

Breastfeeding Jeopardy

Making learning about breastfeeding fun and interactive!

Breastfeeding Jeopardy can be used when teaching students and others about breastfeeding. The game is best utilized when solidifying information after a lecture or reading that addresses the information listed in each category below. Additional or different categories, answers and questions can be created. For more information about the TV game of Jeopardy on which this is based: www.jeopardy.com

Suggestions for making the Jeopardy board and supplies:

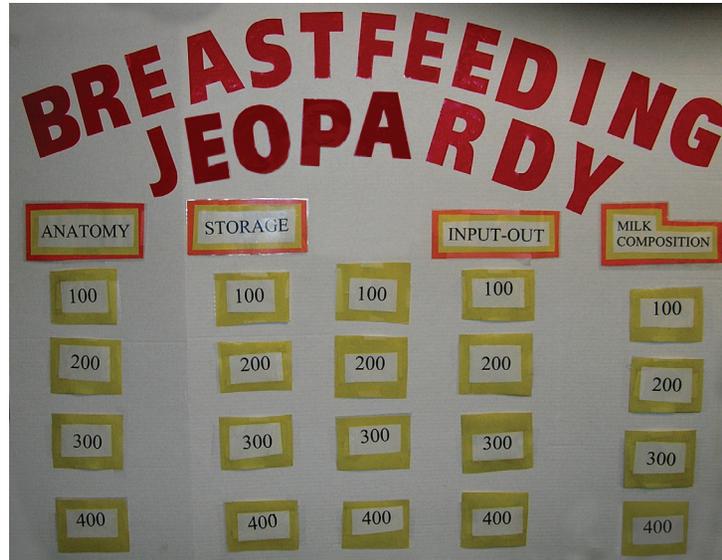
For easy carrying and storage, use a cardboard, tri-fold display board, approximately 36" high x 48" wide. One category per folding side, and three categories in the middle. Five categories with four levels of points each (20 questions) takes about 30 minutes to complete.

Make the five category names (top row) and five columns of points (100-400), adhere these to colored paper and glue to board. If you think you might want to add or change categories, create a sleeve using plastic sheet protectors cut to fit largest category name, or peel and stick Velcro on the back of each category. Laminating these will extend their life. Peel and stick letters from an office supply store can be used to spell "Breastfeeding Jeopardy."

Each group must have their own 'buzzer.' Bells with a handle (like teachers use) or similar, can be used for each group to 'ring in.'

Game Directions:

Divide participants into groups. Each person in each group can have a turn and be at the 'front of the line' or the entire group may answer after



consulting each other. It might be necessary to have a time limit such as 10 seconds by which the answer must be stated. After deciding which group will go first, the person or group whose turn it is chooses a category and the amount. For example; "Milk Composition for 100." It's acceptable to start anywhere on the board and to move around the board. Amounts do not have to be chosen from top to bottom. The facilitator or other person reads aloud the 100 point 'Milk Composition' question from below. For easier tracking, cross off each question as its read.

Before stating the answer, the person whose turn it is in each group must 'ring in' if they know the answer. The classroom teacher or other impartial person can decide who 'rang in' first. When each question is answered, use sticky notes or similar to cover the points (100-400). This indicates to everyone which level of points has already been chosen. The teacher or other person can be in charge of tabulating the points for each team.

In true Jeopardy fashion, participants must answer with a question. For example; leader asks the question: "This is high in protein and low in fat and carbohydrates and said to be a baby's first immunization." Answer: "What is colostrum?"

The person or group that answers the question correctly chooses the next category and amount. This continues until all amounts in each category are covered. If the group who rang in does not know the answer or gets it wrong, the remaining groups can 'ring in'. If no one knows the answer, the facilitator states it. The group with the highest point level chooses next. The group with the most points wins. Pens and notepads with a positive breastfeeding message make excellent prizes for the winning team.

Categories, Questions and Answers:

ANATOMY

- 100 The dark roundish area in the middle of the breast.
What is the areola?
- 200 The part of the breast that has tiny holes where the milk comes from.
What is the nipple?
- 300 A small raised area on the areola that secretes a lubricant for the nipple and has antibacterial properties.
What is the Montgomery gland(s)?
- 400 The ‘feel good’ hormone released by the maternal pituitary gland while breastfeeding. This hormone causes the breast to produce milk ejection or “milk let down.”
What is oxytocin.

HEALTH

- 100 Because breastmilk digests easily and is gentle to a baby’s stomach, breastfed babies have less of this.
What is colic, constipation, and diarrhea?
- 200 Breastfeeding promotes good jaw development leading to proper what?
What is tooth alignment?
- 300 Crying is a late sign, but lip-smacking, moving his or her head back and forth and turning toward the breast are ways a baby indicates this.
What is hunger?
- 400 Breastfeeding reduces the risk of many costly chronic illnesses including these which are a concern of numerous health organizations and even the federal government.
What are obesity, asthma and diabetes?

STORAGE

- 100 Breastmilk can be safely stored here for up to 8 days.
What is a refrigerator?
- 200 Breastmilk can be safely stored here for 3 to 4 months.
What is the freezer, above, below or next to the refrigerator?
- 300 Breastmilk can be stored here for 6 months to 1 year.
What is the deep freeze?
- 400 Freshly expressed breastmilk can be safely stored here for up to 8 hours.
What is on the counter, room temperature no greater than 72 degrees?



COMMON CONCERNS

- 100 The yellowing of a baby's skin, caused by elevated bilirubin levels.
What is jaundice?
- 200 A yeast infection that can be found in the form of a rash in a baby's mouth or diaper area.
What is thrush?
- 300 A lump that is on the breast that needs direct pressure and continuous nursing to clear.
What is a plugged duct?
- 400 A breast infection caused by an untreated plugged duct.
What is mastitis?

COMMON CONCERNS (HIGH SCHOOL VERSION)

- 100 One reason (or concern) that results in moms giving their baby a bottle of formula.
What is the fear that baby is not getting enough?
- 200 One of many advantages of breastfeeding is that it burns calories and the mother will return to this more quickly.
What is her pre-pregnancy weight?
- 300 Mothers think they will have to change/alter this in order to breastfeed.
What is their diet?
- 400 Breastfeeding mothers can continue to breastfeed if they prepare ahead.
What is return to school, work, have a night out?

INPUT – OUTPUT

- 100 You should see this 6 to 8 times a day after your baby's first week of life.
What are wet diapers?
- 200 This is mustard color with curds with a very faint smell.
What is normal breastfeed stool (poop)?
- 300 This should not be started until a baby is about 6 months of age.
What is complementary (solid) food?
- 400 Ideally, this should be started by the age of 3 to 6 weeks if it's going to be used. No sooner because it can confuse the baby.
What is a bottle?



MILK COMPOSITION

- 100 This is high in protein and low in fat and carbohydrates and is said to be your baby's first immunization, otherwise known as 'liquid gold'.
What is colostrum?
- 200 The name of the first milk that a baby gets when he/she begins the feed. This quenches the babies thirst and is often described as having a bluish color.
What is fore milk?
- 300 This is at the end of the babies feeding and is high in fat.
What is hind milk?
- 400 The feeling in the breasts when they are full and it is time to feed the baby.
What is engorgement?

ENVIRONMENT

- 100 This is not wasted when breastfeeding because transportation is not necessary and no pollution such as paper, plastic, or tin is used or created.
What is energy?
- 200 This alone provides all the nutrients necessary that a baby needs for the first 6 months of life with the added benefit of natural immunity against numerous diseases.
What is breastmilk?
- 300 This is delayed for an average of 14 months for mothers who breastfeed **exclusively**, and don't use artificial nipples, including pacifiers, saving vast amounts of paper and cutting down on dioxin, both of which are used in sanitary hygiene products.
What is menstruation?
- 400 Methane gas is second behind carbon dioxide in contributing to the greenhouse effect and global warming. Cow flatulence and excretion account for nearly 20%, or 100 million tons, of the total annual global methane emissions. Cow's milk is a main ingredient in many types of this.
What is artificial baby milk or formula?

SOCIAL

- 100 I play an important role with a breastfed baby. When I hold and cuddle a baby I teach him or her that love doesn't have to come from food.
Who is the father, other relative or friend?
- 200 World-wide, many hospitals have achieved this international designation sponsored by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) to encourage and recognize hospitals and birthing centers that offer an optimal level of care for lactation.
What is the Baby-Friendly Hospital Initiative (BFHI)?
- 300 Research shows when these are followed, even a few, breastfeeding rates improve.
What are the '10 Steps to Successful Breastfeeding?'
- 400 This is celebrated many different ways, in over 120 countries, usually August 1-7. It helps bring attention to and promote breastfeeding.
What is World Breastfeeding Week?

