USING CHANGE THEORY TO SUPPORTING AND SUSTAIN THE BREASTFEEDING DYAD

With
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What is in Store for you?

- Introduce you to
  - The Adult Learning Theory
  - Health Belief Model
  - Stages of Change
  - Apply the theories to a breastfeeding mom and her support system
  - Provide moms with tools based in the theories
  - Wrap it up

Adult Learning Theory

How do adults learn differently from children?
Malcolm Knowles – used a theory of andragogy to design learning modalities for adults that could integrate knowledge and skill learning into the process that fit in with the way adults learn.

Knowles got together with collaborators, Elwood Holton and Richard Swanson in 1988, to discuss 6 assumption of adult learners that could profoundly influence the way learned.

6 Assumptions of the Adult Learner Are...

1. They Need to Know
2. Their Self-Concept
3. Role Of Their Experience
4. Their Readiness to Learn
5. Their Orientation to Learning
6. Their Motivation to Learn

In Nutshell, What does the Adult Learning Theory Tell Us?
(1) Adults need to know why they need to learn something
(2) Adults need to learn experientially,
(3) Adults approach learning as problem-solving, and
(4) Adults learn best when the topic is of immediate value.

In Addition to the Theory We Have to Also Consider How Learner Characteristics May Influence the Learning Process.

Things that can influence learning...
- Age
- Culture and Generation
- Language
- Gender
Do you have any questions, thoughts or Ah Ha’s you want to share?

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Health Belief Model


Health Belief Model Applied to a Fall Prevention Curriculum

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Let's Apply HBM to Breastfeeding

<table>
<thead>
<tr>
<th>Perception/Beliefs</th>
<th>Integration of Perceptual/Beliefs</th>
<th>Action</th>
<th>Health Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knowledge of risks of not breastfeeding</td>
<td>Knowledge of benefits of breastfeeding</td>
<td>Healthy choices made or behaviors adopted</td>
<td></td>
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<tr>
<td>Risk for death</td>
<td>Risk for injury</td>
<td></td>
<td></td>
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<tr>
<td>Risk for illness</td>
<td>Risk for infection</td>
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Stages of Change

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Stages of Change Model

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How do you think knowing the Stages of Change Theory can help you when you teaching/supporting a breastfeeding mom?

Let's Think About A Mom’s Situation…

Scenario One:
30 year old first time mom. She is Korean American. Has a very dominant mother-in-law who isn’t supportive of her breastfeeding and will be the babysitter when she returns to work. She doesn’t think it will be that big of deal if the baby receives formula when she is away. But would like to breastfeed for as long as she can.

What Do You Hear?

Scenario Two:
This is a pregnant mom. She tried to breastfeed her first baby but gave up after two weeks. It was too hard, the baby cried, she didn’t think the baby liked her milk, or that she had enough for the baby. But she feels extremely guilty and wants to try again.
Are You Starting To Think About Ways to Empower the Mom?

Scenario Three:
Meet our teen mom. She has learned about breastfeeding from watching her mom breastfeed her siblings and her aunt breastfeed her cousins. She wants to breastfeed too. Believes it is the best thing for her baby.

Moving Mom to Action...

Breastfeeding Goal(s):
Forces working against reaching goal(s) (barriers/obstacles/challenges):
Forces working for reaching goal(s) (existing resources/strengths):
Approaches/Strategies to overcome barriers:

Putting It All Together

☐ Adult Learning Theory
☐ Health Belief Model
☐ Stages of Change
☐ Provide the Mom with the tools/thoughts/strategies to help support her sustain her breastfeeding
Any Questions?

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References


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Want to Chat About This Some More?

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