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Children's Centre Breastfeeding Resource Box



To find your nearest Breastfeeding Supporter call the Supporterline 0300 100 0210

Calls to 0300 numbers cost no more than calls to UK numbers starting 01 and 02 and will be part of any inclusive minutes that apply to your provider and call package

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Introduction

Many children have never encountered breastfeeding. They have never seen a baby breastfeed, they have never heard it discussed. This resource pack is to help you discuss breastfeeding in a natural and relaxed way. The pack includes a list of resources that can be used to in a Breastfeeding Resource Box. Where to access them, and some prices (accurate at the time of production of this leaflet) are also listed.

In the pack are ideas for introducing and discussing breastfeeding with young children

There is no charge for this information leaflet, but we would like you consider a donation to BfN to cover the costs of producing this resource and to help us develop more innovative ideas like this one (for information on how to donate see the last page).

To purchase a box ready made up there is a charge of £100 per box. This covers someone's time in ordering and making up the box as well as postage and packaging costs. Please visit www.breastfeedingnetwork.org.uk or email admin@breastfeedingnetwork.org.uk

Background Information

The Department of Health recommends exclusive breastfeeding (feeding babies only breastmilk, including expressed breastmilk, without any additional liquids or foods) for the first six months of life. The World Health Organisation recommends exclusive breastfeeding for six months and continued breastfeeding up to two years of age or beyond.

Please be aware if asking children to bring in baby photographs, some children in particular life circumstances may not have access to photos of themselves as babies.

Children's Centre Breastfeeding Box Contents

1. Soft toy animal feeding magnetic babies (cat, dog or pig), available from <http://www.krbearsanddolls.com:80/ManhattanToyNursingNina.htm> £18.00
2. Baby Milk Action Calendar – different picture of a mum feeding for each month, staff to cut up and laminate and use for display or discussion. Available from <http://www.babymilkaction.org/shop/calendarlatest.html> calendar £7
3. Mother and baby animal matching puzzle available from Living and Learning, see http://www.livingandlearning.com/photo_puzzles/whosebaby.html
4. A selection of the following books, ideally 4 or 5 books. Some of the books are available from high street bookshops, others are available via the internet.

Happy Birth Day! Robie H Harris, Walker Books ISBN 0744552648

Hi New Baby Robie H Harris, Walker Books ISBN 0744582261

Topsy and Tim The New Baby Jean and Gareth Adamson Ladybird Books ISBN 1904351255

Mariana and the Merchild Caroline Pitcher, Jackie Morris
ISBN 07112146464

We Like to Nurse Chia Martin Hohm Press ISBN 093425259

Katie Morag and the Tiresome Ted Mairi Hedderwick Red Fox
ISBN 0099118815

Katie Morag and the Grand Concert Mairi Hedderwick Red Fox
ISBN 0099262754

Baby Whales Drink Milk (Let's read and find out science) Barbara Juster Esbensen
HarperCollins 06 445119 4

My New Baby Annie Kubler Childs Play 0 85953 964 1

Mothers are Everywhere Karen Wallace OUP 0 19 272411 8

Will there be a lap for me? Dorothy Corey 0 8075 9110 6

Sophie and the New Baby Catherine and Laurence Anholt Orchard Books 1 84362 582 2

Just like you did Marjorie Newman Bloomsbury 0747564264

A ride on mother's back Emery Bernhard Gulliver Books 0152008705

5. Postcards with breastfeeding images available from <http://www.babymilkaction.org/shop/pcards.html> some £3.00 per set of six, others currently £1.00 per set of six.

6. Posters are also available from Baby Milk Action - <http://www.babymilkaction.org/shop/posters.html> £3.00 each or £5.00 for both

7. Breastfeeding posters, either locally produced ones or NHS ones. For example the Department of Health posters:

http://www.breastfeeding.nhs.uk/en/materialforclients/downloads/poster_1.pdf
Order at <http://www.breastfeeding.nhs.uk/en/materialforclients/index.asp>

8. Ideas for introducing/discussing breastfeeding with young children sheet (see next 2 pages)

These resources give background information for staff:

9. Health Scotland books 'Off to a Good Start' and 'Breastfeeding and Returning to Work' <http://www.healthscotland.com/documents/120.aspx>

10. Breastfeeding Network leaflet on 'Expressing and Storing Breastmilk', and fridge magnet on Safe Storage of Breastmilk

Ordering details can be found at <http://www.breastfeedingnetwork.org.uk/order-form.html>

Ideas for introducing/discussing breastfeeding with young children

Using books

Make fiction and non-fiction books containing images of babies' breastfeeding available for children to select independently, and share with individuals and during group story sessions. Talk about what is happening in the pictures, and be aware that the concept of breastfeeding might be new to some children.

Displays

Display posters and postcards, perhaps in role-play area if it is appropriate, or as part of a display related to Knowledge and Understanding of the World

Home Corner

Extend the home corner by including dolls and baby items such as baby bath, clothes, toys, cotton wool, baby cream jars, etc. Avoid having dummies and bottles – use infant feeding cups instead

Activities

- Discuss with the children what and how babies eat and how they are cared for. Talk about mother's milk as babies' usual food, and formula as what babies have if for some reason they can't have milk from their mummy. Talk about how babies can be given breastmilk in other ways if they aren't able to feed directly – eg premature babies, or if someone else is looking after them. Provide cups used for feeding expressed breastmilk to babies for children to use when 'feeding' dolls.
- Talk about baby animals (mammals) getting milk from their mothers – arrange visit to a farm if it is the time of year when baby animals will be feeding from their mothers. Games and jigsaws matching animal mothers and their babies make a good starting point. Try a 'Google Images' search for 'baby animals nursing', for pictures to share with children. Introduce toy mother animal with magnetic feeding babies.
- Visit a baby clinic, then plan a role play area with the children. Include posters depicting images of and promoting breastfeeding, and information leaflets given to mothers, for example, NHS and/or UNICEF UK leaflets on breastfeeding. (Please ensure none of the leaflets used are produced by companies who have a commercial interest in infant formula milk, and don't include formula tins/bottles.)
- Participate in role-play activities with the children, modelling caring for babies and pretend breastfeeding, and using cups rather than bottles for 'feeding' dolls.
- Invite a breastfeeding mum in with her baby to talk about feeding and general baby care. (If you don't know a mum who is breastfeeding, speak to your link midwife or health visitor)
- Other baby-related ideas, but not around feeding – Listen to and sing songs about babies, lullabies, etc, talk about what makes lullabies special. Compose some music using simple instruments, suitable for a lullaby or to soothe a baby; make up some words to go with it

How to make a Donation for this leaflet

Please [download our Order Form](#) from our website www.breastfeedingnetwork.org.uk and send it with your donation as UK tax payers can increase the value of their donation by completing a Gift Aid declaration.

This will allow the Breastfeeding Network to reclaim 28p for every £1 donated, and make a valuable contribution to our work. Send your donation to 'The Breastfeeding Network, PO Box 11126, Paisley, PA2 8YB.'