

## NE LESSON CODE BF-000-28 Breastfeeding Rummy

This is a motivational breastfeeding lesson for pregnant WIC participants.

### OBJECTIVES

The participant will be able to:

- \* name three benefits of breastfeeding.
- \* resolve two breastfeeding problems.

### MATERIALS

- \* *Breastfeeding Rummy* card game, available for downloading in English on the TDH WIC Web <http://www.tdh.state.tx.us/wichd/nut/pdf/rummy.pdf> or Spanish at: <http://www.tdh.state.tx.us/wichd/nut/pdf/rummyS.pdf>
- \* Suggested prizes for playing the game:
  - \* Bookmarks, available for downloading in English or Spanish from the TDH WIC Web site at <http://www.tdh.state.tx.us/wichd/nut/teens.htm>.
  - \* *Instructional Guide for Giving Your Baby the Best*, stock no. 13-06-10954 English, 13-06-10954A Spanish

### HANDOUTS

- \* *Breastfeeding: The Best Choice*, brochure, stock no. 13-184 English, 13-184A Spanish
- \* *Let's Talk About Teens and Breastfeeding*, stock no. 13-102 English, 13-102A Spanish
- \* *Colostrum* bilingual flier stock no. 13-06-11549

#### **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 Health  
Bureau of Nutrition Services  
1100 W. 49th Street  
Austin, TX 78756

## **TEACHING TIPS:**

Prepare your clinic waiting room or classroom by decorating a bulletin board that lists the benefits of breastfeeding. If you are teaching pregnant teens, use the teen poster, *You Can Breastfeed Anywhere*, stock no. 13-50. Download bulletin board pieces from the TDH WIC Web site at: <http://www.tdh.state.tx.us/wichd/br/promo.htm>.

Cut in equal sizes, and laminate the *Breastfeeding Rummy cards* from the WIC Web sites at: <http://www.tdh.state.tx.us/wichd/nut/rummy.pdf> for English or <http://www.tdh.state.tx.us/wichd/nut/rummyS.pdf> for the Spanish.

If available, ask a breastfeeding peer counselor to attend or teach the class.

You may give teens the bookmarks, the *Colostrum* flier, or the *Instructional Guide for Giving Your Baby the Best* as prizes for playing the game. You do not have to give prizes but, if you are teaching teens, they make for a good incentive.

## **ICEBREAKER**

**Can you name a task or job that is much easier if you have help?** Give participants an opportunity to answer. Possible answers:

- \* Changing a tire
- \* Homework
- \* Washing dishes

**If it is something you are just learning how to do for the first time, how important is it that you get help?**

**Riding a bicycle is easy, once you learn how, but it is much easier to get the hang of it if someone who knows how to ride a bike is there to help you. I am here to help you with breastfeeding. I, or someone else, at your WIC clinic will be available if you need to call with your concerns. You can also call the toll-free number on the back of this brochure.**

Distribute one of the breastfeeding brochures.

**Today we are going to play a card game, *Breastfeeding Rummy*, which should answer a lot of your questions about breastfeeding but, if it doesn't, remember, you can call me or one of the numbers on the back of the brochure to learn more. There are many breastfeeding counselors who want to help you. Why? Because breastfeeding is one of the best experiences you can have with your baby.**

## ACTIVITY

Play the *Breastfeeding Rummy* card game. There are 15 sets of cards. Each set has two cards with a matching graphic and breastfeeding benefit. For example, there are two Benefits Cards with the same graphic showing money labeled “Breastfeeding saves money on medical bills, formula and fuel.” These two cards make up one “set.”

Deal the *Breastfeeding Rummy* cards to the class.

In each set there appears a breastfeeding question on one card and the answer to that question on the matching card. When you deal the cards, make sure no one participant is dealt a matching set. You can deal all the cards, but everyone should have the same number of cards in their hand. And all cards should be dealt in sets. In other words, you would not have just one card left over. If you have two cards left over, they should be a matching set. It is OK if each participant has only one card.

**We are going to play a card game, Breastfeeding Rummy.**

**Raise your hand if you have a card with a question on it.** Select one of the participants to read aloud her question.

**Do you know the answer to this question? Does anyone here know the answer?** If no one knows the answer, ask the participant to hold up her card with the benefit and graphic showing. **Who has the answer card to this question? Please read your answer to the class.** After the answer is read aloud to the class, allow for discussion of the topic on that set of cards. After the question is answered, ask those two participants to **turn over that set of cards** and ask one of them to **read aloud the benefit on the card.** If the class has questions or wants to discuss the benefit, allow for discussion. Then go to the next question-and-answer set.

Be sure to collect all the cards after playing, so they may be used again. Distribute handouts and prizes for playing the card game.

## ORAL EVALUATION:

When you give the oral evaluation, remember the topics discussed and use only those topics in Part I and Part II of the oral evaluation.

## ORAL EVALUATION PART I

Fill in the blanks as I (the instructor) read the following sentences aloud:

1. Colostrum is \_\_\_\_\_, has \_\_\_\_\_ to protect my baby, and is \_\_\_\_\_ in color.
2. My newborn's tummy is about the size of a \_\_\_\_\_ so I will nurse him often — every \_\_\_\_\_ to \_\_\_\_\_ hours around the clock.
3. I should not drink \_\_\_\_\_. The baby will get it through the breastmilk and, even if I am not nursing, it could impair my parenting.
4. I can prevent engorgement and even mastitis by \_\_\_\_\_.
5. While breastfeeding, I should nurse until my baby \_\_\_\_\_ each breast.
6. If my baby is latched on incorrectly or I am feeling pain, I should \_\_\_\_\_.
7. \_\_\_\_\_ is the last hunger cue my baby gives me. I should nurse at his first signs of hunger, when he is \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_.
8. To clean my nipples, I just need to \_\_\_\_\_. For sore nipples, I just rub a little \_\_\_\_\_ on them.
9. Two ways I can burp my baby are: \_\_\_\_\_ and \_\_\_\_\_.
10. If my breasts are leaking, I can \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_.
11. To see if my baby is getting enough to eat, I can count his \_\_\_\_\_. He should also be \_\_\_\_\_.
12. If I have problems breastfeeding, I can call for help the following: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ or \_\_\_\_\_.

### Answers (Part I):

1. mother's first milk, antibodies, clear to bright yellow
2. a walnut (or baby's fist), 1½ to 2
3. alcohol
4. breastfeeding often
5. empties
6. release suction from the breast by placing my finger between his mouth and my breast
7. Crying, turning from side to side, sucking on his fist, making sucking noises
8. run warm water over them in the shower and let them air dry; breastmilk
9. placing him over one of my hands and gently patting him on the back with the other; placing him over my shoulder and gently patting him on the back
10. express a little milk, use breast pads, wear concealing clothing
11. wet and dirty diapers; gaining weight
12. WIC breastfeeding counselor, Mom's Place, lactation consultant, La Leche League

## ORAL EVALUATION Part II

Name three benefits of breastfeeding:

(1) \_\_\_\_\_

(2) \_\_\_\_\_

(3) \_\_\_\_\_

### Answers (Part II)

- \* fewer ear infections
- \* easy to comfort
- \* good for the environment
- \* doesn't stain clothing
- \* helps baby develop strong teeth and jaws
- \* diapers don't smell as bad as formula-fed baby's diapers
- \* babies have less gas
- \* breastmilk is easier for baby to digest
- \* breastmilk is always available and the right temperature, so traveling is easier
- \* saves money on doctor bills
- \* helps with the baby's brain growth
- \* helps mother and baby bond

**NE LESSON CODE BF-000-28**  
**Breastfeeding Rummy**  
**Lesson Survey Form — Participant**

**DATE:** \_\_\_\_\_

**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 a friend of a WIC Participant
- f. under 18 years of age

**2. How much did you like this lesson?**

- a. a lot
- b. a little
- c. not at all

**3. What was the most important thing you learned from the game we played today?**

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**4. Are there questions or concerns you have about breastfeeding that were not addressed in the lesson?**

- a. yes
- b. no

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

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**5. Additional Comments:** \_\_\_\_\_

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*Thank you for your comments!*

**NE LESSON CODE BF-000-28**  
**Breastfeeding Rummy**  
**Staff Survey Form**

LA# \_\_\_\_\_

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

1. Was the lesson easy to read and follow?

- a. yes                      b. no

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

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

2. Were the instructions for playing Breastfeeding Rummy easy to follow?

- a. yes                      b. no

3. What changes would you suggest for improving the game? \_\_\_\_\_

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

4. The participant feedback was:

- a. positive                      b. negative                      c. indifferent

5. Was the Spanish translation appropriate for your participants?

- a. yes                      b. no

6. Do you plan to use this lesson again?

- a. yes                      b. no

7. Additional comments: \_\_\_\_\_

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

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