

### Homework

#### Mind over Matter

When it comes to breastfeeding, any skill you may have or may gain over time will be the least part of your eventual success. Be sure of yourself (after all, this is the most natural of undertakings) and commit yourself to it. There is a learning curve to be mastered (just as with anything worth doing). But you are perfectly equipped and in this thing, the end really *does* justify the means.



He sleeps! How innocent he looks. I touch his cheek and am amazed. I am so Blessed!

Breastfeeding is just a continuation of what your body is providing your baby while you are pregnant. The nurturing is the same; it is just on the outside. Your body is creating your breastmilk, a food that is perfectly designed for your baby. Breastfeeding can be one of the most pleasurable and rewarding experiences of your life. Spending time, skin to skin, with your precious baby will help you to create an inseparable bond. The skills you will need to be able to breastfeed will be only 2 percent of your success while 98 percent will come from your confidence and your commitment to the process.

The presentation you watched asked you to take a moment and think about your breastfeeding goals.

What does success look like to you?

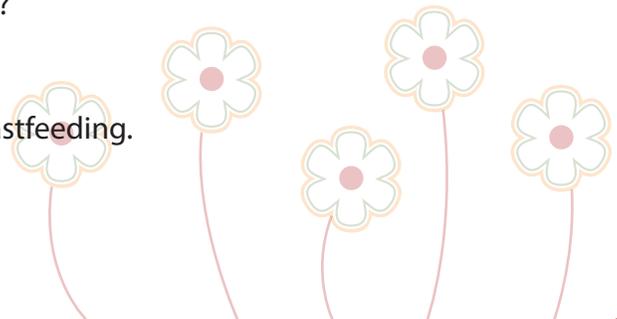
How long do you want to breastfeed?

Do you want to exclusively breastfeed?

Did your thoughts about breastfeeding change after watching the DVD?

Read the brochure *Why Breastfeeding Is Best* and answer the following questions.

1. Why is breastmilk best?
2. Name the four components of breastmilk.
3. What is colostrum?
4. Is breastmilk easier for your baby to digest?
5. Do babies prefer breastmilk?
6. Name three benefits of breastfeeding.



### Homework Key

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The presentation you watched asked you to take a moment and think about your breastfeeding goals.

What does success look like to you?

How long do you want to breastfeed?

Do you want to exclusively breastfeed?

Did your thoughts about breastfeeding change after watching the DVD?

Read the brochure *Why Breastfeeding Is Best* and answer the following questions.

1. Why is breastmilk best?

***Breastmilk is, by design, the best food for your baby.***

2. Name the four components of breastmilk.

***Breastmilk is made up of fats, proteins, vitamins, and carbohydrates.***

3. What is colostrum?

***Colostrum is the first milk you produce.***

4. Is breastmilk easier for your baby to digest?

***Yes.***

5. Do babies prefer breastmilk?

***Yes.***

6. Name three benefits of breastfeeding.

***Answers will vary but may include weight loss, bonding, and breast cancer risk reduction.***

