



## *Reflecting on Breastfeeding*

As you know, personal experiences and issues impact your work with children and families. It is important to identify your own feelings and thoughts about breastfeeding so that you can educate and support families in making the choices that are best for them. Consider the questions on this sheet on your own. There are no right or wrong answers. If you have questions or concerns about the questions or your answers, please seek time for discussion with someone on your staff, look for other materials in this resource guide, or call the National Women's Health Information Center's Breastfeeding Helpline at 1-800-994-9662; TDD 1-888-220-5446.

1. What have been your professional experiences around breastfeeding?
2. What have been your personal experiences around breastfeeding?
3. Would you recommend breastfeeding to the families your work with?

*YES*       *NO*

3A. Explain why yes or why not:

4. What is challenging or concerns you about breastfeeding?
5. How do you feel when someone says, "Breast is best?"
6. How do you feel about women breastfeeding in public places in your program?
7. How do you feel when young children (boys and girls) mimic breastfeeding in their pretend play?
8. What is your comfort around children breastfeeding at older ages?
9. What questions do you have about breastfeeding/supporting breastfeeding?