

BREASTFEEDING

- Knowledge** After working through this lesson, participants will be able to
- Attitude**
- Practice**
1. List advantages of breastfeeding.
 2. Discuss the dangers of bottle feeding.
 3. Give basic advice to mothers who are breastfeeding.
 4. Give suggestions to mothers who have difficulties while breastfeeding.

Overview This series of lessons is based on the *Health Education Program for Developing Communities*, which is available from <http://hepfdc.info/>.

These lessons are accompanied by a series of health teaching booklets on the individual topics. They are based on information and standards from the World Health Organization and can be used with adults or with older children and teens.

- Materials** *Collect these items before beginning the lesson:*
- Poster-size paper, markers, and masking tape
 - Role Play
 - Handouts:
 - *Facts About Breastfeeding*
 - *Breastfeeding Challenges*

LESSON

60 minutes

Role Play: (5 minutes)

Instructions: A mother is caring for her newborn baby when a friend comes to visit.

1st: What a beautiful baby! How are you doing?

2nd: I'm doing okay. But I'm kind of worried.

1st: Worried? What is bothering you?

2nd: I don't have enough milk. And my nipples are really sore.

1st: You can do it! Just keep trying!

2nd: No, I just don't have enough milk. But that's okay. They gave me some free formula at the hospital.

Ask SHOW Questions:

*What did you **S**ee?*

*What was **H**appening?*

*Does this happen in **O**ur place?*

***W**hy does this happen?*

Benefits of Breastfeeding (10 minutes)

Instructions: Discuss as large group.

A. What are some benefits of breastfeeding?

1. Breastfeeding is the most important thing that a mother can do to protect her baby from serious illness and death.

HEALTH EDUCATION: BREASTFEEDING

2. Breast milk, especially the early milk or colostrum, contains antibodies that protect the baby from illness.
 3. Breastfeeding is less expensive than bottle feeding.
 4. Breastfeeding is safer than bottle feeding. Unless the bottles, nipples and formula are sterilized, babies often get sick.
 5. Breastfeeding is easier and more convenient. It is hard work to sterilize bottles and nipples.
 6. Some people say that breastfed babies grow up to be smarter than bottle fed babies.
 7. Breastfeeding also protects the mother. It protects her against cancer of the ovaries and the breast. It also protects her against osteoporosis (thin, weak bones in older women that break easily)
- B. What are some risks of bottle feeding?**
1. Bottle fed babies don't receive antibodies or protection from their mothers. So they have more infections like diarrhea and pneumonia.
 2. About one million children die each year because they are not breastfed for long enough.
 3. If the mother does not sterilize the bottles, nipples, and formula well, the baby may get sick.
 4. Formula is expensive.
 5. If formula is mixed with contaminated water (water with germs), the baby may get sick.
 6. If formula is left standing at room temperature for several hours, germs often grow, and the baby may get sick.
 7. Babies taking formula get sick more often.

Practical Points (10 minutes)

Instructions: Discuss in large group.

- A. How long should you breastfeed your baby?**
1. Breastfeed exclusively for the first six months of life.
 2. Exclusive breastfeeding means that no other foods and liquids are given to the baby.
 3. Continue breastfeeding until your child is at least two to three years of age.
 4. After six months of age, you can gradually introduce other foods.
- B. How can a mother care for herself while she is breastfeeding? Show the picture, *Facts about breastfeeding*.**
1. Never give "supplemental" bottle feeding. This will cause the mother to produce less milk.
 2. Get plenty of sleep. Rest more often.
 3. Drink more liquids.
 4. Eat extra amounts of healthy foods, such as eggs, meat, milk, and yoghurt. You are eating for yourself and your baby.
 5. Mothers may take extra vitamins while they are breastfeeding. Fruits and vegetables are also high in vitamins.
 6. Have a quiet place to relax while you are breastfeeding.
 7. If you must leave your baby to go to work, breast feed frequently before and after work.

HEALTH EDUCATION: BREASTFEEDING

Breastfeeding Challenges (20 minutes)

Instructions: Divide into small groups. You are CHEs, visiting a mother who is breastfeeding. But she is concerned. How would you answer her? Give out the handout, *Breastfeeding challenges*. Each group will answer one mother's challenge.

- A.** I'm not making enough milk."
1. Breastfeed more frequently.
 2. Drink more liquids.
 3. The lower picture shows the rooting reflex.
 4. As the mother touches her breast to the center of his lips, the baby will open his mouth widely.
 5. She should pull the baby straight onto the nipple. The baby will pull the nipple and areola (the darker part) into his mouth.
 6. The mother can hold her breast with her free hand to help him latch on.
- B.** "My nipples are cracked and sore."
1. The nipples may crack if the baby does not latch on well or is not positioned right.
 2. Prevent this by positioning the baby's lips and mouth on the areola (dark area) and not just on the nipple.
 3. Limit the feeding to 10 minutes on each breast.
 4. Never pull a baby off the breast without breaking the suction with your finger.
 5. Dryness and warmth (not creams and pads) are the best treatment for sore nipples.
- C.** "I am sick."
1. Continue breastfeeding with most illnesses.
 2. The mother's milk will contain antibodies (protection) against the infection.
 3. She can continue to breastfeed.
 4. She should NOT breastfeed if she has active tuberculosis, until it has been treated.
 5. Check with a doctor if the mother has HIV/ AIDS. HIV infection can spread to the baby.
- D.** My baby is sick with fever and diarrhea."
1. Continue breastfeeding.
 2. You can also give extra safe water and ORS.
 3. You can give extra water or ORS with a spoon.
 4. Do not use a bottle. Bottles and nipples that are not sterilized well can cause diarrhea.
 5. See a doctor if the baby looks very sick or if he is getting dehydrated (dried up).
- E.** My breast is swollen, red, and burning."
1. This probably is mastitis.
 2. Mastitis is an infection of the breast.
 3. The mother should see a doctor or health care provider.
 4. She may need warm compresses and antibiotics.
 5. Do NOT stop breastfeeding.

Teaching Booklets (15 minutes)

- A.** Divide into pairs. Practice teaching each other the teaching booklet, *Breastfeeding*.
1. Practice teaching

HEALTH EDUCATION: BREASTFEEDING

- B. During the week, visit your friends and neighbors to teach about breastfeeding using the teaching booklet.
-

Conclusion and Take-Away (5 minutes)

Discuss together:

- A. How can we apply this lesson?
 - B. What shall we do differently?
 - C. Who can we teach about breastfeeding?
-

References:

Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>
Health Topics. World Health Organization. Available from: <http://www.who.int/topics/en/>

HEALTH EDUCATION: BREASTFEEDING - STARTER

Role play:

Instructions: A mother is caring for her newborn baby when a friend comes to visit.

1st: What a beautiful baby! How are you doing?

2nd: I'm doing okay. But I'm kind of worried.

1st: Worried? What is bothering you?

2nd: I don't have enough milk. And my nipples are really sore.

1st: You can do it! Just keep trying!

2nd: No, I just don't have enough milk. But that's okay. They gave me some free formula at the hospital.

Role play:

Instructions: A mother is caring for her newborn baby when a friend comes to visit.

1st: What a beautiful baby! How are you doing?

2nd: I'm doing okay. But I'm kind of worried.

1st: Worried? What is bothering you?

2nd: I don't have enough milk. And my nipples are really sore.

1st: You can do it! Just keep trying!

2nd: No, I just don't have enough milk. But that's okay. They gave me some free formula at the hospital.

HEALTH EDUCATION: BREASTFEEDING

FACTS ABOUT BREASTFEEDING



Source: *Illustrations*, Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>

HEALTH EDUCATION: BREASTFEEDING

BREASTFEEDING CHALLENGES

1. **“I’m not making enough milk for my baby. He is only a week old.”**

Hint: Look at the drawings at the bottle of the *“Facts about breastfeeding”* handout.

2. **“My nipples are cracked and sore. What should I do?”**
3. **The mother is sick with a cold, flu, or pneumonia. Can she continue to breastfeed? What should she be careful about? Are there any special cases to consider?**
4. **“My baby is sick with a fever and diarrhea. I am afraid that she may get dehydrated (dried out), but I don’t want to give her a bottle. What should I do?”**
5. **“My breast is swollen, red, burning, and very painful. I think that I may have a fever. What should I do? Could this be mastitis?”**