



Breastfeeding Supports in the Classroom - Activity Planning/“Curriculum”

Building Blocks for Breastfeeding Friendly Child Care
Learning Burst - May 2021



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Breastfeeding Communities



AGENDA



Supplemental Nursing

Breastfeeding

Combination Feeding

Chestfeeding

However you choose to feed your child, you are
Welcome Here!

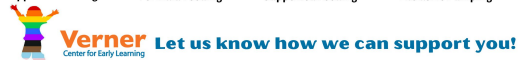


Supported Feeding

Formula Feeding

Supported Feeding

Exclusive Pumping



- I. Welcome 5 minutes
- II. Normalizing Breastfeeding 5 minutes
- III. Activity Planning 25 minutes
 - A. Activity Planning in classrooms
 - B. Breastfeeding resources to use
- IV. Next steps breakout groups 20 minutes
- V. Wrap-up/announcements 5 minutes

Our WHY - Achieving Health Equity in Every Community



Breastfeeding-Friendly Child Care Curriculum Standard

- **Provide interactive and developmentally appropriate learning opportunities that normalize breastfeeding for children in the program.**
 - List activities and materials in the curriculum which normalize breastfeeding (i.e., games, storytelling, books, toys)
 - Describe how, when and where these are used (attach separate document, if needed)

What does “Normalize Breastfeeding” mean?

Take a quick moment to think about infant feeding.

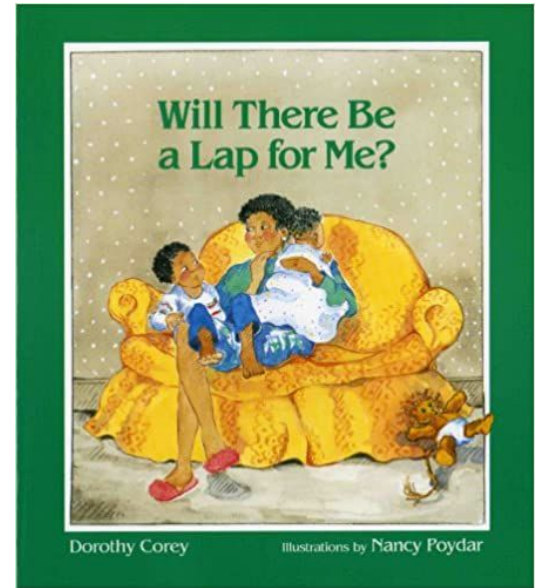
- What picture comes to mind?
- What picture might families have regarding infant feeding?

To “normalize breastfeeding” is to have a picture of breastfeeding as the usual or “normal” way that children are fed.

And, in the classroom, it may also mean to offer expressed human milk for feedings when the parent is not there.

Why “Normalize Breastfeeding?”

- Parents are reassured that breastfeeding can be an option when working/going to school.
- Families feel welcome to continue to breastfeed and provide their milk.
- Staff feel supported to make the choice to breastfeed.



How can we normalize breastfeeding in the classroom?



Include Breastfeeding resources and activities:

- Books/storytelling
- Toys/classroom materials
- Formal lesson planning
- Videos and other resources

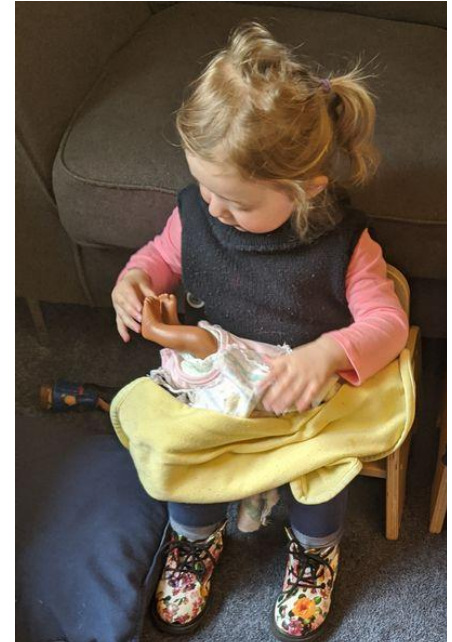
That can help to normalize breastfeeding in the classroom by:

- providing opportunities for children to see breastfeeding.
- helping children to learn that breastfeeding is a normal way to feed a baby.

Activity Planning: Developmentally Appropriate Practice

NCFELD Goals that can be achieved:

- **APL -1 and APL- 2:** children show curiosity and express interest in the world around them; actively seek to understand the world around them
- **ESD-2 and ESD-5** Children express positive feelings about themselves and confidence in what they can do; demonstrate the social and behavioral skills needed to successfully participate in groups.
- **HPD-1 and HPD-7** children develop healthy eating habits; awareness of their needs and the ability to communicate their needs
- **LDC-4 and LDC-8** children speak audibly and express thoughts, feelings, and ideas clearly; develop an interest in books & motivation to read
- **CD-2 and CD-6** Children recall information and use it for new situations; demonstrate knowledge of relations and roles within their own families, homes, classrooms, and communities.



Activity Planning: Choosing Books



Choose books that reflect the diversity of families in your community.

Books that normalize breastfeeding do not have to be “about” breastfeeding

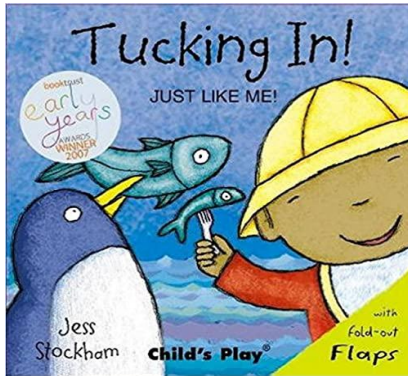
- Part of the family's life
- Mammals/other animals caring for their young that include a nursing dyad
- From a child's point of view.

Include these books in all classrooms and for all ages in your program.

- Use the books as part of shared storytime activities.
- Have books available for children to enjoy on their own.

Books Can Show Breastfeeding As Part of a Story

Here are some books that depict breastfeeding as part of the story of a family's life.



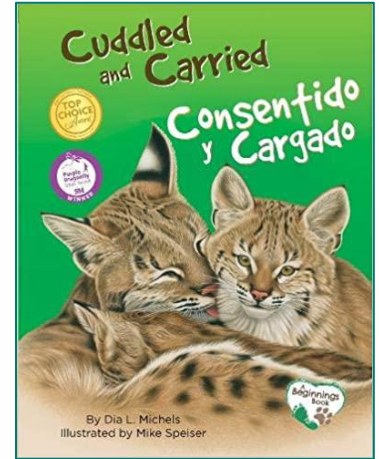
- *Will There Be a Lap for Me?* by Dorothy Corey
- *We Have a Baby* by Cathryn Falwell
- *Happy Birth Day!* by Robie H. Harris & Michael Emberley
- *Tucking In! (Just Like Me!)* by Jess Stockham
- *The Best Gifts* by Marsha Forchuk Skrypuch
- *My New Baby* by Rachel Fuller

Most are available online. Some also may be available at local libraries.

Books Can Be About All Kinds of Animals Caring For and Feeding Their Young

Here are some books that show how different animals, including humans, feed their infants.

- *Babies Nurse/Así se alimentan los bebés* by Phoebe Fox
- *Nos gusta amamantar//We Like to Nurse* by Chia Martin
- *Cuddled and Carried/Consentido y cargado* by Dia L. Michels
- *The World Is Full of Babies!* by Mick Manning & Brita Granström
- *My Mama's Milk* by Kawani AJ Brown
- *Mama's Milk/Mamá me alimenta* by Michael Elsohn Ross
- *También A Nosotros Nos Gusta Amamantar/We Like to Nurse, Too* by Mary Young

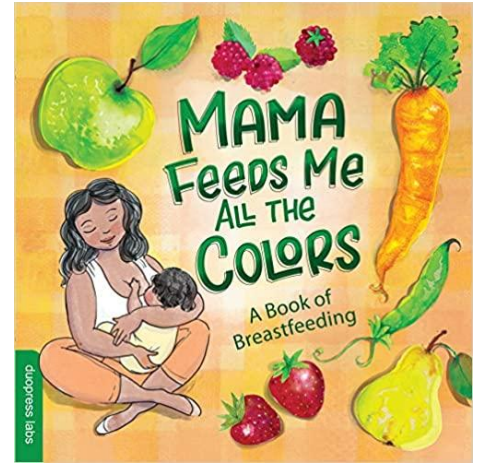


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Books Can Be All About Breastfeeding

Here are some books that are about breastfeeding.

- *This Milk Tastes Good! A Breastfeeding Nursery Rhyme* by Chenniah Patrick
- *The Wonders of Mother's Milk* by Mishawn Purnell-O'Neal
- *Mama Feeds Me All the Colors: A Book of Breastfeeding* by duopress labs
- *Milky Moments* by Ellie Stoneley
- *Breastmilk Makes My Tummy Yummy* by Cecilia Moen
- *What Does Baby Want? / ¿Qué Quiere El Bebé?* By Tupera Tupera



Most are available online. Some also may be available at local libraries.

Activity Planning Ideas: Materials

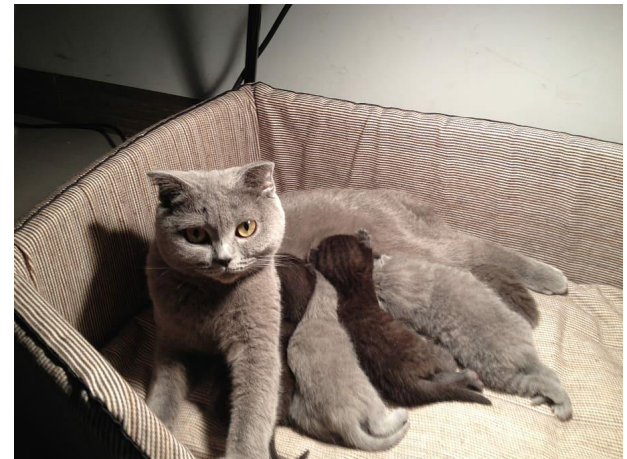
- Offer dolls that reflect the diversity of the children in your community.
 - Have fewer bottles than dolls (“not all babies use bottles to eat”)
 - Include carriers for dolls
- Provide plush toys, such as from this series:
 - “Nursing Nana” (dog and puppies)
 - “Nursing Nina” (cat and kittens)
 - “Nursing Nola” (rabbit and kits)
 - “Nursing Nissa” (hedgehog and hoglets)



Photo courtesy of Barbara Cameron

Incorporate breastfeeding in special themes

- **Our Healthy Growing Bodies**
 - Include pictures of infants breastfeeding,
 - Invite a parent & nursing infant to visit the class.
- **Nutrition and Food**
 - Talk about breastfeeding/human milk as specially made for infants;
 - Show pictures of infants breastfeeding and/or invite a parent & nursing infant.
- **Mammals and How They Eat**
 - Matching activity of adult & baby mammals
 - Include human parent & infant
- **Others?**



Enjoy Videos Together (for older preschoolers, if screen time is approved)



- "Sesame Street" (1977): "[Buffy Nurses Cody](#)" Folksinger Buffy Saint-Marie nurses her son Dakota "Cody" Starblanket. [Maria Breastfeeds Gabriella](#) (1989). Talks about ways to feed babies.
- Mr. Rogers Talks about Food (Program #1536 on "Mr. Rogers' Neighborhood") [Mister Rogers Talks About How Moms Feed Their Babies](#) Three mothers are breastfeeding, and one mother is bottle feeding. (5:28)



QUESTIONS?

BREAKOUT GROUPS

Take a few minutes in your break out group to discuss:

1. At what phase of normalizing is your program?
2. What are some activities that you already plan in which breastfeeding could be included?
3. Let's talk about challenges...

Thanks to all of our partners!

- ENRICH Carolinas - Carolina Global Breastfeeding Institute (CGBI)
- Buncombe County Partnership for Children
- Orange County Partnership for Young Children
- NC Partnership for Children
- Breastfeed Durham
- Breastfeed Orange NC

