

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 & 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 > 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>

5. Be able to redemonstrate correct latch-on and positioning	E. Techniques for Correct Latch-on and Positioning		9:30am-10:00am		mothers about the correct latch-on, positioning and the techniques of breast massage and hand expression
6. Be able to understand the importance of breast massage and hand expression	F. Importance of Breast Massage and Hand Expression		10:00am-10:30am		-Ask for any feedbacks from the listeners if they really understood the topic being discussed to them.
7. Be able to learn the techniques of breast massage and hand expression	G. Techniques of Breast Massage and Hand Expression		Question and Answer		
			10:30am-10:50am		
			Snacks		
			DAY 2		
			8:30am-8:50am		
			Review of outline A, B, C, D and E		
			8:50am-9:20am		

			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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