

### Example Lesson Plan

Title: Breastfeeding

Target Audience: WIC Expecting Mothers

<p><b>Terminal Objective</b> Expecting mothers will be able to identify the benefits of breastfeeding, explain how and when to breastfeed and solutions to common problems with breastfeeding</p> <p style="text-align: center;"><b>Taxonomic</b></p> <p><b>Domain: Affective</b>      <b>Level:</b> Receiving, responding, and valuing</p>		<p><b>Terminal Concept</b> Breastfeeding is the optimum nutrition for babies.</p>		
<p><b>Preparation</b> Starbursts, handouts, DVD, baby, breast, and milk models</p>				
<p><b>Diversity Group:</b> Possibly group members who don't want to breastfed or people who speak Spanish. <b>Diversity Adjustment:</b> Present the material in a professional and respectful. Make people feel accepted and not judged who don't want to breastfeed. Set up breastfeeding video in lactation room for people who speak Spanish and ask a dietitian who speaks Spanish to answer any questions they have at the end of the video.</p>				
<p><b>Pre-Assessment</b> Pre-assigned topic from management. Moms and friends are expected to be unfamiliar with the information.</p>		<p><b>Introduction</b> Have each mom say her name, when she is expecting, and the gender of her baby.</p>		
Supportive Objectives	Concept-Content	Time	Learning Experience	Resources
Discusses concerns and feedings about breastfeeding	Circular response: each learner receives a starburst. The learner answers the question for as long as it takes to unwrap the starburst	4 min	Teacher asks: What concerns you most about breastfeeding? Learners participate in circular response answering question.	Lesson outline provided by Jillian Porto, Southeast WIC Team Leader. Class Discussion Points Following the Video. "Better Breastfeeding: Your

<p>Identifies the early stages of breastfeeding</p>	<p>How breastfeeding works:</p> <ol style="list-style-type: none"> <li>1. Colostrum changes to mature milk over the first several days. Mature milk includes fore and hind milk. Hind milk has more fat and vitamins/minerals.</li> <li>2. Milk let down takes a minute or two to occur. You may feel a tingling sensation in your breasts or you may feel nothing at all.</li> <li>3. Your milk production depends on how frequently and how well your baby breastfeds.</li> </ol>	<p>3 min</p>	<p>Explain/discuss the key points of how breastfeeding works. Show fake colostrum and full milk. Explain fore and hind milk.</p>	<p>Guide to a Healthy Start.”</p>
<p>Recognizes the need to have a plan for breastfeeding during hospital stay.</p>	<p>Quote by Lailia Ali: “Moms need to know that you can have a birthing plan and let the hospital know. Instead of having the attitude of, “I don’t care what you do”, you can take control, you can guide them a little bit, and take responsibility for the kind of birth and breastfeeding experience you want to have.”</p>	<p>5 min</p>	<p>Read quote by Lailia Ali and explain/discuss the plan of care sheet.</p>	<p>Best for Babes. No Homebirth for Laila Ali, But a Doula all the Way! Available at <a href="http://www.bestforbabes.org/no-homebirth-for-laila-ali-but-a-doula-all-the-way">http://www.bestforbabes.org/no-homebirth-for-laila-ali-but-a-doula-all-the-way</a>. Accessed October 15, 2012.</p>



Supportive Objectives	Concept-Content	Time	Learning Experience	Resources
Recognizes and values the benefits of breastfeeding	<p>Benefits of breastfeeding:</p> <ol style="list-style-type: none"> <li>1. Breastfed babies don't get sick as often as formula fed babies</li> <li>2. Formula fed babies get ear infections, respiratory illnesses, and diarrhea more frequently</li> <li>3. Formula fed babies have a greater chance of becoming overweight or obese in childhood</li> <li>4. Mothers who breastfeed may return to their pre-pregnancy weight more quickly</li> <li>5. Mothers who breastfeed may decrease their risk of some types of cancer</li> <li>6. Mothers who breastfeed enjoy a strong emotional bond with their infant</li> </ol>	5 min	<p>Ask: Those who have breastfed, what benefits have you seen from breastfeeding?                      Discuss/explain the benefits of breastfeeding.</p>	
Identifies the AAP recommendations	<p>Recommendations of the AAP:</p> <ol style="list-style-type: none"> <li>1. First 6 months—only breast milk</li> <li>2. Breastfeed 12 months and beyond</li> </ol>	1 min	Explain breastfeeding recommendations.	

<p>Identifies how to latch on and position the baby for breastfeeding.</p>	<p>How to breastfeed— Latching on and positioning:</p> <ol style="list-style-type: none"> <li>1. Hold baby skin-to-skin as soon and as often as possible</li> <li>2. Have baby room in with you at the hospital</li> <li>3. Get help from a hospital lactation consultant</li> <li>4. Effective latch includes: mouth is open wide, lips are flared outward, chin pressed into breast, see ear and jaw moving, once you have full milk production, you should see and hear her swallow frequently</li> <li>5. Ineffective latch includes: mouth is not open wide and small amount of breast in baby’s mouth</li> <li>6. Bread suction by inserting clean finger in baby’s mouth</li> <li>7. Cross-cradle hold</li> <li>8. Side-lying hold</li> <li>9. Cradle hold</li> </ol>	<p>5 min</p>	<p>Watch latching on and positioning section of DVD. Explain latching on and positioning. Demonstrate with baby and fake breast.</p>	<p>Baby-Friendly. 2008. Better Breastfeeding: Your Guide to a Healthy Start.</p>
<p>Supports the importance of avoiding nipple confusion.</p>	<p>Avoid pacifiers and bottle nipples for at least the first 4 weeks</p>	<p>2 min</p>	<p>Discuss/explain nipple confusion.</p>	

<p>Identifies signs of when to feed your baby.</p>	<p>When to feed your baby:</p> <ol style="list-style-type: none"> <li>1. Feed you baby when she is hungry</li> <li>2. During the early weeks, at least every 1-3 hours both day and night</li> <li>3. Hunger signs include: fidgeting when sleeping, sucking motion with tongue and mouth, opening her mouth when touched, bringing her hand to her mouth, rooting toward your chest, and crying as a last resort</li> <li>4. General feeding guidelines in the early weeks include: nurse at least 8-12x in 24 hours (every 1-3 hours including at night) and about 30-45 minutes/feeding</li> <li>5. Cluster feedings are normal</li> </ol>	<p>5 min</p>	<p>Watch when to feed your baby section. Discuss/explain when to feed your baby.</p>	
<p>Identifies signs of when your baby is probably getting enough to eat.</p>	<p>Signs that your baby is probably getting enough to eat:</p> <ol style="list-style-type: none"> <li>1. Your baby breastfeeds 8-12x in 24-hours</li> <li>2. Your baby has a good latch.</li> <li>3. You see and hear your baby suck and swallow.</li> <li>4. You see and hear your baby such and swallow.</li> </ol>	<p>5 min</p>	<p>Discuss/explain signs of your baby is probably getting enough to eat.</p>	

<p>Identifies common problems with breastfeeding.</p>	<p>5. Your baby is gaining about 1 oz per day during the first 3-4 months. It is normal to lose weight in the first few days after birth, but baby should be back to birth weight by 10 days old.</p> <p>6. From about day 5 to the end of the first month, your baby should have at least 3-4 messy diapers every day. From about day 5 and beyond, your baby should have at least 6 very wet diapers with pale colored urine every day.</p> <p>7. Your breasts feel lighter and softer after breastfeeding.</p> <p>8. Baby seems content.</p> <p>Common problems with breastfeeding:</p> <ol style="list-style-type: none"> <li>1. Within about 72 hours after birth, your breast will feel heavier and more tender as colostrum begins changing into thinner and more plentiful mature milk</li> <li>2. To help relieve breast fullness, feed your baby frequently and offer both breasts at each feeding</li> </ol>	<p>5 min</p>	<p>If you have time. Discuss/explain common problems with breastfeeding.</p>	
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	<ol style="list-style-type: none"> <li>3. If latching on becomes a problem because of breast fullness, you can express some milk to soften your breasts before a feeding</li> <li>4. You can gently massage your breast using a downward stroke while breastfeeding to help your breast drain</li> <li>5. You may need to express or pump some milk after a feeding if your breasts were not drained enough</li> <li>6. Engorgement is when your breasts feel hard, tender, or painful</li> <li>7. An effective deep latch prevents nipple soreness</li> <li>8. If your nipples become sore, allow a little breast milk to air dry on them after breastfeeding</li> <li>9. If your nipples become dry, lanolin ointment may provide some relief</li> <li>10. Change breast pads as soon as they become wet</li> <li>11. Call your health care provider if you have signs of a breast infection—painful breast, red spot, fever, and flu-like</li> </ol>			
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	symptoms	1 min	Conclude: I've heard mom's say breastfeeding can be difficult at first, but it's worth it. Breastfeeding takes time, practice, and support. WIC provides lactation support for participants.	
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