

Lesson Plan

Lesson Name: BTW: Nurturing Your Baby: learning to latch
Lesson Goal: Participants will latch baby at breast and initiate nursing after delivery
Lesson Objectives: (Must be specific, measurable, attainable, result-driven, and timed) Participants will: <ol style="list-style-type: none">1. Identify 3 characteristics of a good latch.2. Demonstrate hand expression of breast milk.3. List 2 signs baby is getting adequate breast milk.
Materials Needed: Power Point w/speaker notes Steps To Latch and Hand Expression handouts Filled balloons or breast stress balls
Learning Activities: Go through power point with participants. Be sure to ask the interactive questions included in the speaker notes to engage the audience in conversation. On slides 12-15 is a section called "Is This A Good Latch?". Be sure to go through the pictures with the participants and discuss the answers as this will be used as an evaluation component. After watching the video on slide 29, participants will be asked to practice hand expression, please complete the hand expression activity as this will be used as an evaluation component. On the "Questions" slide (slide 32) you will be asking the participants 2 questions. Please be sure to ask these questions as they will be used as an evaluation component.
Teaching Tips: Engaging your audience, inviting them to ask questions and discuss the information presented will be the difference between this being a really great session for you and the participants or just a boring old session with you "reading" to your audience. Throughout the power point in the speaker notes, there are several questions and discussion points listed. Please do your best to use these discussion starters to engage your participants.

Evaluation:

Objective 1 – evaluated by asking participants to evaluate the latch shown in the pictures on Slides 12-15

Objective 2 – evaluated by having participants practice hand expression using stress balls or balloons

Objective 3 – evaluated by having participants answer the 2 questions asked by the presenter on Slide 32

Please attach appropriate support materials and evaluation tools.