

NE LESSON CODE CH-000-18

Let's Read!

Breastmilk Makes My Tummy Yummy

By Cecilia Moen



OBJECTIVE:

Children will be able to recognize the baby who is breastfeeding and tell you where babies get their food - from Mommy's breast.

MATERIALS:

Book: *Breastmilk Makes My Tummy Yummy* by Cecilia Moen, copyright 1999, published by Midsummer Press, Sweden; printed by Norhaven, Denmark. ISBN: 91-630-8253-5. This book is printed in English only. The attached Spanish translation may be read while showing the pictures to Spanish-speaking children.

This book may be purchased from The Software Place Plus for \$9.50 at, P. O. Box 26630, Austin, TX 78755, (512) 345-5273 or fax (512) 345-2373, or go online to www.thesoftwareplaceplus.com.

OPTIONAL MATERIALS:

To do the optional activity in this lesson, you will need crayons and the attached *Mother and Baby* coloring sheet.

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 West 49th Street
Austin, TX 78756

Additional Children's Picture Books Portraying Breastfeeding:

Parents may contact their local public library for books from the list below. If their library does not have a book they want, parents can ask them to purchase it. If your WIC clinic has a lending library or children's books in the waiting room area, make sure you have at least one or two of these books. A more completed list may be found at: <http://www.tdh.state.tx.us/wichd/bf/kids.htm#item4>. To order books that portray breastfeeding, you may go online to: <http://www.bestfedbooks.com/>.

- ✧ ***A Ride on Mother's Back: A Day of Baby Carrying Around the World***
by Emery and Durga Bernha
- ✧ ***What the Cat Saw*** by Ashley Wolff
- ✧ ***Happy Birthday!*** by Robie H. Harris and Michael Emberley
- ✧ ***Will There Be a Lap for Me?*** by Dorothy Corey and Nancy Poydar

Tips for Reading To Children:

Sit on the floor with the children close around you so that everyone can see the pictures as you read the book *Breastmilk Makes My Tummy Yummy*. If the class is small, you may let them take turns helping you turn the pages of the book as you read.

Children may interrupt and point to the pictures or talk about them as you are reading. The more involved they are in the story and pictures, the more they will enjoy the lesson.

Read with feeling and interest. If you show great interest, they will be more likely to listen. As you turn to each new page, ask questions that they can relate to and that will help them to identify with the people in the picture.

ACTIVITY #1:

Introduce the story by holding up the book and saying the title and author's name. Suggested questions:

- ✧ **Are some of you breastfeeding now?**
- ✧ **Do you have a baby brother or sister who is getting mommy's milk?**
- ✧ **This book is about babies and how good breastfeeding is for them.**

Turn the page, point to the mother, baby and father in the picture. **Sssh. What are the mommy and daddy doing? What is the baby doing? Mommies can take their baby to bed with them and nurse while they are sleeping.**

When you finish reading the story aloud, ask the children: **Do you know what makes babies happy and healthy? Answer: mommy's milk**

When do the babies in the story like to nurse? They nurse when they are:

- ✧ hungry
- ✧ sad
- ✧ scared
- ✧ want dessert
- ✧ when they are sleepy.

ACTIVITY #2:

Rub your tummy. Umm-hmm. Your tummy is full because you just ate a yummy snack. What did you eat? Let children name some of their favorite snacks and foods.

If you were a baby and breastfeeding, you would get yummy breastmilk. Every good snack your mommy ate would help her make yummy breastmilk for her baby.

OPTIONAL ACTIVITY:

Distribute crayons with the attached coloring sheet. **Color the mother and baby.** As they color the page, point out the things in the picture that mommies do for their babies, such as:

- ✧ hold their baby close to them
- ✧ breastfeed their baby
- ✧ reading to their baby while they nurse
- ✧ having lots of baby toys for the baby to play with when he wakes up

What do you think the baby will do when he stops nursing? Will he:

- ✧ take a nap?
- ✧ play with his toys?
- ✧ go for a walk with his mom or dad?
- ✧ play with his older brother or sister?

Children may take their coloring sheets home with them or they may want you to hang them on the classroom wall or put them on a bulletin board display.

Breastmilk Makes My Tummy Yummy

*Breastmilk makes my tummy yummy
my best food comes from my mummy*

*Mummy gives me what I need
when in her loving arms I feed
When I'm angry or real sad
nummies help to make me glad*

*Around the world it can't be beat
'cause mummy's milk is best to eat
Nursing's what I like to do
when we have a bath for two*

*Sometimes it is fun to let
the milky make my face all wet
Two can breastfeed without fuss
there is room for both of us*

*Here is a lid that's stuck real tight
but me and my mummy fit just right
After dinner it tastes best
with dessert from mummy's breast
Breastmilk makes my tummy yummy*

*Now it is night and time to rest
snuggled up to mummy's breast
Mummy's talking on the phone
here's my chance, now she's alone*

-Cecilia Moen