

World Breastfeeding Week October 2013

Breastfeeding Jeopardy—Making learning about breastfeeding fun and interactive!

Breastfeeding Jeopardy can be used when teaching about breastfeeding. The game is best utilized when solidifying information after a lesson or reading that addresses the information listed in the categories listed. Additional or different categories, questions and answers can be created. This Breastfeeding Jeopardy has been adapted to suit both group sessions and individual interaction.

Suggestions for constructing the Jeopardy display.

The image shared shows Breastfeeding Jeopardy on a 2ft by 3ft bulletin board and the supplies provided have been adapted to fit those dimensions. If you are working with a smaller or larger display, the supplies will need to be adjusted accordingly.

Print, cut out, and adhere to the top of your display the Breastfeeding Jeopardy Title and Category labels. See image for placement suggestion. Title and Categories can be mounted on colored paper if desired.

Print and cut out the Questions and Answers. Adhere a question to one side of an index card and the answer to the other side of the index card. Repeat this process for all Questions and Answers. Laminating the Questions and Answers will extend their life for future use as flashcards.

Next, create paper pockets large enough to hold the Question/Answer index cards. Cut out and adhere the Point amounts to the front of the paper pockets. Repeat this process for all Point amounts.

Adhere Point pockets in columns beneath Categories in numerical order. Once complete, insert Question/Answer index cards into their corresponding Category Point pocket. See image for reference.

Customize your display by using images that promote breastfeeding!

Game Directions:

Divide participants into groups. Each group will require a buzzer or bell. 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.

Before stating the answer, the person whose turn it is in each group must 'ring in' if they know the answer. The game facilitator can decide who 'rang in' first. When each question is answered, present the team with the correct answer the Question/Answer card. By not placing the card back into its corresponding Point pocket, this will indicate which levels of points have already been chosen. Additionally, this will help determine the winning team at the end of the game by calculating the number of points on the cards they have received.



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 is said to be 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. Breastfeeding promotional items makes excellent prizes for the winning team.

BREAST

FEEDING

JEOPAR

DY

100

100

200

200

300

300

400

400

100

100

200

200

300

300

400

400

100

200

300

400



Health



Storage



**Common
Concerns**



**Milk
Composition**



Anatomy

Health—100

Because breastmilk digests easily and is gentle to a baby's stomach, breastfed babies have less of this.

Health—200

Breastfeeding promotes good jaw development, which leads to proper _____.

Health—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.

Health—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.

**Health
answer for 100**

What is colic, constipation,
and diarrhea?

**Health
answer for 200**

What is tooth alignment?

**Health
answer for 300**

What is hunger?

**Health
answer for 400**

What are obesity, asthma
and diabetes?

Storage—100

Breastmilk can be safely stored here for up to 8 days.

Storage—200

Breastmilk can be safely stored here for 3 to 4 months.

Storage—300

Breastmilk can be stored here for 6 months to 1 year.

Storage—400

Freshly expressed breastmilk can be safely stored here for up to 8 hours.

**Storage
answer for 100**

What is a refrigerator?

**Storage
answer for 200**

What is the freezer, above,
below or next to the
refrigerator?

**Storage
answer for 300**

What is the deep freeze?

**Storage
answer for 400**

What is on the counter,
room temperature no
greater than 72 degrees?

Common Concerns—100

One reason (or concern) that results in moms giving their baby a bottle formula.

Common Concerns—200

One of the many advantages of breastfeeding that it burns calories and the mother will return to this more quickly.

Common Concerns—300

Mothers think they will have to change/alter this in order to breastfeed.

Common Concerns—400

Breastfeeding mothers can continue to breastfeed if they prepare ahead.

Common Concerns answer for 100

What is the fear that baby
is not getting enough?

Common Concerns answer for 200

What is her pre-pregnancy
weight?

Common Concerns answer for 300

What is their diet?

Common Concerns answer for 400

What is return to school,
work, have a night out?

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."

Milk Composition—200

The name of the first milk that a baby gets when he/she begins to feed. This quenches the babies thirst and is often described as having a bluish color.

Milk Composition—300

This is at the end of the babies feeding and is high in fat.

Milk Composition—400

The feeling in the breasts when they are full and it is time to feed the baby.

Milk Composition answer for 100

What is colostrum?

Milk Composition answer for 200

What is fore milk?

Milk Composition answer for 300

What is hind milk?

Milk Composition answer for 400

What is engorgement?

Anatomy—100

The dark roundish area in the middle of the breast.

Anatomy—200

The part of the breast that has tiny holes where the milk comes from.

Anatomy—300

A small raised area on the areola that secretes a lubricant for the nipple and has antibacterial properties.

Anatomy—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.”

**Anatomy
answer for 100**

What is the areola?

**Anatomy
answer for 200**

What is the nipple?

**Anatomy
answer for 300**

What is the Montgomery
gland(s)?

**Anatomy
answer for 400**

What is oxytocin?