**Group Activity 2 – Reflection (Handout on Reflective Listening Skills)**

Last night was hard, we were both up, the baby wanted to nurse constantly I must not have enough milk for her. Should I give her some formula? I don’t want her to be hungry.

Write a reflective statement -

I thought about breastfeeding, but I can’t quit smoking and I heard it isn’t good to breastfeed if you smoke.

Write a reflective statement -

I haven’t started going back to church yet since the baby was born. It is too hard to get her to latch with a shield. I would feel uncomfortable if she got fussy in church.

Write a reflective statement -

Too many of my friends tried to breastfeed and said it was too painful I am afraid to try.

Write a reflective statement -

I want to combo feed and do both formula and breastfeeding so others can help because I will be returning to work.

Write a reflective statement -

I’ve heard mothers say they feel trapped and can’t get anything done with a baby that breastfeeds.

Write a reflective statement -