

## BREASTFEEDING LESSON PLAN #1

# BREASTFEEDING BENEFITS

**Time:** 35 minutes

**Purpose:** Inform women about the benefits of breastfeeding.

**Objectives:** Participants will be able to:  
1) State two or more benefits of breastfeeding and  
2) Make an informed choice about infant feeding method.

**Materials:** Games - BF Treasures

Optional: Video “The Why To ” - Use only if there aren't enough participants to do the games.

1. Introduce the game: **Breastfeeding Treasures** (See below)
2. Play the game.
3. Summarize the class lesson

**Summary statement:**

Today you've learned about the many, special benefits of breastfeeding. Many of you know these benefits. You want the very best for your baby, but you may have some personal concerns that might keep you from breastfeeding. Many women have those same concerns and worries. Next week we'll discuss some ways that other women have used to work through concerns about breastfeeding and we'll clear up some misconceptions.

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**TOPIC: THE BREASTFEEDING TREASURES GAME**

**GOAL & OBJECTIVE:**

This game will allow the class leader an opportunity to educate participants about the benefits of breastfeeding in a fun and interactive activity.

**MATERIALS:**

1. Large box with a lid (i.e. Zerox paper box) Spray paint or cover in a wrapping.
2. Collect the following items or others that may bring to mind a connection to a breastfeeding or breastmilk benefit.
  - **Candy Cane**– Decreases risk of diabetes
  - **Coke bottle** – Breastfeeding helps mother to regain her shape.
  - **Detergent (Laundry)** – Breastmilk does not stain baby's clothes.
  - **Diaper** – Sweeter smelling stools
  - **Eye Glasses** – Fatty Acids in breastmilk promotes good vision for infants.
  - **Pink Ribbon**- Breastfeeding and breastmilk lowers the risk of breast cancer
  - **Play Money** – Breastfeeding saves money
  - **Pretty Wrapped Package** – Breastmilk comes attractive containers.
  - **Report Card with all A's**- Breastmilk results in smarter kids.
  - **Stethoscope** – Fewer trips to the doctor
  - **Syringe** – Breastmilk provides a baby's 1<sup>st</sup> Immunization against disease.
  - **Teeth** – Straighter teeth alignment
  - **Thermometer** – Breastmilk is always the right temperature.
  - **Garbage Bag** – Breastfeeding leaves a cleaner environment.
3. Small prize for participants who interact in the learning process. (Optional)

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### METHODS/ACTIVITIES

- 1) **Introduce the Breastfeeding Treasures Game.**
- 2) **State briefly:** “Breastfeeding is important because it provides the perfect nutrition for the baby. Mothers who have experienced breastfeeding view the many benefits as treasures for herself and her baby”.
- 3) **Emphasize that the purpose of the game is to share facts about breastmilk and breastfeeding.**
- 4) This game can be played with any number of class participants.
- 5) The class leader should remove an item from the treasure box and tell what the object is.
- 6) The leader should instruct the participants to tell “ What breastfeeding or breastmilk benefit does this object make you think about.”
- 7) Affirm any response that may be a related advantage.
- 8) Give a prize to anyone who participates. (Optional)
- 9) The leader should discuss the background information on the advantages as listed, especially if no comments are shared by participants.
- 10) Continue playing the game until all the treasure items have been discussed or the class time frame ends.

### **Class Leader’s Background information**

1. **Candy Cane or Sugar–** (Diabetes) -Breastfeeding decreases the risk of diabetes.
  - Breastfed infants who have not been exposed to cow’s milk formula have a lower risk of developing insulin dependent diabetes later in life.
  - The infant’s risk of getting diabetes is lowest among those who breastfeed the longest.
  - Mothers who already have insulin dependent diabetes require less insulin while breastfeeding.

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### 2. **Coke Bottle** – (Shapely body figure) –

Breastfeeding helps get the figure back in shape.

- Nursing helps most mothers lose weight by burning extra calories
- Weight loss is greatest for nursing mothers in their hips or lower body area.
- The baby's suckling helps to shrink the mother's uterus to its pre-pregnancy size so the "pouch" is reduced after delivery.

### 3. **Detergent** (Laundry stains) – No stains from breastmilk spit-up.

- Breastmilk does not stain baby's clothing.
- No ugly brownish-yellow stains like those resulting from formula.

### 4. **Diapers** (Baby stools)- Sweeter smelling stools

- The bowel movements of exclusively breastfed babies have a mild smell and are not offensive.
- The same cannot be said of formula fed infants stools.

### 5. **Eye Glasses** (Vision) – Breastmilk promotes the development of good vision

- Breastmilk naturally contains fatty acids called DHA that are essential for normal vision and brain development
- Babies receive DHA from their mothers during pregnancy and in the 1st 6 months of life from breastmilk.
- Premature infants born 8 weeks or more too soon benefit the most from the DHA in breastmilk because they don't get enough during pregnancy.

### 6. **Pink Ribbon** (symbol for breast cancer)- Breastfeeding & breastmilk lower the risk of breast cancer.

- Breastfeeding lessens the chance for the mother and improves the longer she breastfeeds.
- Breastmilk lessens the chance for baby girls of developing breast later in life and lessens it further when they go on to breastfeed their own babies.
- Also, breastfeeding mothers lessen their risk of getting ovarian cancer.
- Infant who breastfeed long term may have a less chance of getting childhood leukemia and lymphoma.

### 7. **Play Money** (Cost)- Saves money

- Breastmilk is free and always available.
- No trips to store are necessary.
- After one year of breastfeeding a baby, a family will have saved enough money to buy a major appliance.
- Formula can cost over \$1300+ a year.

### 8. **Pretty Gift Wrapped Package** (Something attractive) – Breastmilk comes in attractive containers!

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9. **Report Card with all A's** (Intelligence) - Breastmilk results in smarter kids.
  - Studies show that babies, especially premature babies, who received breastmilk score higher on intelligence tests
  - Kids who were breastfed perform better in school and get higher teacher ratings.
  - Every parents wants their child to do better in life than they did. Breastfeeding is one way to give our children a head-start.
10. **Stethoscope or doctor's kit** (Good Health) – Fewer trips to the doctor
  - Breastfed babies have half the number of ear infections, less diarrhea, a lower risk of developing, bacterial meningitis and colds.
  - Breastfeeding protects babies from infections & illnesses since they receive antibodies from their mother's milk to keep them healthier.
  - Parents of breastfed babies spend less time out of work taking care of sick children or taking them to the doctor.
11. **Syringe** – (Immunization or vaccine) Breastmilk provides a baby's 1<sup>st</sup> immunization against disease.
  - Colostrum is the thick yellow milk produced in the first few days after delivery and is rich in immunities to protect the baby from diseases.
  - Colostrum also helps to develop the baby's immune system.
12. **Teeth** – Breastfeeding results in better teeth & jaw development
  - Nursing at the breast is a different sucking pattern than feeding from a bottle.
  - Breastfeeding is intended to exercise the baby's jaw muscles to encourage good development.
  - Good jaw development encourages the growth of straight healthy teeth.
13. **Thermometer** (Temperature)– Breastmilk is always the right temperature.
  - No warming or cooling down is required.
  - Babies have been burned from improper heating of formula.
14. **Garbage Bag** (Trash)– Breastfeeding leaves a cleaner environment.
  - No formula cans or bottles to dispose.
  - No plastic, silicon or rubber nipples & bottles for later disposal.