

## Nutrition Education Code BF-000-33 A Mother's Gift

### OBJECTIVES

**Class participants will be able to:**

- name at least one emotional benefit of breastfeeding;
- name at least one way breastfeeding is a gift to the baby; and
- identify at least one place they can call for breastfeeding help.

### MATERIALS

**TV and VCR or DVD player.**

**VIDEO:** *A Mother's Gift*, stock no. 7807, produced by the Department of State Health Services, available in both English and Spanish, approximately 13 minutes. To obtain additional copies, use the Texas WIC Materials Order Form. Please be specific whether you want the *VHS* or *DVD*, and fax to: Publications Coordinator, (512) 458-7445.

**HANDOUTS:**

- "A Mother's Gift," attached; make additional copies as needed.
- A local agency-developed list of helpful breastfeeding resources. Make copies as needed before class. It should include breastfeeding help available locally and free of charge such as WIC peer counselors, the WIC breastfeeding coordinator, lactation consultants employed by WIC, and local La Leche League Leaders. Also include any other free local lactation support, such as local help lines or hospital-based lactation-support programs. Other resources include statewide and national toll-free breastfeeding hot lines such as the Texas Lactation Support Hotline at 1 (800) 514-6667 and lines at the National Women's Health Information Center at 1 (800) 994-9662 and the African-American Breastfeeding Alliance at 1 (877) 532-8535.

**Note about new lesson survey forms:**

The first few times a new lesson is presented, staff and participants need to complete the survey forms attached at the end of this lesson. Please note that the staff survey form is different from the participant survey form. Only 10–20 participant surveys need to be completed. Please mail completed new lesson surveys to:

Delores Preece  
Texas Department of State Health Services  
Nutrition Services Section  
1100 W. 49th Street  
Austin, TX 78756

## TEACHING TIPS

This lesson addresses the emotional benefits of breastfeeding and is appropriate for pregnant participants, the father of their baby, and any other family members or friends. If you send class appointment reminders, remind WIC participants to bring their loved ones.

## ICEBREAKER

**How many of you currently own cats or have owned a cat before?**

Allow participants time to answer.

**When a cat is in your lap and you're petting it, what does it do?**

Allow participants time to answer. The answer you are looking for is "It purrs!"

**Do you know if a mother cat purrs when she is nursing her kittens?**

Allow participants time to answer.

**Absolutely! In domestic cats, purring is most noticeable when the mother is nursing her kittens. It appears to be a song of relaxation and bonding. Both the mother cat and her kittens purr in a symphony of physical and emotional satisfaction where all is well with the world.**

**Human mothers and babies experience the same type of relaxation and bonding. We just usually don't hear the purring.**

## INTRODUCE VIDEO

**Just as cats nurse their kittens, nursing is also the normal way for a human mother to feed her baby. An artificially fed baby is much more likely to get sick in infancy, childhood, and adulthood and a mother who feeds her baby artificial baby milk is more likely to develop certain diseases later in life.**

**We know that breastfeeding provides health protection to babies and moms. Today we're going to focus on the great way breastfeeding makes them feel. In the video you are about to watch, breastfeeding moms were asked about these feelings. Let's hear what they had to say.**

## SHOW VIDEO

Show the video *A Mother's Gift*.

## DISCUSSION & EVALUATION QUESTIONS

**1. Can anyone name an emotional benefit of breastfeeding that was talked about in the video?**

Allow participants time to answer. Possible answers include:

- bonding
- unexplainable love
- calming
- relaxing
- replenishing

Read aloud those benefits from the list that aren't mentioned by participants.

**The mothers in the video had trouble describing the strong bond they felt they had with their breastfed babies. Breastfeeding is not just a great way for mothers to relax and bond with their baby — it's also a great way for mothers to build their self-esteem and confidence in their ability to care for their child.**

Pass out the handout "A Mother's Gift."

**2. Can anyone name one way that breastfeeding is a gift to the baby? What does the baby get from breastfeeding? You can look at the handout for hints.**

Allow participants time to answer. Possible answers include:

- first immunization
- reduced risk of allergies, infections, obesity, and cancer
- better health for life
- physical and emotional needs met
- milk designed specifically for your baby

**3. Breastfeeding can be challenging at first and new moms often have many questions. Some moms just need reassurance that breastfeeding is going well. That's is why it is important to know where to call for support in the early days of breastfeeding. Does anyone know who or where to call for breastfeeding support?**

Allow participants time to answer.

Possible answers include:

- WIC
- family members or friends
- the La Leche League
- a hospital

**Because it is important to call for support as soon as you think you need it, I'm going to give you a list of phone numbers to call for assistance with or questions about breastfeeding.**

Pass out your locally developed breastfeeding-resource list. Go over the list, pointing out the best places to call or visit for general questions and where participants can get hands-on help if they need it.

## **CONCLUSION**

**Breastfeeding helps form a powerful bond of unexplainable love between a mother and her child. No mother should miss out on the emotional benefits of breastfeeding and no baby should miss the opportunity to start life at their mother's breast. It's the best gift a mother can give.**

**Staff Lesson Survey Form**  
**NE LESSON CODE BF-000-33**  
**A Mother's Gift**

Local Agency No. \_\_\_\_\_

Date: \_\_\_\_\_

1. Was the video easy to see and hear?

- a. yes                      b. no

2. Was the lesson easy to read and follow?

- a. yes                      b. no

What changes would you suggest for improving the lesson? \_\_\_\_\_

\_\_\_\_\_

3. Participant feedback was ...

- a. positive                b. negative                c. indifferent

4. Was the Spanish translation appropriate for your participants?

- a. yes                      b. no

5. Do you plan to use this video and lesson again?

- a. yes                      b. no

Comments: \_\_\_\_\_

\_\_\_\_\_

6. Additional comments: \_\_\_\_\_

\_\_\_\_\_

**Note about new lesson survey forms:**

The first few times a new lesson is presented, staff and participants need to complete the survey forms attached at the end of this lesson. Please note that the staff survey form is different from the participant survey form. Only 10–20 participant surveys need to be completed. Please mail completed new lesson surveys to:

Delores Preece  
Department of State Health Services  
Nutrition Services Section  
1100 W. 49th Street  
Austin, Texas 78756

**Participant Survey Form**  
**NE LESSON CODE BF-000-33**  
**A Mother's Gift**

1. **I am: (you may circle more than 1)**
- a. pregnant
  - b. breastfeeding
  - c. the parent of an infant
  - d. the parent of a child
  - e. a family member or friend of a participant

2. **How much did you like the lesson?**
- a. a lot
  - b. a little
  - c. not at all

3. **Do you think this is a good lesson to use at WIC?**
- a. yes
  - b. no

**Why?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. **Do you think you will breastfeed your baby, at least for a few days?**
- a. yes
  - b. no

**Why or why not?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. **What is the most useful thing you learned from the video and discussion today?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. **Comments:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Thank you for your comments!*

**Encuesta del participante**  
**NE LESSON CODE BF-000-33**  
**El regalo de una madre**

**1. Soy: (puede escoger más de una respuesta)**

- a. una mujer embarazada
- b. una mamá que da pecho
- c. el papá o la mamá de un bebé
- d. el papá o la mamá de un niño
- e. un familiar o amigo de un participante

**2. ¿Qué tanto le gustó la lección?**

- a. me gustó mucho
- b. me gustó un poco
- c. no me gustó

**3. ¿Cree que ésta es una buena lección para usar en WIC?**

- a. sí
- b. no

**¿Por qué?** \_\_\_\_\_

\_\_\_\_\_

**4. ¿Cree que le dará pecho a su bebé por lo menos unos días?**

- a. sí
- b. no

**¿Por qué o por qué no?** \_\_\_\_\_

\_\_\_\_\_

**5. ¿Qué fue lo más útil que aprendió del video y de la plática hoy?**

\_\_\_\_\_

\_\_\_\_\_

**6. Comentarios:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*¡Gracias por sus comentarios!*