

ACTIVITY HANDOUT: MAMI COUNSELING CARD ADAPTATIONS (ANSWERS)

[MODULE 5: Supporting Mothers with Disabilities & Mothers of Infants with Disabilities]

Brainstorm suggestions for adapting MAMI Counseling cards for mothers with disabilities.

Disability	Suggestions
Physical (limited use of arms and/or upper body; limited mobility)	<p>General recommendations:</p> <ul style="list-style-type: none"> Many women with disabilities can breastfeed their infants if they find a comfortable position. For mothers who have good use of their arms and upper body, they should be able to breastfeed the infant with no issues. The mother can sit or lie in a position that is comfortable for her. The infant, especially the infant's head, must be well supported. For mothers who have limited use of their arms and upper body, help them try to find at least one comfortable position for breastfeeding. Mothers may ask a family member to help if necessary. For mothers who cannot use their arms and upper body, they can breastfeed with help from family members or friends. Mothers can guide their assistant on how to position the infant so that they can breastfeed, for holding the infant in position, especially the infant's head. Even though the mother cannot hold the infant in her arms, the infant will still be able to see her face and bond with her. If breastfeeding is not possible, mothers can express milk and feed it to her infant using a cup. If the mother cannot remove the milk by herself, she can ask someone she trusts to assist her. <p>Card A1: Good Attachment. Good positioning is important for good attachment. See adaptations for Card A2.</p> <p>Card A2: Good Positioning For mothers with limited use of their arms and upper body:</p> <ul style="list-style-type: none"> Find at least one comfortable position that works for you. Try the following positions: <ul style="list-style-type: none"> <i>Side-lying position:</i> Try lying on your side with your baby beside you, facing you, supported by pillows or rolled-up cloth. <i>Reclined position:</i> Recline in a semi-upright position with the baby lying on your chest. This allows gravity to help with latching. <i>Underarm hold:</i> Hold the baby under your arm (easier to manage for mothers with limited mobility in your upper body.) Ask the father or a family member you feel comfortable with for support in positioning the baby. Guide them on how to assist you. Make sure your assistant is holding the baby's head in a proper position. Make sure you can still see your baby's face. If breastfeeding is doable but tiring for you, consider partial breastfeeding. You can supplement with expressed breast milk in a cup. Express your breast milk (with support from a family member if needed) and use a clean cup to feed your baby (see Card A24). Ensure your feeding area is set up in a way that minimizes physical strain. <p>Card A4: How often to breastfeed</p>



	<p>For mothers with limited mobility:</p> <ul style="list-style-type: none"> • Keep the baby close to you day and night so you can respond to their hunger cues more promptly. • At night, keep the baby near you so you can feed them more easily. • Remove obstacles and hazards from your house/bedroom so you can move more easily. • Ask the father or a family member to bring the baby to you for feeding. • Keep necessary items for feeding within reach. <p>Card A8: Crying a lot and not sleeping</p> <ul style="list-style-type: none"> • Keep necessary items for diaper change, cleaning, feeding within reach. • Find a comfortable position that works for soothing your baby. Use supportive pillows or rolled up towels. • Use a wrapper to keep your baby close while keeping your hands free. • Use your foot to rock a makeshift cradle or basket. • Ask for support from family members to help calm your baby. <p>Card A24: Cup feeding</p> <ul style="list-style-type: none"> • Ask the father or a family member for help. They can feed the baby, position the baby for cup feeding, or hold the cup while you position the baby. • It is important that your assistant understands how to safely use the cup and to wash their hands. <p>Card C9: Nurturing care for early childhood development: recommendations</p> <ul style="list-style-type: none"> • Set up safe play areas where the baby can explore and play within your reach. • Keep toys within reach. • Arrange the home environment to minimize the need for excessive movement. • Engage in simple interactive games that do not require extensive physical effort (e.g., peek-a-boo, building blocks, and playing with textured toys). • If you tire easily, use sounds and facial expressions to play with your baby.
<p>Deaf or hard of hearing (partial or total hearing loss; difficulty with speech and communication)</p>	<p>General recommendations:</p> <ul style="list-style-type: none"> • A healthy infant typically makes noise when hungry or unwell. For a mother who is deaf or hard of hearing, staying as close to her infant as possible helps her notice when the infant needs her attention. • At night, the mother can keep the infant near her so she can feel her infant's movements. • During the day, the mother should keep the infant close to her as well. She may need to carry her infant more frequently than other mothers. The infant will soon recognize the mother's scent, touch, and the sound of her voice. This will help them feel secure and connected to the mother. • Mothers are the experts of their own infants. They do not need to only hear the cry to know what their infant needs. <p>Card A1: Good Attachment. No special adaptations. Card A2: Good Positioning. No special adaptations. Card A4: How often to breastfeed</p>



	<ul style="list-style-type: none"> • Pay attention to your baby's nonverbal cues for hunger (other than crying) like moving about, opening mouth and turning head from side to side, putting tongue in and out, suckling on fingers and fists. • Keep baby close to you day and night or check in on baby frequently. • Ask for support from family members to let you know when baby is crying. <p>Card A8: Crying a lot and not sleeping</p> <ul style="list-style-type: none"> • Keep baby close to you day and night or check in on baby frequently. • At night, keep the baby near you so you can feel her movements. • Learn your baby's movements and facial expressions. • Ask for support from family members to let you know when baby is crying. <p>Card A24: Cup feeding. No special adaptations.</p> <p>Card C9: Nurturing care for early childhood development: recommendations</p> <ul style="list-style-type: none"> • Use sign language with your baby if you know it. • Use sounds, facial expressions, and gestures to communicate with your baby. • Use your voice and make sounds as much as you feel comfortable and complement with other forms of communication. • Maintain strong eye contact to help your baby understand your non-verbal cues. • Engage in play that does not rely on hearing (e.g., peek-a-boo, building blocks, tactile games, colorful toys, picture books) • Use touch to bond with your baby (e.g., gentle massage, cuddling) • Make sounds to interact with your baby as much as you are able to. • Make sure family members talk and interact with your baby.
<p>Blind or partially sighted (partial or total vision loss)</p>	<p>General recommendations:</p> <ul style="list-style-type: none"> • Breastfeeding is a highly tactile process, and learning it depends significantly on feel and positioning. Key considerations when working with mothers who are blind or partially sighted: <ul style="list-style-type: none"> ○ Initial support and latch check can help the mother understand what a correct latch feels like. ○ Hands-on support and verbal cues can guide the mother in positioning her baby correctly. ○ Through repeated practice, the mother will become familiar with the process of breastfeeding. With time, she will be able to tell if the baby is feeding well by the tactile feedback she receives. • The mother should have support to ensure safe feeding, especially with cup feeding, if she is unable to see the amount of milk left inside a cup or reaching the baby's mouth. <p>Card A1: Good Attachment</p> <ul style="list-style-type: none"> • Ask for a family member to check the baby's latch initially. With time, you will be able to sense what a good latch feels like. • Use your sense of touch to help position the baby for breastfeeding. Feel for the baby's mouth and latch to ensure proper alignment (e.g., use your index finger to touch baby's jaw, lips, etc.) • Count your baby's suckling noises as a cue of how much milk they are ingesting.



- Interact with your baby during breastfeeding using sounds and words.
- Use verbal cues to guide your baby to latch onto the breast properly and maintain a good feeding rhythm.

Card A2: Good Positioning

- Practice different breastfeeding positions until you find one that is comfortable and effective for both you and your baby. Use pillows and cushions for support as needed.
- Ask a trusted family member to support you with positioning your baby and ensuring a proper latch. Guide them on how to assist you. Make sure your assistant is holding the baby's head in the proper position.

Card A4: How often to breastfeed

- Listen for subtle sounds that your baby may make when hungry, such as fussing, grunting, or making rhythmic sucking sounds.
- Pay attention to your baby's movements and behavior during feeding times. Feel for signs of restlessness, increased activity, or rooting behavior.
- Seek assistance from a family member who can help observe your baby's hunger cues and communicate them to you.

Card A8: Crying a lot and not sleeping

- Remove obstacles and hazards from your house/bedroom so you can move more easily.
- Ensure that your breastfeeding area is accessible and organized. Keep necessary items within reach and organized in the same place.
- Seek assistance from a family member who can bring your baby to you or help soothe your baby.

Card A24: Cup feeding

- Practice in front of a counselor or family member to learn to do the technique safely.
- Use your sense of touch to monitor your baby's response and ensure they are latching onto the cup properly.
- Listen for swallowing sounds or cues from your baby indicating that they are drinking comfortably.
- Seek assistance from a family member with positioning or holding the cup.

Card C9: Nurturing care for early childhood development: recommendations

- Make sure the play area and toys are safe for your baby.
- Remove obstacles and hazards from your home so you can move freely.
- Keep toys within reach and organized in the same place.
- If your infant is crawling, attach a small bell to your infant's shoes or clothing.
- Use your hands to explore and play with your baby.
- Use toys with different textures, shapes, and sounds.