

**BREASTFEEDING CURRICULUM  
FOR  
PRESCHOOL STUDENTS  
(ages 3-5)**

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for Douglas College Breastfeeding Counsellor Certificate Course  
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# Preschool Breastfeeding Curriculum

## Goal of Curriculum

To make preschool children aware that breastfeeding is a natural and normal process.

## Class 1 Objectives

By the end of this class, preschool students will be able to:

1. Describe the term “mammal”.
2. Discover what form of nutrition all baby mammals feed on.
3. Demonstrate how baby mammals feed from their mothers.

## Class 2 Objectives

By the end of this class, preschool students will be able to:

1. Deduce that breast milk is the only food a healthy newborn baby requires.
2. Demonstrate how a baby can be positioned for breastfeeding.

# Class 1: Felt Board Script

## Objective 1: Describe the term “mammal”

- Does anyone know what a mammal is?
- A mammal is any animal which feeds their young babies on milk from the mother.
- Humans are also mammals because mothers have breasts which make milk to feed their babies. When a mommy feeds her baby milk from her breast, it is sometimes called “nursing her baby”.

## Objective 2: Discover what form of nutrition all baby mammals feed on

- This is a giraffe. The mother giraffe has teats on her lower belly hidden between her back legs where her baby can suckle milk.
- This is a whale. The baby whale feeds on it’s mother’s milk. The baby whale nurses from teats tucked away in slits on the mother’s belly. The baby whale nurses many times during the day.
- This is a cow. A baby cow is called a calf. The calf drinks its mother’s milk from her udder which is between her back legs.
- This is a dog. After the puppies are born, the mother dog lets them drink milk from her body until they are big enough to eat other foods.
- When a human mother is pregnant, her breasts grow in preparation to nurse her baby. When the baby is born and hungry, the mother holds her baby very close in her arms. The baby opens his mouth very wide over the nipple and sucks on the mother’s breast. This sucking makes the breast produce milk.

## Objective 3: Demonstrate how baby mammals feed from their mothers

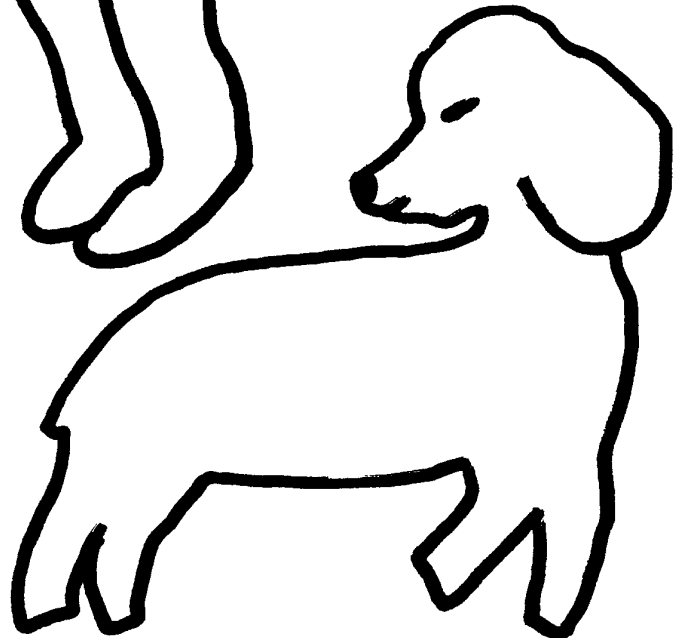
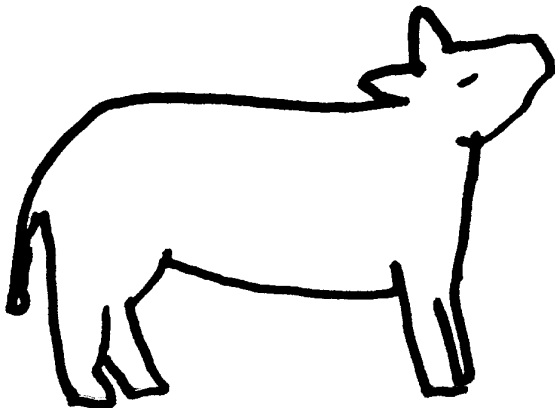
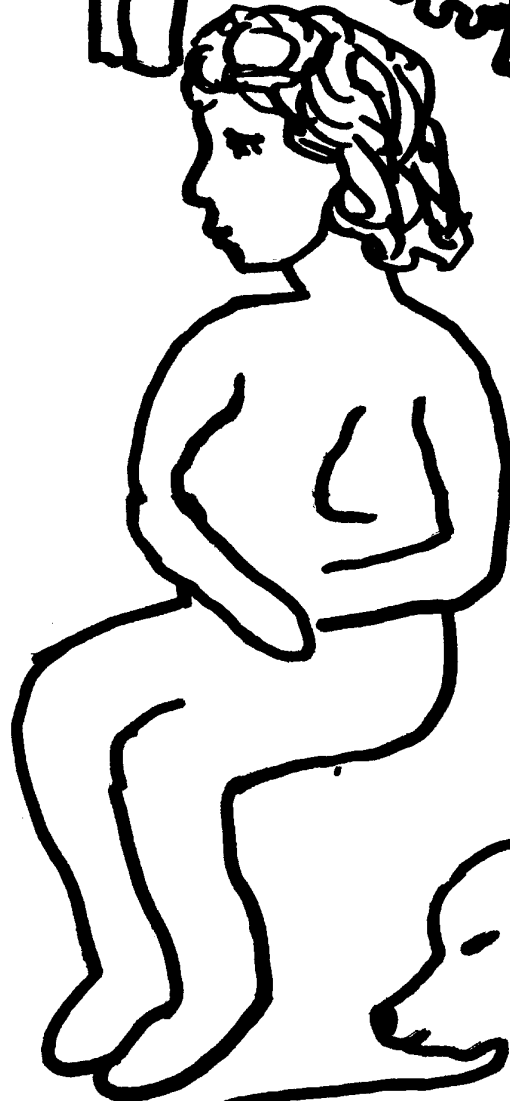
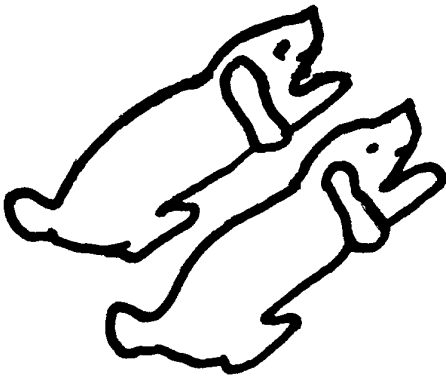
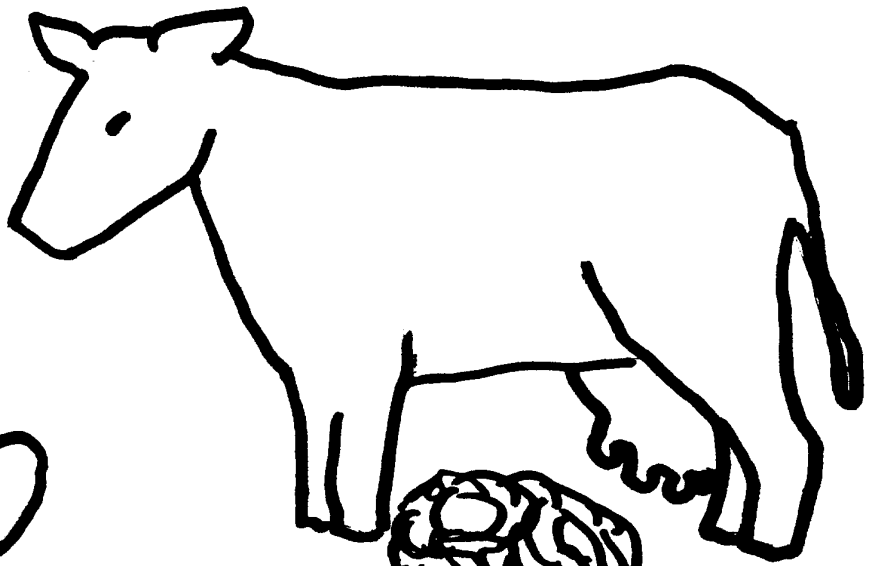
- This is a giraffe. The baby giraffe is hungry and needs to drink his mother’s milk.

(Then using above wording, substitute whale, cow, dog and human in place of giraffe)

## Class 1: Lesson Plan

<b>TIME</b>	<b>OBJECTIVES</b>	<b>INSTRUCTOR ACTIVITIES</b>	<b>LEARNER ACTIVITIES</b>	<b>LEARNING AIDS</b>	<b>INSTRUCTOR REFERENCES</b>
1.5 min	1) Describe the term "mammal"	<ul style="list-style-type: none"> <li>• Ask children if anyone knows what a mammal is?</li> <li>• Describe a mammal to them</li> <li>• Show 5 different kinds of mammals on a felt board i.e. giraffe, whale, cow, dog, human</li> </ul>	<ul style="list-style-type: none"> <li>• Respond to questions</li> <li>• Watch felt board presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Felt board</li> <li>• 5 different mother mammals made from felt</li> </ul>	<ul style="list-style-type: none"> <li>• Attached script</li> </ul>
1.5 min	2) Discover what forms of nutrition all baby mammals feed on	<ul style="list-style-type: none"> <li>• Read script</li> <li>• Place each baby mammal onto felt board – attaching to mother in nursing position as each animal is identified</li> <li>• Pause for comments</li> </ul>	<ul style="list-style-type: none"> <li>• Watch felt board</li> <li>• May contribute to discussion</li> </ul>	<ul style="list-style-type: none"> <li>• Felt board</li> <li>• Mother mammals (felt)</li> <li>• Baby mammals (felt)</li> </ul>	<ul style="list-style-type: none"> <li>• Attached script</li> </ul>
2 min	3) Demonstrate how baby mammals feed from their mothers	<ul style="list-style-type: none"> <li>• Remove all felt baby mammals</li> <li>• Ask individual students to place baby mammals in position for feeding from mother mammal</li> </ul>	<ul style="list-style-type: none"> <li>• Place baby mammals in position for feeding from mother when asked</li> </ul>	<ul style="list-style-type: none"> <li>• As above</li> </ul>	<ul style="list-style-type: none"> <li>• Attached script</li> </ul>
Allow children to set time limit	Suggested art project	Present art project	Draw line from baby mammal to mother mammal	<ul style="list-style-type: none"> <li>• Art table</li> <li>• Crayones</li> <li>• Art project</li> </ul>	<ul style="list-style-type: none"> <li>• See attached art project</li> </ul>

DRAW A LINE FROM  
BABY MAMMAL TO  
MOTHER MAMMAL



## Class 2: Lesson Plan

<b>TIME</b>	<b>OBJECTIVES</b>	<b>INSTRUCTOR ACTIVITIES</b>	<b>LEARNER ACTIVITIES</b>	<b>LEARNING AIDS</b>	<b>INSTRUCTOR REFERENCES</b>
2.5 min	1. Deduce that breastmilk is the only food a healthy newborn baby requires	<ul style="list-style-type: none"> <li>• Present puppet show</li> <li>• After puppet show, ask students “what is the only food a healthy newborn baby needs?”</li> </ul>	<ul style="list-style-type: none"> <li>• Watch puppet show</li> <li>• Students answer questions and possibly discuss fact</li> </ul>	<ul style="list-style-type: none"> <li>• Girl puppet</li> <li>• Boy puppet</li> <li>• Puppet stand</li> </ul>	<ul style="list-style-type: none"> <li>• Attached script</li> </ul>
25 min	2. Discover what forms of nutrition all baby mammals feed on	<ul style="list-style-type: none"> <li>• Puppet show as above</li> <li>• Demonstrate on self with aid of a doll how a baby can be positioned for breastfeeding</li> <li>• Allow children to demonstrate how a baby can be positioned for breastfeeding</li> </ul>	<ul style="list-style-type: none"> <li>• Watch puppet show</li> <li>• Watch demonstration</li> <li>• Children to fetch a doll or soft toy and perform demonstration</li> </ul>	<ul style="list-style-type: none"> <li>• Puppet equipment as above</li> <li>• Sufficient dolls &amp; soft toys for all children</li> </ul>	<ul style="list-style-type: none"> <li>• Attached script</li> </ul>
Allow children to set time limit	Art project	Distribute art project	Colour or pain art project	<ul style="list-style-type: none"> <li>• Art project</li> <li>• Pastels, crayons, paints</li> <li>• Art table</li> </ul>	<ul style="list-style-type: none"> <li>• Attached art project</li> </ul>

## Class 2: Puppet Show

Girl Puppet: Jane  
Boy Puppet: Bobbie

**Bobbie:** Guess what Jane? We have a new baby.

**Jane:** Bobbie, what is your baby's name?

**Bobbie:** David. He is a boy.

**Jane:** What games do you play with him?

**Bobbie:** He doesn't do much yet. He just sleeps a lot, cries sometimes and eats a lot!!

**Jane:** Does he like peanut butter sandwiches?

**Bobbie:** No. He is too little to eat sandwiches. He doesn't even have teeth yet.

**Jane:** So what does he eat Bobbie?

**Bobbie:** Mommie breastfeeds him. Mommy says that all our baby needs to make him healthy and grow is love and breastmilk.

**Jane:** But how does he get the breastmilk?

**Bobbie:** Mommie holds him very close to her and David opens his mouth wide over mommy's nipple and David sucks on mommy's breast. Mommy says that milk from her breast helps protect David from getting diseases and keeps him very healthy.

**Jane:** What do you do when your mommy is breastfeeding your baby?

**Bobbie:** I sometimes help by passing mommy her glass of juice or milk' sometimes I cuddle up close to mommy's other side to keep her warm and sometimes I play with Daddy so he isn't lonely while mommy breastfeeds.

My mommy is breastfeeding my baby right now. I'm going to see if she wants to read to me while David is nursing. Bye bye Jane.

**Jane:** Bobbie is very lucky to have a baby brother. When I'm an adult, I'm going to have a baby and breastfeed my baby. Bye bye.



COLOUR MOTHER BREASTFEEDING  
HER BABY