**Breastfeeding Observations: Directions**

This activity counts as part of your required out-of-class work and counts toward the total number of CERPs that you will receive. Completion of this activity is one of the requirements for obtaining the CLS certificate. If you cannot do all three observations, you will be given two written homework assignments that will need to be completed after class on days 1 & 2 as an alternate activity. Make sure you have downloaded 4 documents all together.

Since the course is being held remotely, you can either fill out these forms on your computer and e-mail them, or you can fill them out by hand, scan them, or take a picture of them and e-mail them. The completed forms are to be sent to Jan Barger at [LECOffice@aol.com](mailto:LECOffice@aol.com). They need to be turned in no later than the first morning of your class. PLEASE put the date of the class in your subject line in the e-mail.

1. You need to observe three infants nursing. No credit is given for only one or two observations.

2. You may not observe and report on a couple nursing from a video or of yourself nursing.

3. You cannot use the same mother twice. It is best if you sit beside the nursing couple, observe the entire feeding and fill out the observation form while watching the feeding. HOWEVER!! Because of social distancing and all that related to COVID-19, you may observe the nursing couple in real time via Zoom, Skype, Facetime or another means, as long as it is direct observation and not a video. Keep in mind that these are not encrypted, and mom needs to understand that before giving you her consent.

4. You will be sending three breastfeeding observations; three assessments and plans of care and one evaluation of the activity itself. This is important – you will be sending a total of **7** documents all together. Make sure they are readable.

5. Age of the nursing infant doesn’t matter, but try to get different ages if at all possible.

6. Look at the Breastfeeding Observation Form over before you see the mother so that you are familiar with it and know what things you are looking for.

7. Use the Assessment & Plan of Care Form to note your suggestions that you gave the mother, any problems that she or you identified and your evaluation of the feed.

8. Use the Evaluation sheet to evaluate this activity.

9. Put your name and e-mail address on each page you are e-mailing to Jan. She will let you know that she has received them.