

## TEACHING PLAN

**Topic:** Health Teaching about Breastfeeding among Pregnant & Lactating Mothers

**Purpose:** Impart knowledge on mothers about the importance of breastfeeding, the correct latch and positioning, the benefits of breastfeeding, and the techniques of breast massage and hand expression

**Goal:** Within 2 days of health teaching, pregnant & lactating mothers will be able to understand and appreciate the importance and benefits of breastfeeding, and will be able to know and learn the correct latch-on and positioning during breastfeeding

**Venue:** Community Hall

**Date:** April 19-20, 2010 at 8:00am-10:50am

**Participants:** health educators (barangay nurses, student nurses)

**Target Group:** pregnant & lactating mothers in the community

Learning Objectives	Content Outline	Methods of Instruction	Time Frame	Instructional Resources	Methods of Evaluation
<p>1. Be able to understand what is breastfeeding</p> <p>2. Be able to appreciate the importance of breastfeeding</p> <p>3. Be able to determine the advantages or benefits of breastfeeding for the infant and for the mothers</p> <p>4. Be able to understand the importance of correct latch-on and positioning</p>	<p>Health Teaching about Breastfeeding among Pregnant &amp; Lactating Mothers:</p> <p>A. Definition of Breastfeeding</p> <p>B. Importance of Breastfeeding</p> <p>C. Advantages or Benefits of Breastfeeding for the Infant and for the Mothers</p> <p>D. Importance of Correct Latch-on and Positioning</p>	<p>Short role play</p> <p>Lecture</p> <p>Film showing and Power-point presentation</p> <p>Question and Answer</p>	<p><i>DAY 1</i></p> <p>8:00am-8:15am Registration</p> <p>8:20am-8:30am Opening program (role play)</p> <p>8:30am-8:40am Introduction or Short Talk</p> <p>8:40am-9:30am Lecture &gt; outline A, B, C and D</p>	<p>-Books</p> <p>-Brochures and Booklets about breastfeeding</p> <p>- Pictures of breastfeeding mothers</p> <p>-Visual Aids</p> <p>-Marker</p> <p>-Projector</p> <p>-Laptop</p>	<p>-Within 2 days of health teaching, pregnant and lactating mothers were able to understand what breastfeeding is, appreciate its importance and benefits and know the techniques of correct latch-on and positioning and breast massage and hand expression.</p> <p>-Conduct a repetition of the topic and review the taught information to the mothers, then, encourage them to speak out what they have learned</p> <p>-Conduct a return demonstration to</p>

<p>5. Be able to redemonstrate correct latch-on and positioning</p> <p>6. Be able to understand the importance of breast massage and hand expression</p> <p>7. Be able to learn the techniques of breast massage and hand expression</p>	<p>E. Techniques for Correct Latch-on and Positioning</p> <p>F. Importance of Breast Massage and Hand Expression</p> <p>G. Techniques of Breast Massage and Hand Expression</p>		<p>9:30am-10:00am</p> <p>Film Showing and Power-Point Presentation &gt; outline E</p> <p>10:00am-10:30am</p> <p>Question and Answer</p> <p>10:30am-10:50am</p> <p>Snacks</p> <p><b>DAY 2</b></p> <p>8:30am-8:50am</p> <p>Review of outline A, B, C, D and E</p> <p>8:50am-9:20am</p>		<p>mothers about the correct latch-on, positioning and the techniques of breast massage and hand expression</p> <p>-Ask for any feedbacks from the listeners if they really understood the topic being discussed to them.</p>
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			Lecture > Outline F		
			9:20am-9:50am Film-showing and power-point presentation > outline G		
			9:50am-10:30am Question and Answer		
			10:30am-10:50am Snacks		

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