

Leicestershire

healthyschools 

programme



Breastfeeding

An education resource for schools

Breastfeeding has widely been acknowledged as the best means of giving infants a healthy start in life.

Schools are in an ideal position to educate teenagers on the benefits of breastfeeding and promote it as the most natural way to feed infants.

Today's children are tomorrow's parents.

At present there is no obligation to teach children & young people anything about breastfeeding within the national curriculum. However, there are subject areas in both primary and secondary education where it may fit, such as science, PSHE, citizenship, health & social care and child development.

Contents

| | |
|----------------------------------------------|-----------|
| Background information | 4 |
| Aim & Objectives | 5 |
| Acknowledgements & Steering Group | 6 |
| Section One | 7 |
| Facilitators Instructions | 8 |
| Breastfeeding Lesson Plan One | 9 |
| Breastfeeding Lesson Plan Two | 10 |
| Section Two | 11 |
| Facilitators Manual | |
| Lesson One (Slides 1-11) | 12 |
| Lesson Two (Slides 12-20) | 19 |
| Powerpoint Presentation | 25 |
| Handout (Can be given out following lessons) | 29 |
| CD ROM (Attached to inside front cover) | |
| Section Three | 37 |
| Activity Sheets (1-3) | 38 |
| Section Four | 44 |
| Lesson One and Two Homework | 45 |
| Lesson One and Two Suggested Answers | 48 |
| Section Five | 51 |
| Sign Posting Page | 52 |
| Famous Breastfeeding Mothers | 53 |
| Available Resources | 55 |
| Contact Details | 56 |
| Leaflet Samples (Inserts) | |

Breastfeeding Background Information

Breastfeeding is widely acknowledged as the best means of giving infants a healthy start in life.

Breast milk has unique nutritional suitability for the infant and anti-infective properties, enzymes and growth factors that cannot be provided by artificial infant milks. There is evidence that exclusive breastfeeding for several months protects against the development of overweight and obesity in childhood, juvenile onset diabetes (type 1) and allergies.

Breastfeeding provides important health benefits for the mother, including efficient weight loss following pregnancy, reduced risk of type 2 diabetes and long term protection against ovarian, breast and endometrial cancers and osteoporosis. The benefits are related to the length of time breastfeeding is maintained.

Secondary Schools are in an ideal position to educate teenagers on the benefits of breastfeeding and promote it as the most natural way to feed infants.

This pack contains two lesson plans suitable for either key stage 3 or key stage 4

- In addition to the lessons, it may be useful to set up a small group within school to renew and update curricula to ensure the integration of breastfeeding in appropriate areas.
- It may also be useful to invite a breastfeeding 'peer supporter' who can reinforce accurate and positive messages.
- Breastfeeding education may need to be 'sold' or marketed to teachers and schools as being worthwhile.
- Teachers/schools should be encouraged to make suggestions on how best to introduce breastfeeding education in their schools.
- Teachers/schools need to be involved in that implementation process
- Promoting breastfeeding should be an integral part of being a 'healthy school'.

Aim • Objectives • Educational Context

| | |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| AIM | To raise awareness of breastfeeding among young people and promote positive attitudes towards breastfeeding. |
| OBJECTIVES | To provide information on breastfeeding and its benefits. To develop positive attitudes towards breastfeeding. |
| EDUCATIONAL CONTEXT | As personal enhancement is much about the development of values and attitudes, it is important that young people have the ability to acquire these naturally as a result of their investigation and guided critical reflection. This resource aims to make pupil learning active, and allows the pupil to explore issues individually and in the group environment. |

Acknowledgements

This pack has been based on a teaching pack developed by

- Health Improvement, Western Health & Social Care Trust
- Western Education and Library Board, Northern Ireland



Breastfeeding

An education resource for schools

SECTION ONE

Facilitators Instructions

| | |
|---------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Course Title: | Breastfeeding education resource pack for secondary schools |
| Target Group: | Young people in year 9 – 12 |
| Aims: | To raise awareness of breastfeeding among young people and promote positive attitudes towards breastfeeding |
| Objectives/Outcomes: | <ul style="list-style-type: none"> • To provide information on breastfeeding and its benefits • To recognise negative attitudes towards breastfeeding • To address the simplicity of the process of breastfeeding |
| Timescale: | 60 minute sessions x 2 |
| Format: | Facilitator's Manual including: <ul style="list-style-type: none"> • Teaching guidelines • PowerPoint presentation • Group activities • Homework options • Available resources |
| Materials & Equipment Required: | <ul style="list-style-type: none"> • Laptop computer and projector (or overhead projector) • Activity sheets • Homework copies • White board and pens |

Lesson Plan One: 60 Minutes

| | |
|-------------------------------------------------------------------------------------------|------------|
| Introduction and Outline of lesson (Slide 1-2) | 5 minutes |
| What is Breastfeeding? (Slide 3) | 15 minutes |
| Activity One – Importance of Breastfeeding (Slide 4-8) | 15 minutes |
| Activity Two – Attitudes Towards Breastfeeding –focus on myths and truths (Slide 9) | 15 minutes |
| Overview of Lesson (Slide 10) | 5 minutes |
| Homework – Test Sheet (Slide 11) | 5 minutes |

Lesson Plan Two: 60 Minutes

| | |
|-----------------------------------------------------------------------------------------------------------------------------------------------|------------|
| Breastfeeding – Lesson Two (Slide 12) | 10 minutes |
| Learning Outcomes – Lesson Two (Slide 13) | 5 minutes |
| Breastfeeding Steps (Slides 14) | 15 minutes |
| Importance of Skin-to-Skin Contact, Differences Between Breast milk and Formula milk Safety Advice for Bottle Feeding (Slides 15-17) | 15 minutes |
| Overview of Lesson Two (Slide 18) | 10 minutes |
| Homework Options (Slide 19) | 5 minutes |
| Questions (Slide 20) | 5 minutes |



Breastfeeding

An education resource for schools

SECTION TWO

Lesson One: Slides 1 – 11

1

slide

Breastfeeding

Introduce breastfeeding lesson and explain why breastfeeding is important.

Points to consider;

For many years breastfeeding has been acknowledged as the best possible means of providing infants with a healthy start to life.

- Approximately 98% of mothers are capable of providing breast milk for their infant

Several factors make the initiation and maintenance of breastfeeding particularly difficult in this country:

- Cultural attitudes
- Commercial promotion of formulas
- Obstacles for the working mother

It might be appropriate to mention the different celebrities that have proudly been breastfeeding mothers plus celebrity men whose partners breastfed/are breastfeeding (See Section 5).

2

slide

Learning Outcomes – Lesson One

This slide provides information about the main topic areas that will be covered during Lesson One and what will be delivered on. These topic areas should be highlighted to the students.

- What is breastfeeding?
- Activity One – The benefits of breastfeeding
- Activity Two – Attitudes towards breastfeeding
- Overview of Lesson One
- Homework

(Allow approximately 5 minutes for the introduction and outline).

Lesson One: Slides 1 – 11

3

slide

What is Breastfeeding?

Point 1 Breastfeeding is **natural**

Breastfeeding is the natural way of providing nourishment for an infant as the mothers' body adapts accordingly during pregnancy.

Point to consider;

- How did mothers feed their children 100 years ago when no other alternative was available?
- Breast milk is species specific: e.g. cows/cats/dogs/ humans
Illustrate this by using a bag of polystyrene balls- with 30 balls for formula milk & 300 for breast milk (this demonstrates the difference in formulation)

Activity One – Why is Breastfeeding Important?

4

slide

Divide students into four groups, allowing 15 minutes for this whole activity.

Ask them to brainstorm and discuss the benefits of breastfeeding for each of the following groups:

- Importance to the **baby**
- Importance to the **mother**
- Importance to the **environment**
- Importance to the **community**
(Use the 'Activity One' sheets provided in Section 3. Groups can rotate to completely fill boxes with ideas).

To support this activity- give each group a 'treasure box' to stimulate ideas & thoughts for example:

for the *Environment* : plastic packing, electricity bill, toy cow

for the *Mother*: breast cancer awareness ribbon, scales & condom

for the *Baby*: inhaler, Dioralyte sachets, IQ test paper

Recap the answers on a flip chart or white board from the students using slide 6-9.

(Allow 15 minutes for this activity).

Lesson Slides

Lesson One: Slides 1 -11

5

slide

Benefits to Everyone

We all benefit from breastfeeding. Breastfed babies are healthier, making fewer demands on the health service, so we all pay less tax. Parents of healthy children also take less time off work, saving employers money and making family life less stressful. Breastfeeding is environmentally friendly – there's no manufacturing, pollution, packaging or waste involved'

Benefits to the Baby

- Point 1 Breast milk contains every nutrient a baby needs
- Point 2 The baby is less likely to become overweight, or obese later in life
- Point 3 Less tummy upsets, diarrhoea, gastro-enteritis, chest and ear infections, asthma and childhood Diabetes
- Point 4 Bonding with the mother & baby
- Point 5 Healthier babies and reduction in childhood cancers
- Point 6 Increase in babies IQ level.
- Point 7 Breastfed babies also have better mental development than babies fed on formula milk
- Point 8 Breastfeeding may even continue to protect children's health when they grow up, making them less prone to conditions such as obesity, high blood pressure and heart disease.

Lesson One: Slides 1 – 11

6

slide

Benefits to the **Mother**

- Point 1 Breast milk is safe, clean and easy
- Point 2 Reduce risk of both breast and ovarian cancers
- Point 3 Reduced risk of osteoporosis and high blood pressure
- Point 4 Helps to lose extra weight that was gained during pregnancy
- Point 5 Contraception (menstrual cycle takes longer to normalise whilst breastfeeding- although this is not a reliable method of contraception on its own as some women's cycle returns sooner)
- Point 6 Breast milk is free, therefore it saves money and time in comparison to bottle feeding
- Point 7 The formation of a close bond between mother and child
- Point 8 Breastmilk is always available, with the right ingredients, at the right temperature, so it's easier to feed at night or on the go.
- Point 9 Reduced risk of Post Natal Depression
- Point 10 Above all, it gives you a huge sense of achievement, seeing your baby grow and develop well, and knowing it's all your own work

7

slide

Benefits to the **Environment**

- Point 1 Less waste produced (plastic bottle, teats, cans)
- Point 2 Energy efficient, as less electricity is used in order to sterilize equipment and prepare feeds
- Point 3 Fewer cows means that less trees are cut down to create grazing areas
- Point 4 Ozone friendly, as less methane gas is created
- Point 5 Free from artificial additives and colourings
- Point 6 Fewer sanitary towels, tampons

Lesson One: Slides 1-11



Point 1

Benefits to the Community

Point 2

Less childhood illness

Point 3

Fewer days missed from the workplace through caring for sick children

Point 4

Children miss less days at school

Point 5

Fewer hospital admissions

Savings to various health care departments

In Summary:

We all benefit from breastfeeding. Breastfed babies are healthier, making fewer demands on the health service, so we all pay less tax.

Parents of healthy children also take less time off work, saving employers money and making family life less stressful. Breastfeeding is environmentally friendly – there's no manufacturing, pollution, packaging or waste involved

Lesson One: Slides 1 – 11

9

slide

Activity Two – Attitudes Towards Breastfeeding

Gain students' attitudes towards breastfeeding.

Ask students to think of one word when they hear 'breastfeeding'
In small groups ask them to consider likely attitudes and how to address them

If suggestions are limited you may wish to use this slide which displays 8 different negative attitudes towards breastfeeding. (NB They may/may not be issues for young people)

Discuss each of the attitudes with the class allowing them to suggest solutions.

(Use 'Activity Sheet Two' in Section 3 to assist with responses).

(Allow 15 minutes for this activity)

10

slide

Overview of Lesson One

Use this slide to recap Lesson One. The main topics areas and important points from the presentation have been included.

Try to highlight the positive aspects of breastfeeding including reinforcing the various benefits.

Point 1 Breastfeeding provides a newborn with optimum nutrition, it is completely natural, freely available and requires no preparation

Point 2 Breastfeeding provides a wide range of benefits for not only the mother and child, but also for the community and the environment

Point 3 Attitudes towards breastfeeding in this country are sometimes negative. Discuss how myths, stereotypes and misinformation can be addressed to promote the positive aspects of breastfeeding and to promote it as the norm

(Allow 5 minutes for this slide).

Lesson One: Slides 1 – 11

11

slide

Homework Option

In order to reinforce the importance and process of breastfeeding, a homework sheet has been included. Make copies of this sheet and distribute them to the students to be completed at home. The answers will be discussed at the beginning of Lesson Two. (See Section 4 for Homework Sheet 1 and Suggested Answers).

(Allow 5 minutes for this slide).

This handout can also be given out at the beginning of the class and pupils asked to complete throughout the lesson and finish for homework.

Lesson Two: Slides 12 – 20

12
slide

Breastfeeding – Lesson Two

Introduce the second lesson of the breastfeeding pack.

(Allow 10 minutes to discuss the answers from the homework test sheet and answer any questions or queries).

Outline Lesson Two and collect sheets for marking.

13
slide

Learning Outcomes – Lesson Two

This slide provides information about the main topic areas that will be covered during Lesson Two. These topic areas should be highlighted to the students.

- Review of Lesson One and homework
- The importance of skin to skin contact
- The differences between formula milk and breast milk-including risks of formula milk
- Safety advice when bottle feeding
- Overview of Lesson Two
- Homework

(Allow 5 minutes to cover this slide)

Lesson Two: Slides 12 – 20

14
slide

Breastfeeding Steps

- Point 1 Wash your hands thoroughly if you can
- Point 2 Sit down on a comfortable chair (although breastfeeding can be done anywhere!)
- Point 3 Optional!- Have a nice glass of water, your phone and radio or TV remote control to hand
- Point 4 Lift the baby onto your lap
- Point 5 Begin feeding the baby!

Activity Three Handout in Section 3 can be given out to students for revision purposes.

Lesson Two: Slides 12 – 20

15
slide

Importance of Skin-to-Skin Contact (this is important whatever feeding choice : bottle or breast feeding)

(Please allow 15 minutes in order to cover slides 18 -20)

This slide should be used to make students aware of the importance of skin-to-skin contact with the mother following birth and throughout the feeding process.

- Point 1 Helps to regulate baby's temperature, breathing and heart rate immediately after birth
 - Point 2 Bonding
 - Point 3 Allows the baby to 'root' at the breast and begin to breastfeed
 - Point 4 Breastfed babies have the reassurance of skin-to-skin contact at every feed
-

16
slide

Differences Between Formula milk and Breast milk

This slide should be used to make the students aware of the major differences between formula milk and breast milk. The optimum nutrition of the breast milk should be emphasized.

- Point 1 There are many different types and brands of formula which can sometimes be confusing
- Point 2 Instructions and quantities have to be followed precisely
- Point 3 Different types of fat and protein
- Point 4 Formula contains more salt, other minerals (iron) and vitamins
- Point 5 Breast milk contains lactose (natural milk sugar)
- Point 6 Breast milk provides all the necessary antibodies for babies
- Point 7 Formula does not provide antibodies and therefore does not protect against illness

Point 8 The 'risks' of bottle feeding should be emphasised; these include:

Short term issues of hygiene & safety , mistakes in the preparation of bottle feeds are common

In a recent study it found that almost half of mothers who prepared powdered infant formula did not follow key recommendations aimed at reducing the risk of infection and overconcentration of feeds.

Errors include too high concentration of formula, changing brands and the timing of feeds, this can lead to examples of "overfeeding" which can lead to rapid infancy weight gain and later obesity, while babies who do not receive enough formula milk risk being undernourished.

" It has been proposed that bottle-feeding gives the parents more control and the infant less self-regulation, thereby potentially overriding cues from the baby when they are 'full'

Lesson Two: Slides 12 – 20

17

slide

Safety Advice for Bottle feeding

Use this slide to inform the students of the importance of bottle feeding safety if they were to choose to bottle feed.

- Point 1 Bottles should only be prepared when they are needed because of bacteria and salmonella which can prove fatal – they should not be prepared in advance and stored in the fridge
- Point 2 Ensure that all equipment is sterilized thoroughly before use
- Point 3 Always read the instructions and guidelines carefully as feeds that have been made up incorrectly can have harmful effects on the baby
- Point 4 There will always be risks with bottle feeding as powdered formula milk is not a sterile product (although ready made feeds are sterile until open)

18

slide

Overview of Lesson Two

In this overview reinforce the benefits of breastfeeding in comparison to bottle feeding i.e. the cost of equipment, the safety precautions and the nutrition that is provided.

- Point 1 Breastfeeding forms an extremely close bond between mother and baby
- Point 2 Irrespective of the feeding method adopted-Skin-to-skin contact is extremely important for the baby. It offers reassurance and bonding
- Point 3 Formula milk differs substantially from breast milk
- Point 4 If bottle feeding, there are many safety precautions that need to be taken.

(Allow 10 minutes for this slide)

Lesson Two: Slides 12 – 20

19

slide

Homework Options

In order to reinforce the importance and process of breastfeeding, three homework questions have been included for use.

Option 1a How much would it cost to **breastfeed** a baby for a month?

Option 1b How much would it cost to **bottle feed** a baby for a month?

Option 2 If every woman in India stopped breastfeeding tomorrow, it would take 14 million cows to feed the babies.

What implications would this have for:

- a) The mothers
- b) The babies
- c) The community
- d) The environment

(Please see Section 4 for Homework Sheet 2 and Suggested Answers)

(Allow 5 minutes for this slide)

20

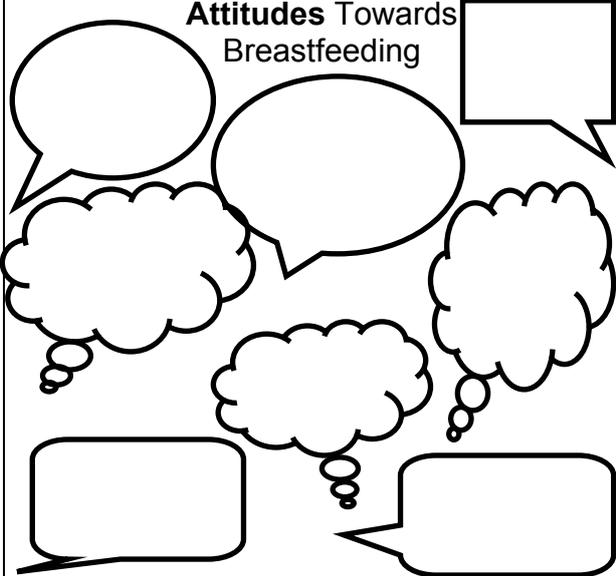
slide

Thank You for Listening

Make use of this slide to answer any questions or queries that students may have regarding breastfeeding.

PowerPoint

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| <h3>Breastfeeding Lesson One</h3>  | <h3>Learning Outcomes Lesson One</h3> <ul style="list-style-type: none"> • What is Breast Feeding? • The structure of the breast • Activity One – The benefits of breastfeeding • Activity Two – Attitudes towards breastfeeding • Overview of Lesson One • Homework |
| <h3>What is Breastfeeding?</h3> <ul style="list-style-type: none"> • Breastfeeding is natural • The mothers' breast prepares to supply milk for the baby early in pregnancy • The baby's birth is the signal for milk production • The first milk secreted is called colostrums, its contents is extremely good for the baby. Colostrum is little in quantity but full of quality • During days 3-6, babies are hungrier • In early days babies will feed anything from 8-12 times in any 24 hours • Babies settle down to a pattern of feeding | |
| <h3>Activity One</h3> <p>Why is breastfeeding so important...?</p> <p>Group 1 – the baby Group 2 – the mother Group 3 – the community Group 4 – the environment</p> | <h3>Benefits to the Baby</h3> <ul style="list-style-type: none"> • Breast milk contains every nutrient a baby needs • Less contraception and nappy rashes • The baby is less likely to become overweight or obese in later life • Less gastro-enteritis, chest and ear infections, asthma and child onset diabetes due to the con... of antibodies present in the breast milk • Bonding with the mother • Healthier babies and reduction in childhood cancers • Increase in babies IQ level |

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| <h3 style="text-align: center;">Benefits to the Mother</h3> <ul style="list-style-type: none"> • Breast milk is safe, clean and easy • Reduced risk of both breast and ovarian cancers • Reduced risk of osteoporosis and high blood pressure • Helps to lose the extra weight that was gained during pregnancy • Contraception (menstrual cycle takes longer to normalize whilst breastfeeding) • Breast milk is free, therefore it saves money and time in comparison to bottle feeding • The formation of a close bond between mother and child | <h3 style="text-align: center;">Benefits to the Environment</h3> <ul style="list-style-type: none"> • Less waste produced (plastic bottles, teats, cans) • Energy efficient as less electricity is used in order to sterilize equipment and prepare feeds • Fewer cows mean less grazing area required = more trees • Ozone friendly as less methane gas is created • Free from artificial additives and colourings |
| <h3 style="text-align: center;">Benefits to the Community</h3> <ul style="list-style-type: none"> • Less childhood illness • Few days missed from the workplace through caring for sick children • Children miss less days off school • Fewer hospital admissions • Savings to various health departments | <h3 style="text-align: center;">Activity Two Attitudes Towards Breastfeeding</h3>  |
| <h3 style="text-align: center;">Overview of Lesson One</h3> <ol style="list-style-type: none"> 1. Breastfeeding provides a newborn with optimum nutrition. it is completely natural, freely available and requires no preparation 2. Breastfeeding provides a wide range of benefits for not only the mother and child, but also the community and the environment 3. Attitude towards breastfeeding in this country are sometimes negative. These attitudes are of a stereotypical nature usually associated with confusion and embarrassment | <h2 style="text-align: center;">Homework Test sheet</h2> |

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|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Breastfeeding Lesson Two</p> | <p>Learning Outcomes Lesson Two</p> <ul style="list-style-type: none"> • Review of lesson One and Homework • Activity Three – Bottle feeding V Breastfeeding • The importance of skin to skin contact • The differences between formula milk and breast milk • Safety advice when bottle feeding • Overview of Lesson Two • Homework |
| <p>Activity Three</p> <p>Bottle Feeding</p> <p>V</p> <p>Breastfeeding</p> | <p>Bottle Feeding</p> <ul style="list-style-type: none"> • Buy a steam sterilizer, bottles, teats, formula & bottle brush • Read and understand instructions for sterilizer & formula • Wash hands thoroughly • Wash the bottle & teat using bottle brush • Sterilize the bottle & teat • Fill the kettle, boil it • Wait half an hour (temp 70°C approx.) • Add required number of ounces of water to bottle • Count required number of formula into bottle, put the lid on & shake • Cool to required temperature • It's now ready • Lift baby & feed! |
| <p>Breastfeeding</p> <ul style="list-style-type: none"> • Wash your hands • Sit into a comfortable chair • Have a nice glass of water, your phone & radio or remote control for TV to hand • Lift baby • Feed! | <p>Importance of Skin to Skin Contact</p> <ol style="list-style-type: none"> 1. Helps to regulate baby's temperature, breathing and heart rate immediately after birth 2. Bonding 3. Allows the baby to 'suck' at the breast and begin to breastfeed 4. Breastfed babies have the reassurance of skin to skin contact at every feed |

| | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <h3 style="text-align: center;">Differences Between Formula Milk and Breast Milk</h3> <ol style="list-style-type: none"> 1. There are many different types and brands of formula milk which sometimes can be confusing 2. Instructions and quantities have to be followed precisely 3. Different types of fat and protein 4. Formula contains more salt, other minerals (iron) and vitamins 5. Breast milk contains lactose (natural milk sugar) 6. Breast milk provides all necessary antibodies for babies 7. Formula does not provide any antibodies and therefore does not protect against illness | <h3 style="text-align: center;">Safety Advice for Bottle Feeding</h3> <ol style="list-style-type: none"> 1. Bottle should only be prepared when they are needed because of the enterobacter sakazakii bacteria and salmonella which can prove fatal – they should not be prepared in advance and stored in the fridge 2. Ensure that all equipment is sterilized thoroughly before use 3. Always read the instructions and guidelines carefully as strong feeds can have harmful effects on the baby 4. There will always be risks with bottle feeding as formula is not a sterile product |
| <h3 style="text-align: center;">Overview of Lesson Two</h3> <ol style="list-style-type: none"> 1. In comparison to bottle feeding breastfeeding is simple, hassle free and forms extremely close bond between mother and baby 2. Skin to skin contact is extremely important for the baby. It offers reassurance and bonding 3. Formula milk differs substantially from breast milk 4. If bottle feeding, there are many safety precautions that need to be taken. Breast milk is safe, clean and requires no preparation | <h3 style="text-align: center;">Homework</h3> <ol style="list-style-type: none"> 1a. How much would it cost to breastfeed a baby for a Week / month / year? 1b. How much would it cost to bottle feed a baby for a week / month / year 2. If every woman in India stopped breastfeeding tomorrow it would take 114,000,000 cows to feed the babies: What importance would this have for: <ul style="list-style-type: none"> • The mothers • The babies • The community • The environment |
| <h2 style="text-align: center;">Thank You For Listening</h2> | |

Handout – Lesson One

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| <p>Breastfeeding Lesson One</p> | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| <p style="text-align: center;">Learning Outcomes Lesson One</p> <ul style="list-style-type: none"> • What is Breastfeeding • The structure of the breast • Activity One – The benefits of breastfeeding • Activity Two – Attitudes towards breastfeeding • Overview of Lesson One • Homework | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| <p style="text-align: center;">What is Breastfeeding?</p> <ul style="list-style-type: none"> • Breastfeeding is natural • The mothers' breast prepare to supply milk for the baby early in pregnancy • The baby's birth is the signal for milk production • The first milk secreted is call colostrum, its contents is extremely good for the baby. Colostrum is little in quantity but full of quality • During days 3 – 6 babies are hungrier • In early days babies will feed anything from 8-12 times in any 24 hours • Babies settle down to a pattern of feeding | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |

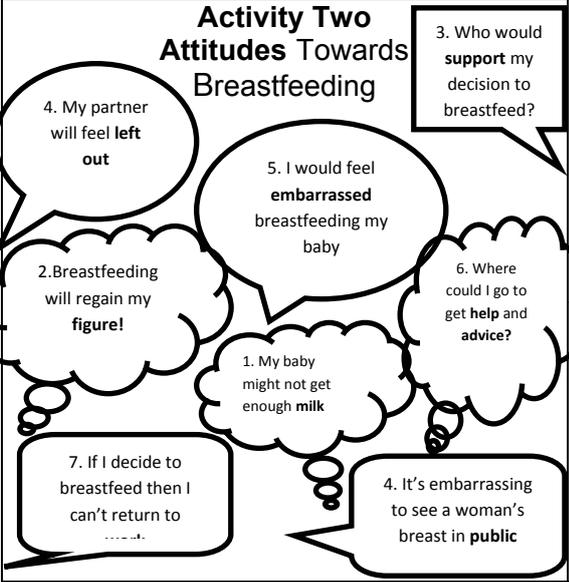
Handout – Lesson One

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| <p>Activity One</p> <p>Why is breastfeeding so important...?</p> <p>Group 1 – the baby</p> <p>Group 2 – the mother</p> <p>Group 3 – the community</p> <p>Group 4 – the environment</p> | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| <p style="text-align: center;">Benefits to the Baby</p> <ul style="list-style-type: none"> • Breast milk contains every nutrient a baby needs • Less constipation and nappy rashes • The baby is less likely to become overweight or obese in later life • Less gastro-enteritis , chest and ear infections, asthma and child onset diabetes due to the content of antibodies present in the breast milk • Bonding with the mother • Healthier babies and reduction in childhood cancers • Increase in babies IQ level | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |

Handout – Lesson One

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|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|
| <p style="text-align: center;">Benefits to the Mother</p> <ul style="list-style-type: none"> • Breast milk is safe, clean and easy • Reduced risk of both breast and ovarian cancers • Reduced risk of osteoporosis and high blood pressure • Helps to lose the extra weight that was gained during pregnancy • Contraception (menstrual cycle takes longer to normalize whilst breastfeeding) • Breast milk is free, therefore it saves money and time in comparison to bottle feeding • The formation of a close bond between mother and child | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| <p style="text-align: center;">Benefits to the Environment</p> <ul style="list-style-type: none"> • Less waste produced (plastic bottles, teats, cans) • Energy efficient as less electricity is used in order to sterilize equipment and prepare feeds • Fewer cows mean less grazing area required = more trees • Ozone friendly as less methane gas is created • Free from artificial additives and colourings | <hr/> <hr/> <hr/> <hr/> <hr/> |
| <p style="text-align: center;">Benefits to the Community</p> <ul style="list-style-type: none"> • Less childhood illness • Few days missed from the workplace through caring for sick children • Children miss less days off school • Fewer hospital admissions • Savings to various health departments | <hr/> <hr/> <hr/> <hr/> <hr/> |

Handout – Lesson One

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| <p>Activity Two Attitudes Towards Breastfeeding</p>  <p>4. My partner will feel left out</p> <p>2. Breastfeeding will regain my figure!</p> <p>1. My baby might not get enough milk</p> <p>7. If I decide to breastfeed then I can't return to work.</p> <p>3. Who would support my decision to breastfeed?</p> <p>5. I would feel embarrassed breastfeeding my baby</p> <p>6. Where could I go to get help and advice?</p> <p>4. It's embarrassing to see a woman's breast in public</p> | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| <p>Overview of Lesson One</p> <ol style="list-style-type: none"> Breastfeeding provides a newborn with optimum nutrition. it is completely natural, freely available and requires no preparation The mothers' breast changes early in pregnancy in order to supply the baby with milk Breastfeeding provides a wide range of benefits for not only the mother and child, but also the community and the environment Attitude towards breastfeeding in this country are sometimes negative. These attitudes are of a stereotypical nature usually associated with confusion and embarrassment | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| <p>Homework Test sheet</p> | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |

Handout – Lesson Two

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|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| <p>Breastfeeding Lesson Two</p> | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| <p style="text-align: center;">Learning Outcomes Lesson Two</p> <ul style="list-style-type: none"> • Review of lesson One and Homework • Activity Three – Bottle feeding V Breastfeeding • The importance of skin to skin contact • The differences between formula milk and breast milk • Safety advice when bottle feeding • Overview of Lesson Two • Homework | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| <p style="text-align: center;">Activity Three</p> <p style="text-align: center;">Bottle Feeding V Breastfeeding</p> | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |

Handout – Lesson Two

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|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|
| <p>Bottle Feeding</p> <ul style="list-style-type: none"> • Buy a steam sterilizer, bottles, teats, formula & bottle brush • Read and understand instructions for sterilizer & formula • Wash hands thoroughly • Wash the bottle & teat using bottle brush • Sterilize the bottle & teat • Fill the kettle, boil it • Wait half an hour (temp 70°C approx.) • Add required number of ounces of water to bottle • Count required number of formula into bottle, put the lid on & shake • Cool to required temperature • It's now ready • Lift baby & feed! | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| <p>Breastfeeding</p> <ul style="list-style-type: none"> • Wash your hands • Sit into a comfortable chair • Have a nice glass of water, your phone & radio or remote control for TV to hand • Lift baby • Feed! | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| <p>Importance of Skin to Skin Contact</p> <ol style="list-style-type: none"> 1. Helps to regulate baby's temperature, breathing and heart rate immediately after birth 2. Bonding 3. Allows the baby to 'suck' at the breast and begin to breastfeed 4. Breastfed babies have the reassurance of skin to skin contact at every feed | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |

Handout – Lesson Two

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|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|
| <p>Differences Between Formula Milk and Breast Milk</p> <ol style="list-style-type: none"> 1. There are many different types and brands of formula milk which sometimes can be confusing 2. Instructions and quantities have to be followed precisely 3. Different types of fat and protein 4. Formula contains more salt, other minerals (iron) and vitamins 5. Breast milk contains lactose (natural milk sugar) 6. Breast milk provides all necessary antibodies for babies 7. Formula does not provide any antibodies and therefore does not protect against illness | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| <p>Safety Advice for Bottle Feeding</p> <ol style="list-style-type: none"> 1. Bottle should only be prepared when they are needed because of the enterobacter sakazakii bacteria and salmonella which can prove fatal – they should not be prepared in advance and stored in the fridge 2. Ensure that all equipment is sterilized thoroughly before use 3. Always read the instructions and guidelines carefully as strong feeds can have harmful effects on the baby 4. There will always be risks with bottle feeding as formula is not a sterile product | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| <p>Overview of Lesson Two</p> <ol style="list-style-type: none"> 1. In comparison to bottle feeding breastfeeding is simple, hassle free and forms extremely close bond between mother and baby 2. Skin to skin contact is extremely important for the baby. It offers reassurance and bonding 3. Formula milk differs substantially from breast milk 4. If bottle feeding, there are many safety precautions that need to be taken. Breast milk is safe, clean and requires no preparation | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |

Handout – Lesson Two

| | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| <p style="text-align: center;">Homework</p> <p>1a. How much would it cost to breastfeed a baby for a week / month / year?</p> <p>1b. How much would it cost to bottle feed a baby for a week / month / year?</p> <p>2. If every woman in India stopped breastfeeding tomorrow it would take 114,000,000 cows to feed the babies: What importance would this have for:</p> <ul style="list-style-type: none"> • The mothers • The babies • The community • The environment | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| <p style="text-align: center;">Thank You For Listening</p> | <hr/> <hr/> <hr/> <hr/> |



Breastfeeding

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SECTION THREE

Activity One • Benefits of Breastfeeding to the **Baby**

1

2

3

4

5

6

7

Activity One • Benefits of Breastfeeding to the **Mother**

1

2

3

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Activity One • Benefits of Breastfeeding to the **Environment**

1

2

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Activity One • Benefits of Breastfeeding to the **Community**

1

2

3

4

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6

7

Activity Two – Attitudes towards Breastfeeding

Ask the students to think of one word when they hear 'breastfeeding'. In small groups ask them to think of likely attitudes towards breastfeeding and how to address them

Breastfeeding steps: Handout

Steps a mother must take to **BREASTFEED** a baby

- Wash your hands if practical to do so
- Sit down in a comfortable chair (although breastfeeding can be done anywhere)
- Optional!- Have a nice glass of water, your phone and radio or remote control for TV to hand
- Lift baby
- Feed!

Steps a Mother Must Take to Breastfeed - Photocopy onto Paper/Card

**WASH YOUR
HANDS**

**SIT IN A
COMFORTABLE
CHAIR**

**HAVE A NICE
GLASS OF
WATER, YOUR
PHONE & RADIO
AND TV REMOTE
CONTROL AT
HAND**

LIFT BABY

FEED



Breastfeeding

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SECTION FOUR

Lesson One: Homework/Classwork

1. BENEFITS OF BREASTFEEDING

In the table below please describe some of the benefits of breastfeeding to the mother, the baby, the community and the environment.

Benefits of breastfeeding to the;

| MOTHER | BABY | ENVIRONMENT | COMMUNITY |
|--------|------|-------------|-----------|
| | | | |
| | | | |
| | | | |
| | | | |

Lesson Two: Homework

(Please answer in the spaces provided)

1a. How much would it cost to breastfeed a baby for six months?

1b. How much would it cost to bottle feed a baby for six months?

Lesson Two: Homework

(Please answer in the spaces provided)

2. If every woman in India stopped breastfeeding tomorrow it would take 114,000,000 cows to feed the babies;

What implications would this have for?

- 1) The mothers 2) The babies 3) The community 4) The environment

| | |
|-----------|-------------|
| MOTHER | BABY |
| COMMUNITY | ENVIRONMENT |

Lesson One: Homework (Suggested Answers)

1. BENEFITS OF BREAST FEEDING

In the table below please describe some of the benefits of breastfeeding to the mother, the baby, the community and the environment.

Benefits of breastfeeding to the;

| MOTHER | BABY | ENVIRONMENT | COMMUNITY |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Breast milk is safe, clean and easy. It requires no preparation and is completely free thus saving both money and time | Breast milk is completely natural and the best possible food that a baby could receive | There is less waste generated, as plastic bottles' teats and cans are not needed in order to breastfeed | If children in the community are breastfeed, there is less childhood illness, which is passed on easily |
| Breastfeeding helps to lose the extra weight gained during pregnancy. It also acts like a contraceptive as the menstrual cycle takes longer to return to normal | If a baby is breast fed, they are less likely to become overweight or obese as a child or in adulthood | Breastfeeding is energy efficient. There is no electricity required to prepare feeds or sterilize equipment | If children in general are healthier, then fewer days will be missed from work through caring for sick children |
| A very close bond is formed between mother and child while she is breast feeding | Due to the antibodies contained in breast milk, there is less gastro-enteritis, chest & ear infections, asthma, diabetes, constipation and nappy rashes | Breast milk is completely free from additives, colourings and other artificial substances | As breastfeeding passes on various antibodies, children are less at risk from various illnesses. This leads to fewer hospital admissions and savings to health care departments |
| By breastfeeding, a woman is reducing her risk of contracting both breast and ovarian cancer in the future | When a child is breastfed, a strong bond is formed with the mother. The child receives love and support | The amount of air pollution is reduced if breastfeeding. There are no chemicals being released into the atmosphere. Breastfeeding is ozone friendly | In general, children miss fewer days from school due to illness |

Lesson Two: Homework (Suggested Answers)

(Please answer in the spaces provided)

1a. How much would it cost to breastfeed a baby for six months?

| NECESSARY | | DESIRABLE | |
|--------------------------------------------|--------------|------------------|---------------|
| Breast Pads (Not all women require these) | £4.20 | Muslin squares | £7.14 |
| Sub Total | £4.20 | Sub Total | £7.14 |
| | | Total | £11.34 |

1b. How much would it cost to bottle feed a baby for six months?

| NECESSARY | | DESIRABLE | |
|----------------------------------------------------------|----------------|----------------------|----------------|
| Bottles (6) | £13.27 | Bibs | £3.99 |
| Bottle & Teat Brush | £3.56 | Bottle Cooler/Warmer | £12.00 |
| Silicone Teats (6) | £9.50 | | |
| Sterilizer | £34.99 | | |
| Formula Baby Milk (Per Week) | £7.89 (x24) | | |
| Sub Total | £250.68 | Sub Total | £15.99 |
| Prices correct as of 15 March 2011 (Source Boots Plc) | | Total | £266.67 |

Lesson Two: Homework (Suggested Answers)

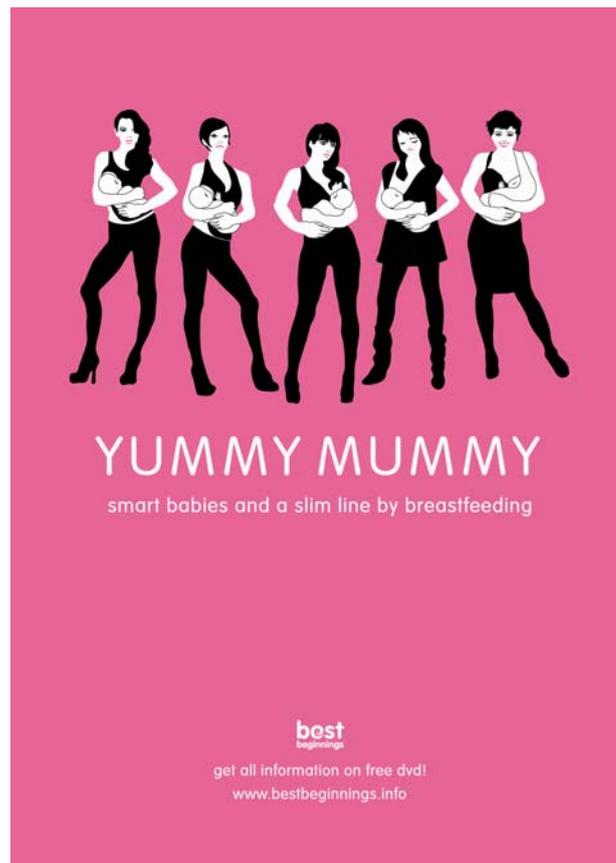
(Please answer in the spaces provided)

2. If every woman in India stopped breastfeeding tomorrow it would take 114,000,000 cows to feed the babies;

What implications would this have for?

- 1.The mothers 2.The babies 3.The community 4.The environment

| MOTHER | BABY |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>No contraception could lead to continuous pregnancies</p> <p>Danger of diseases (osteoporosis, cancer)</p> <p>Financial cost</p> <p>Less bonding with the child</p> <p>More days off to care for sick children</p> <p>Increased cost of electricity for sterilizing use.</p> | <p>There are risks surrounding bottle feeding due to the bacteria and salmonella</p> <p>Increased risk of infections and illnesses; gastro-enteritis, chest and ear infections, asthma and child onset diabetes</p> <p>Child is more likely to become obese later in life</p> <p>Due to illness, days will be missed at school; therefore a loss of education will result.</p> |
| COMMUNITY | ENVIRONMENT |
| <p>More childhood illnesses</p> <p>Increased costs to various health care departments to care for sick children</p> <p>More working days missed by mothers caring for sick children results in a loss to industry.</p> | <p>More wastage created from plastic bottles, tin cans and teats etc</p> <p>Cost increase in removal, disposal and recycling of waste and the creation of land fill sites</p> <p>Air pollution</p> <p>Grazing land needed for 114,000,000 cows, would require considerable deforestation</p> <p>Increase in use of electricity</p> |



Breastfeeding

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SECTION FIVE

Signposting Page

In this section you will find links to further information about breastfeeding.

Websites

www.breastfedbabies.org

www.bda.uk.com (British Dietetic Association)

www.breastfeeding.co.uk

www.breastfeeding.com

www.breastfeeding.network.org.uk

www.expressyourselvesmums.co.uk

www.healthpromotionagency.org.uk/Resources/breastfeeding/offtoagoodstart06.htm

Recommended reading

Minett, P. (2005) Child Care and Development. 5th Edition

Moody, J, Britten, J. & Hogg, K. (1998) Breastfeeding your baby. London: Thorsons

Celebrity Breastfeeding Mothers

Courtney Cox-Arquette

Cindy Crawford

Celine Dion

Jodie Foster

Catherine Zeta Jones

Madonna

Elle McPherson

Demi Moore

Sarah Jessica Parker

Christine Aguilera

Jennifer Garner

Rachel Weisl

Liv Tyler

Helena Bonham Carter

Ronni Ancona

Charlotte Church

Patsy Palmer

Lauren Laverne

Reese Witherspoon

Kate Winslet

Margaret Thatcher

Meryl Streep

Gwen Stefani

Julia Roberts

Paula Radcliffe

Eva Herzigova

Gwyneth Paltrow

Sharon Osborne

Davina McCall

Angelina Jolie

The Queen

Diana Princess of Wales

Jerry Hall

Ursula Andress

Grace Kelly

Men whose partners breastfed – Jamie Oliver (Chef)

Adam Sandler (Comic Actor)

Theo Walcott (Footballer was breastfed himself!)