

Breastfeeding Brainium

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Breastfeeding Brainium

- I don't know but I've been told...
- Breastfeeding's healthy and I am sold!
 - *You've got a baby and school to do*
 - *How can this possibly work for you?*

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- I've got lots of option powers...
 - Part-time, phase back, flex-time hours!
 - *What does your mother have to say?*
 - It's free and more sleep – she's ok...
 - *School though, how will you get there?*
 - Correspondence or on-site care!
 - *Why is this so important to you?*

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- Health protection, low infection, high IQ!
 - *Huh!*
 - Yeah...
 - *Wow!*
 - Yeah...
 - *Smart!*
 - Yeah...
 - Check it out!
 - Written by Cathie Pickerl, 2013

Background Information

- There's an ongoing need for new and different activities/lesson plans
 - Especially with adolescents
 - MB has highest teen pregnancy rate
 - Girls decide about whether to breastfeed before they leave school
 - Impact of decisions such as cosmetic surgery...

Background Information

- Father's preference influences both the incidence and duration of breastfeeding
- Project goal –
 - To increase knowledge about breastfeeding as well as some of the "how-to" aspects in a fun way

Background Information

- Criteria
 - Use with adolescents or adults
 - Facilitator can access with little or no preparation time
 - Group participants take the lead in educating their peers

Breastfeeding Brainium

A collection of 9 interactive games

Breastfeeding Brainium Project in Review

- Games to use as a whole or in part
- Can be used for individuals and groups
- Engages both sides of your brain

How it Works

- Choose a game theme and sort into groups
- Groups receive leader instructions to educate other participants
- Games all list equipment/time/rationale/instructions

Game Themes

Mystery
A bag full of everyday tools useful for breastfeeding
Who knew?

Game Themes

Truth or Myth
101 reasons to breastfeed
...or defy your friends!

Game Themes

Word Puzzle

A crossword to challenge your friends on breastfeeding vocabulary...

Game Themes

Charades

Action-packed breastfeeding positions to guess, then reflect on all the benefits each one offers...

Game Themes

Building

What boy doesn't like to build models that demonstrate protection against the enemy?

Game Themes

Budgeting

What teen doesn't like money?
Learn how breastfeeding saves!

Game Themes

Memory

Watch on the internet initiation of the breast crawl while watching for signs that baby comes hard-wired to breastfeed!

Game Themes

Song/Rap/Poem

Share your idea of how breastfeeding can be juggled into busy lives...

Game Themes

Drawing

Draw body parts that never looked healthier, thanks to breastfeeding!

Word Puzzle

Across

1. Breastfed babies do not follow this in deciding when or how often they want to eat
6. What parents will count to monitor baby's intake in the first few days
8. Refers to the moment that hind milk becomes available to your nursing baby
9. Another word used for breastfeeding
11. Applied to the breasts to help increase milk flow while baby is breastfeeding
12. What a breastfeeding mother can use to express milk
14. The very first milk that a breast makes when a baby is born
15. The darker coloured skin around the nipple



