

### Lesson Instructions

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**Suitable For:** Any client.

**Time Frame:** Anytime in the late third trimester or as soon as possible after the baby is born.

**Lesson Objective:** To help your client understand how to recognize growth spurts and to give them an understanding of the tools they will need in order to be the most successful at breastfeeding.

**Instructions:** Play Chapters 11 and 12: Introducing the Bottle, and Growth Spurts of the DVD *Simply Breastfeeding*. Approximately 8 minutes. Copy the DVD worksheet and discussion sheet. Go over the discussion sheet with your client.

**\* Questions to discuss with your client are bolded and italicized.**

**Homework:** Copy homework pages and give to client with the brochure *Breastfeeding Problems*. There is no answer key for this homework.

**Supplies:** DVD: *Simply Breastfeeding*; brochure: *Breastfeeding Problems*

**Length of Video:** 8 minutes

**Note:** You do not need to remove the master sheets from the protective plastic to copy. You can copy right through the plastic. Start with the last page first and move forward so your copies will come out in order.



How perfect! Breastfeeding is natural ... it's best for your baby and it's the most economical, too!

