

Breastfeeding: A true Superpower

Bulletin Board and Self-Paced Interactive Lesson

Number PB-000-09

Included in this package:

1. Cover sheet and instructions.
2. You Make Super Human Milk- Title element. (English and Spanish)
3. Immune Protection / Protección Inmunológica- 3 page bound element with English and Spanish information.
4. Custom Milk / Leche Personalizada – 3 page bound element with English and Spanish information.
5. Flavors / Sabores- 3 page bound element with English and Spanish information.
6. Nutrients / Nutrientes- 3 page bound element with English and Spanish information.
7. Sample Layout.
8. Lesson evaluation questions English: *Not just a new mom, a Supermom.*
9. English answer sheet for evaluation questions.
10. Lesson evaluation questions Spanish: *No solo un mama nuevo un Supermama.*
11. Spanish answer sheet for evaluation questions.

To order an additional package of bulletin board display materials while supplies last, use stock no. 13-06-14019. You cannot order these pieces separately. All components including client handouts can be printed as low-resolution, modular elements under the lesson plan for PB-000-09 at www.dshs.state.tx.us/wichd/nut/splessons-nut.shtm.

Not included in this package:

Breastfeeding: A True Superpower poster, stock number 13-06-13923. This element may be ordered through the WIC catalog www.dshs.state.tx.us/wichd/WICCatalog/contents.shtm

Participants will read the information behind each bound element (items 3, 4, 5, & 6 in the list above) then complete and return the *Not just a new mom, a Supermom* lesson evaluation questions. Please review these questions with participants before issuing class credit.

Keep this sheet for future reference when the bulletin board is used again in your Local Agency.

YOU MAKE SUPER HUMAN MILK



IMMUNE PROTECTION
PROTECCIÓN INMUNOLÓGICA



BREASTMILK
EVERY OUNCE COUNTS™



Breastfeeding:
a true **SUPERPOWER.**

Amamantar:
un verdadero **SUPERPODER.**



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FLAVORS
SABORES



BREASTMILK
EVERY OUNCE COUNTS™



CUSTOM MILK
LECHE PERSONALIZADA



BREASTMILK
EVERY OUNCE COUNTS™



NUTRIENTS
NUTRIENTES



BREASTMILK
EVERY OUNCE COUNTS™

USTED HACE LECHE SUPERHUMANA