group Discussion Plan

**Facilitator:** RD, RN, CPA, Nutrition Educator, Nutrition Education Assistant, Lactation Consultant, Lactation Educator

**Topic:** Engorgement/breastfeeding problem solving

**Module Code:** 606

**Target Group:** Breastfeeding mothers

**Objective for the session:** Session participants will be able to state one way to prevent engorgement or one way to relieve engorgement.

**Icebreaker:** Ask each participant to say their first name and share any problems they have in breastfeeding.

### Discussion Questions (3):

- What is engorgement?
- How do you prevent engorgement?
- How can you relieve breastfeeding engorgement?

### Factual Messages (3):

- A mother's breasts become larger, heavier, and a little tender when they begin producing greater quantities of milk on the second to sixth day after birth. This is largely due to extra blood and lymph fluids traveling to the breasts to prepare them for producing milk.
- The secret to minimizing engorgement is making sure the newborn is positioned and latched-on well at the breast and nurses frequently and unrestrictedly after birth.
- To relieve engorgement, massage and apply heat before breastfeeding and breastfeed frequently, making sure both breasts soften with each feeding. Cold compresses between feeding reduce swelling and pain. If the areola is engorged and the baby has difficulty latching on, express a little milk to soften the areola before putting the baby to breast.

**Summarize Key Discussion Points/Suggestions:** Ask participants what they have learned from this discussion.

**Evaluation Question:** What new technique will you use to relieve or prevent engorgement?

**Materials Needed:** Brochure: *Helpful Hints on Breastfeeding*, Childbirth Graphics, Waco, TX. 1992: H-1147.

**Reference:** La Leche League International. 1997. Revised Edition. *The Breastfeeding Answer Book*. La Leche League International, Schaumburg, IL.

(Adapted from nutrition education sources provided by Wayne County Health Department)