

BREAST/BOTTLE FEEDING ACTIVITY

Divide the class into groups of four. Give two of the groups one large sheet of newsprint labeled "Breast Feeding Advantages" and one labeled "Breast Feeding Disadvantages." Give the other two groups one large sheet of newsprint labeled "Bottle Feeding Advantages" and one labeled "Bottle Feeding Disadvantages." Each group will need a marker.

Have the students brainstorm and discuss the advantages and disadvantages to the method of feeding that their group was assigned. The focus is on the infant and, therefore, the group's advantages and disadvantages are to be regarding the infant. The students should list their ideas on the sheets of newsprint.

If the students need help thinking of ideas, have them use a child development text or provide them with resources.

After the students have discussed and listed their ideas (which should take about 20-30 minutes), display their lists and discuss the pros and cons and the myths and facts of what they listed. Make sure to discuss the following:

1. What should a person do if they are taking drugs or medication after the baby is born?
2. How long does a person breastfeed a baby?
3. The importance of the sense of touch and holding a baby regardless of whether it is breastfed or bottlefed.