

# Motivational Interviewing Activity Sheet

Owned by Barbara D. Robertson, MA, IBCLC

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## Video links in case Zoom is having video or audio delays

Link for Video 1: <https://www.youtube.com/watch?v=Ahg6qcgoay4>

Link for Video 2: <https://www.youtube.com/watch?v=Cbk980jV7Ao>

Watch until 2 minutes 45 seconds

Link for Video 3: <https://www.youtube.com/watch?v=80XyNE89eCs>

Start at 56 seconds. Watch until 3 minutes 30 seconds

Link for Video 4: <https://www.youtube.com/watch?v=URiKA7CKtfc>

Watch until 3 minutes 30 seconds or so.

## Please do not read until we are meeting live and I explain what to do!

**Activity 1-** Helping to solve a problem

### Only for the helper to read!

Instructions for the helper/clinician:

First, have your partner describe their problem for about 2-5 minutes.

1. Kindly, but firmly, tell the person why should make this change NOW
2. Using a confident voice, give at least three specific benefits that would result from them changing
3. Tell the person **exactly** how they could make the change in a “know it all” tone of voice
4. Emphasis how important it is for them to make the change. Try and include the negative consequences of not changing.
5. Tell the person to just do it!

**Activity 2-** Practicing open ended questions- Have one person read the question which is the information you need to gather that is currently framed as a closed question and then have the partner restate the question as an open-ended question. You can do one question at a time and take turns back and forth or have each person go through all the questions and then switch roles.

Information to gather:

1. How many wet and poopy diapers is the baby having each day?
2. Is the parent using any formula, and if so, why?
3. Is the client planning to breastfeed or not?
4. How many times a day is the baby eating?
5. Are they planning on returning to work or school after the baby is born?
6. Is the baby gaining weight?

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**Activity 3-** Practicing affirmations- Have one person read the client statement and have the partner give an affirmation for the statement. You can do one question at a time and take turns or have each person go through all the questions and then switch roles. I would suggest going through the list several times and getting stronger affirmations as you go!

1. It's been really hard breastfeeding.
2. My family says breastfeeding isn't important but I think it is.
3. I think I can pump 4 times a day if it might help with my milk supply.
4. It's hard to get up all those times at night to feed but I know it won't last too long.
5. People keep telling me I am spoiling the baby by nursing all the time.

**Activity 4-** Practicing reflections- Have one person read the client statement and have the partner give a reflection for the statement. You can do one question at a time and take turns or have each person go through all the questions and then switch roles. I would suggest going through the list several times and getting stronger affirmations as you go!

1. People say breastfeeding hurts!
2. I am sure I don't have enough milk.
3. All my friends are formula feeding.
4. I want to just pump and bottle feed.
5. What should I do when I go back to work and am breastfeeding?
6. The baby hates my breasts!

**Activity 5-** Helping explore a problem MI style- practicing summaries

## Only for the helper to read!

Instructions for the helper/clinician:

First, have your partner describe their problem for about 2-5 minutes.

Then:

1. Ask 3 open ended questions to explore what is important to your partner and how they feel about their problem
2. Give at least 2 affirmations to them
3. Give at least 2 reflections
4. Ask permission to share any information you might have
5. Finally, summarize what you have heard and any possible plans

Remember, you do not have to "fix" these problems, only help your clients find a pathway forward.

## Activity 6- Affirmations

In a small group you will discuss which of these responses are affirmations and if they are an affirmation which is the most powerful and why. Then, have each person give another affirmation.

1. A parent has just reported to you that they are no longer giving supplementation bottles and now are exclusively breastfeeding.
  - a. You might respond:
    - i. Your hard work has paid off!
    - ii. Good work!
    - iii. Your commitment to being able to provide your baby with the optimal nutrition is impressive!
    - iv. The love for your baby is really showing!
2. A parent let's you know that they now have everyone who feeds the baby while they are at work is using Paced Bottle Feeding.
  - a. You might respond...
    - i. It's good that you are all on the same page now!
    - ii. You knew that Paced Bottle Feeding while you were at work was important to keep breastfeeding going!
    - iii. You did a good job convincing everyone this was the way to feed the baby!
    - iv. You really want your baby to eat healthy amounts!
3. A parent reports that they have increased their pumping to help with supporting their breast/chestmilk supply
  - a. You might respond:
    - i. Nice job!
    - ii. This is really important to you!
    - iii. You know making this work is important for your baby's health and yours!
    - iv. Your commitment impresses me.