

BF-000-39, CCNE: Breastmilk - Every Ounce Counts! Benefits of Breastfeeding for Baby and Mom

Client-centered nutrition education uses methods like group discussions and hands-on activities to engage participants in learning. This outline starts with a **Snapshot of the Session**, and then includes two parts:

Part 1: Planning the Nutrition Education Session - The first section prompts the nutrition educator to think about the learning objectives, materials, and preparation necessary to carry out the session.

Part 2: Session Outline - The second section outlines the key parts of the session. The nutrition educator uses this outline to lead the session.

Snapshot of Group Session:

CCNE Lesson title: Breastmilk – Every Ounce Counts! Benefits of Breastfeeding for Baby and Mom

Developed by: WIC NE Staff

Date Developed: July 2011

Approved by: Tracy Erickson

NE Code: BF- 00-000-00

Class Description:

- This class uses group discussion and visual aids with two different activity options. The facilitator will guide the discussion, and encourage the participants to share their own knowledge about the Benefits of Breastfeeding.
- The facilitator needs to be prepared with answers about the benefits of breastfeeding (Reference material: “Breastfeeding Answers Made Simple” or State handouts).
- Anyone can teach this class.
- This is a simple and fun class to facilitate a small or large group.

Target Audience: Pregnant/Breastfeeding Families

Type of Learning Activities: Discussion, hands on activity

Part 1: Planning the Nutrition Education Session

Lesson: Type lesson code and title here.

| Item | Notes for Planning the Session |
|---|--|
| Learning Objective(s) – <i>What will the clients gain from the class?</i> | By the end of the session, each class member will be able to: <ul style="list-style-type: none">• Discuss at least one way that breastfeeding will benefit her lifestyle and health.• List 3 ways that breastfeeding will benefit her baby’s health.• Make an informed decision based on the benefits of breastfeeding. |
| Key Content Points – <i>What key information do the learners need to know to achieve the learning objective(s)? Aim for three main points.</i> | <ol style="list-style-type: none">1. Participants will learn why breastfeeding is important to the baby and mother’s health.2. Participants will learn about the protective benefits breastfeeding has for the mother such as reducing the risk of obesity and cancer.3. Participants will learn that breastmilk protects the baby from diseases such as diabetes and obesity as well as the psychological benefits of breastfeeding. |
| Materials – <i>List what you will need for the session (i.e. visual aids, handouts, supplies). Attach supplemental materials.</i> | OPTION ONE: <ul style="list-style-type: none">• A basket• Plastic eggs (you will need to purchase these)<ul style="list-style-type: none">○ Gift tags with breastfeeding benefits.○ Prior to the session: Print gift tags. Fold and place gift tags in plastic eggs.○ You can use the gift tags printed on white copy paper so that they are easy to fold and stuff into plastic eggs <p>***Using Loving Support™ to Grow and Glow in WIC (Breastfeeding Competency Training)." http://www.nal.usda.gov/wicworks/Learning_Center/BF_training.html</p> OPTION TWO: |

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| | <ul style="list-style-type: none"> • Gift bag • Gift cards with benefits, parenting suggestions, and recipes. • Prior to the session, copy the gift cards on white or colored paper (card stock if you have it) Fold each card in half, print side out. Put them in the gift bag. Each card has a breastfeeding benefit on one side, and a healthy recipe or parenting tips on the other. <p>OPTIONAL ITEMS:</p> <p>Use with gift bag activity:</p> <ul style="list-style-type: none"> • Create a baby shower or party atmosphere in the classroom with streamers, balloons, and refreshments. • Activity to preoccupy toddlers: <ul style="list-style-type: none"> ○ Have coloring sheets or some other activities for the children that may come with their parents. You can use the coloring sheets from CCNE lesson CH-000-14 • Flip chart or white board • Markers |
| <p>Resources – Review current WIC resources or other reliable resources like WIC Works.</p> | <p>References for benefits of breastfeeding: www.breastmilkcounts.com http://www.ahrq.gov/downloads/pub/evidence/pdf/brfout/brfout.pdf http://www.nal.usda.gov/wicworks/Learning_Center/BF_training.html www.aap.org/breastfeeding</p> <p>Helpful Hints for a Healthy Smile: http://www.aapd.org/foundation/hints.asp</p> <p>Template for making your own gift box: http://office.microsoft.com/en-us/templates/results.aspx?qu=gift+box&origin=FX101741961</p> |
| <p>Class Flow & Set Up – Consider the flow of the session & room set-up. Note any extra preparation that may be needed.</p> | <p>Room setup should be in a circle where everyone can face each other with the facilitator in the circle.</p> |

Part 2: Session Outline

Lesson: BF- 00-000-00 Breastmilk – Every Ounce Counts! Benefits of Breastfeeding for Baby and Mom

| Item | Notes for Conducting the Session |
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| <p>Introduction: Create a respectful and accepting learning environment by welcoming participants, introducing yourself, reviewing agenda exploring ground rules, making announcements, etc.</p> | <ul style="list-style-type: none"> • Introduce yourself. • Review your class ground rules and take any suggestions from the class. <ul style="list-style-type: none"> • Examples of ground rules are: <ul style="list-style-type: none"> ○ Be respectful of others. ○ Let only one person speak at a time. ○ Do not share other people’s personal information that you hear in this class. ○ Be responsible for your children. ○ Turn off the cell phones (or turn them to a vibrate/beep) |
| <p>Icebreaker: Anchor the topic to the participants’ lives. Use a question or activity likely to bring out positive but brief comments; Can be done as a group or partners.</p> | <p><i>”Let’s go around the room and introduce ourselves. State your name and one thing you might have heard or read about breastfeeding.”</i></p> <p>Give participants an opportunity to answer.</p> <p>Optional: Write benefits on one board and barriers/myths on another board if time permits.</p> |
| <p>Activities: For each learning activity, list instructions and include three to five open-ended discussion questions. Keep in mind that activities should enable participants to meet the learning objectives.</p> | <p><u>OPTION ONE:</u></p> <ul style="list-style-type: none"> • Pass around the basket of plastic eggs for everyone to take one. • After all of the eggs are passed out the facilitator can ask for a volunteer to start by opening her egg and sharing her benefit. • Write benefits on a flip chart or white board as they are called out unless they were already written on the board during the icebreaker. <p>Sample discussion questions:</p> <ul style="list-style-type: none"> • Who has heard this benefit before? • What do you think of this benefit? • Does anyone have anything to share or have any questions about this benefit? <p>The group can talk about it and/or the facilitator can explore/expand using a prepared response if necessary.</p> <p>Sample discussion questions and responses:</p> <ul style="list-style-type: none"> • Why do you think babies who are breastfed are usually sick less often? Every single time that you breastfeed, you are providing your baby with specific antibodies that protect them from whatever illnesses or bacteria that are in your environment. All babies will eventually get sick at some point and you probably will as well but if you are |

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| | <p>breastfeeding and you get sick, then you will be giving your baby protection to fight that illness.</p> <ul style="list-style-type: none"> • How does breastfeeding help you lose weight? Breastfeeding helps you burn about 600 calories a day. Just by bringing your baby close to you and breastfeeding, you can work towards losing weight. • Then proceed to the next person clockwise until all of the eggs have been opened or your time is up. <p>Note: The plastic eggs are a good visual of the baby’s stomach when he/she reaches about 3+ weeks old.</p> <p>Participants can take their egg home or the eggs can be kept for future classes.</p> <p><u>OPTION TWO:</u></p> <p>Start by saying something like: <i>“Breastfeeding provides many gifts -- gifts that last a lifetime! So, I am going to give each of you a sample of the kind of gift breastfeeding provides.”</i></p> <ul style="list-style-type: none"> • Put a colorful gift bag on a table in the classroom. • Pass the gift bag around and let each mom pick a gift from the bag • Ask participants to get into groups, or turn to the person next to them and share the information on their gift card. Give participants several minutes to share with each other. Then ask participants to share with the group, one thing from their gift cards that they liked, or want to try. <p>Sample discussion questions:</p> <ul style="list-style-type: none"> • Has anyone tried this before? • Who else thinks this is something that they would like to try? • Does anyone have ideas for doing this? • What do you think would help you do this? • Have participants take their gift card home with them to remind them of one of the many gifts breastfeeding provides. Encourage participants to try the healthy recipe or parenting tips on the back of the gift card and share them with their friends who have babies. |
| <p>Review and Evaluations: <i>Invite</i></p> | <p>1. Using a flip chart or white board, have the participants call out benefits that appealed to them about breastfeeding from this lesson.</p> |

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| <p><i>participants to summarize the key points and share how they will use what they learned in the future. List a question/activity to prompt this. List any community or other resources for clients.</i></p> | <p>2. Then ask if anyone would like to share their top three. Put a star next to each of them as they are called out.</p> |
| <p>Personal Review of Session (afterward): <i>Take a few moments to evaluate the class. What will you change?</i></p> | <ol style="list-style-type: none"> 1. What went well? 2. What did not go as well? 3. What will you do the same way the next time you give this class? |
| <p>Supplemental Information – <i>Describe any attachments and include any other needed information.</i></p> | |