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## NE LESSON CODE CH-000-14

### Something Good for Babies

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This lesson plan teaches children between the ages of 2 and 5 the importance of mother's milk in providing good nourishment for babies. It may be used in WIC children's nutrition classes, as an activity for children while their parents are in nutrition or breastfeeding classes, or may be taught in community pre-school, kindergarten and child care groups.

#### **OBJECTIVE:**

Participants will be able to:

- \$ name two animals that nurse their young.
- \$ name one animal and tell how long the mother nurses her babies.
- \$ tell why it is important for babies to get their own mother's milk.

#### **MATERIALS:**

- \$ Pictures of mothers and their babies, attached; make copies as needed
- \$ Coloring sheets, attached; make copies as needed
- \$ Crayons

#### **Optional Materials:**

Available in educational bookstores for \$1.90 each or Amazon.com for \$2.99 each, these board books for young children provide information on early nutrition and mother's milk.

- \$ *Dolphin, Child's Play Pocket Pal*
- \$ *Panda, Child's Play Pocket Pal*

#### **Note about New Lesson Survey Forms:**

The first few times a new lesson is presented, staff and participants need to complete the survey forms attached at the end of this lesson. Please note that the staff survey form is different from the participant survey form. Only 10-20 participant surveys need to be completed. Please mail completed New Lesson Surveys to:

Delores Preece  
Texas Department of Health  
Bureau of Nutrition Services  
1100 W. 49th Street  
Austin, Texas 78756



### TEACHING TIPS:

- \$ Ask a trained volunteer, peer counselor, or a college student needing teaching contact hours to teach this class while the children's parents are in nutrition classes or breast-feeding classes. If you have a planned activity for World Breastfeeding Month, ask a peer counselor or other staff to teach this class in a "kids corner" while moms are enjoying the celebration.
- \$ You may use the pictures attached to this lesson, or you may prefer pictures from magazines and newspapers.
- \$ This would be a good lesson for peer counselors or breastfeeding coordinators to teach at Head Start or elementary schools. Information about your local WIC program could be printed on the back of the child's coloring sheets so the parents would see it when their child's drawing goes home. This would be a fun outreach project!

### ICE BREAKER:

**Who has a pet? What kinds of pets do you have? What do you feed your pet? Did you have your pet when he was a baby (puppy, kitten, etc.)? Did you ever watch your baby pet when he was getting milk from his mother? Do you have a baby pet now?** Allow children to answer the questions.

### DISCUSSION:

1. **Did you know that every animal is different and needs to eat the kind of food that is best for him? What kind of food do giraffes eat? What do tigers eat? What do pandas eat? What do bats eat?** As you mention each animal, hold up a picture of the animal and her young. Give each child an opportunity to answer your questions.

Possible answers:

- \$ Giraffes - leaves from trees
  - \$ Tigers - meat (smaller, slower animals)
  - \$ Pandas - bamboo plants
  - \$ Bats - mosquitoes and other insects
2. **Baby animals get their very first food from their mommies. These animals are called Amammals.® Their mommy makes milk inside her chest, right here.** Put your hand on your chest. **Every mommy makes a special milk that is just right for her baby. The milk is easy**

for her baby to eat so he doesn't get a tummy ache. And it has everything in it her baby needs to help him grow. What kind of milk do you think mother horses make for their baby horses(foals)? Give children a chance to answer the question. The answer is horse=s milk.

That=s right. Horses nurse their babies or Afoals@ until they are 4 to 6 months old. The foal will eat grass and hay when he is just 3 weeks old, that=s not very old but he will still drink his mother=s milk because it is so good for him.

3. What kind of milk do baby cows (calves) eat? Give children a chance to answer the question. The answer is cow=s milk

That=s right. Cows nurse their calves until they are 6 or 8 months old.

4. Hold up the picture of the rabbit and her brood. What are these babies doing? Do they look hungry? Their mommy has enough bunny milk to feed all her babies until they are 6 weeks old.

5. Hold up the picture of the mother gorilla and her baby. See how happy this baby is? His mother nurses him for 2 years. She carries him with her everywhere so he knows he is always safe. Her milk makes him strong. Can you act like a gorilla? Give children the time and space to play like they are gorillas.

6. Are any of you two years old? Well if you were a baby elephant you would be getting your mommy=s milk right now! Hold up the picture of the mother elephant and her young. Someday this little guy will be as big as his mother! Too big to come inside the WIC clinic!

7. Hold up the picture of the kangaroo and her babies. Her baby is called a Ajoey.@ Look inside her pouch. She has a tiny baby in her pouch that she is feeding her milk and another baby outside who also nurses. She is nursing two babies at the same time! Joeys get their mommy=s milk until they are 2 years old. This makes baby kangaroos strong so they can hop fast! Can you hop? Let=s hop like kangaroos! Encourage the children to hop around the room like kangaroos.

8. Show the picture of the mother whale and her baby. What kind of mother is this? Give children time to answer, but if children do not know the answer to a question, give them the answer. The answer is whale.

Mother whales squirt their milk into the ocean. Their milk is very thick. The baby whale swims close to his mom and gulps her milk when she squirts it out! He has so much fun. He gets to swim and eat at the same time! He will get mommy=s milk until he is 2 years old. Then he will start eating small fish.

9. Show the picture of the woman nursing her baby. People nurse their babies too. This is very healthy for them! See how healthy this baby is! Mommy=s milk helps babies grow up to be healthy and strong! Maybe your mommy breastfed you or maybe she is breastfeeding

**your baby brother or sister. Do you have a baby brother or sister who is getting mommy=s milk?** Let the children answer. They may have comments or want to tell you about their baby brother or sister.

### **ACTIVITY/EVALUATION:**

Put crayons on the table. Give each child a coloring sheet of a different animal. As you give each child his picture to color, ask the class to name the animal. Tell the children how long the baby animal gets its mommy=s milk. Ask children who are 4 and older if they can tell you how long any of the animals nurse. Ask them what the baby will eat when he stops nursing.

**Color the mother and babies in the pictures. Which animal do you like best? Why? If you could be a baby animal for one day, which animal would you be? What will your favorite animal eat when he or she is a baby? What will your favorite baby animal eat when he grows up?**

Make sure one child gets a picture of the human baby. **Here is a baby just like you. Would you give him elephant milk? Let children respond. Would you give him bat=s milk? Whale=s milk? Why is it important that he get his mommy=s milk?**

This exercise will be your evaluation of the lesson.

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### ROMPEHIELOS:

**)Quién tiene una mascota? )Qué tipos de mascota tienen? )Qué le dan de comer a su mascota? )Tuvieron una mascota bebé (cachorro, gatito, etc.)? )Vieron alguna vez cuando la mascota bebé mamaba de su madre? )Tienen una mascota bebé ahora?** Allow children to answer the questions.

### DISCUSIÓN:

1. )Sabían que todos los animales son diferentes y que tienen que comer el tipo de comida que es mejor para ellos? )Qué tipo de comida comen las jirafas? )Qué comen los tigres? )Qué comen los osos panda? )Qué comen los murciélagos?  
As you mention each animal, hold up a picture of the animal and her young. Give each child an opportunity to answer your questions.

Possible answers:

- \$ Jirafas - hojas de los árboles
- \$ Tigres - carne (animales más pequeños y más lentos)
- \$ Osos panda - plantas de bambú
- \$ Murciélagos - mosquitos y otros insectos

2. Los animales bebé obtienen su primera comida de sus madres. Estos animales se llaman "mamíferos". Su mamá produce leche en su pecho, aquí. Llévase la mano al pecho. **Cada mamá produce una leche especial apropiada para su bebé. Esta leche es fácil de digerir para que al bebé no le dé dolor de barriga. Y tiene todo lo que el bebé necesita para ayudarlo a crecer. )** Qué tipo de leche piensan que produce la mamá yegua para su bebé potrillo? Give children a chance to answer the question. **Sólo una respuesta posible: leche de yegua.**

**Eso es correcto. Las yeguas amamantan a sus bebés, "los potrillos", durante 4 a 6 meses. El potrillo comerá hierba y heno en tan sólo 3 semanas eso, no es mucho tiempo pero seguirá tomando la leche de su madre porque es muy buena para él.**

3. )Qué tipo de leche toman las vacas bebé (becerros)? Give children a chance to answer the question. Sólo una respuesta posible: leche de vaca

**Eso es correcto. Las vacas amamantan a sus becerros hasta los 6 a 8 meses.**

4. Muestre una foto de la coneja y su camada. )Qué hacen estos bebés? )Se ven hambrientos? Su mamá produce suficiente leche para alimentar a todos sus bebés hasta que tienen 6 semanas.

5. Hold up the picture of the mother gorilla and her baby. ) **Ven qué feliz está este bebé? Su madre lo amamanta por 2 años. Lo lleva con ella a dondequiera que va para que él sepa que está siempre a salvo. Su leche lo hace fuerte. )** Pueden imitar un gorila? Give children the time and space to play like they are gorillas.

6. )Alguno de ustedes tiene dos años? Bien, si fueran un bebé elefante (estarían tomando la leche de su mamá ahora mismo! (Muestre la foto de la mamá elefante y su cría). **(Algún día este elefantito será tan grande como su madre! (Demasiado grande para caber dentro de la clínica!**

7. Hold up the picture of the kangaroo and her babies. **Su bebé también se llama canguro. Miren en su bolsa. Tiene un pequeño bebé en su bolsa al que le está dando de su leche y otro bebé afuera al que también amamanta. (Está amamantando a dos bebés a la vez! Los canguritos toman la leche de su mamá hasta que tienen 2 años. (Esto hace que los canguros bebé sean fuertes para que puedan saltar rápido! )** Pueden ustedes saltar? **(Saltemos como canguros!** Encourage the children to hop around the room like kangaroos.

8. Show the picture of the mother whale and her baby. ) **Quién es esta mamá?** Give children time to answer, but if children do not know the answer to a question, give them the answer. Sólo una respuesta correcta: una ballena **Las mamás ballena lanzan su leche al océano. Su leche es muy espesa. (El ballenato nada cerca de su mamá y se toma la leche cuando ésta la suelta! Se divierte mucho. (Puede nadar y comer a la vez! Tomará la leche de su mamá hasta que tenga 2 años. Entonces comenzará a comer peces pequeños.**

9. Muestre la foto de la mujer lactando a su bebé. **Las personas también alimentan con el pecho a sus bebés. (Es muy saludable para ellos! (Vean qué saludable es este bebé! (La leche de la mamá ayuda a los bebés a crecer saludables y fuertes! A lo mejor su mamá los alimentó con el pecho a ustedes o tal vez está alimentando con el pecho a su hermanita o hermanito. ) Tienen un hermanito o hermanita que se alimente con leche de mamá?** Let the children answer. They may have comments or want to tell you about their baby brother or sister.

## **ACTIVIDAD/EVALUACIÓN:**

Put crayons on the table. Give each child a coloring sheet of a different animal. As you give each child his picture to color, ask the class to name the animal. Tell the children how long the baby animal gets its mommy's milk. Ask children who are 4 and older if they can tell you how long any of the animals nurse. Ask them what the baby will eat when he stops nursing.

**Coloreen la madre y los bebés en las fotos. )Cuál animal es su preferido? )Por qué? Si pudieran ser un animal bebé por un día, )qué animal serían? )Qué come tu animal preferido cuando es bebé? )Qué comerá tu animal preferido cuando crezca?**

Make sure one child gets a picture of the human body. **Aquí tienen un bebé como ustedes. )Le darían leche de elefante?** Let children respond. **)Le darían leche de murciélago? )Leche de ballena? )Por qué es importante que tomen de la leche de su mamá?**

This exercise will be your evaluation of the lesson.

