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Health Education Plan

Topic: Establishing Additional Knowledge About Breastfeeding and Infant Care Target Participants: Client M, Her 18-year old sister, Father of Joshua					
Objectives	Course Outline	Method of Instruction	Time Allotted	Resources	Evaluation
After 30 minutes of health teaching, the: Mother will: <ul style="list-style-type: none">• Recognize her infant's anthropometric measurements are within normal range• Discuss at least three benefits of breastfeeding an infant• Demonstrate at least two ways of milk expression and proper storage during employment Father will: <ul style="list-style-type: none">• Verbalize emotional support for his breastfeeding wife in his own words 18-year old sister will: <ul style="list-style-type: none">• Verbalize balancing her time with her studies, social	<ul style="list-style-type: none">• Breastfeeding benefits on infant's development• Non-electric Pump (Hand, Manual) and Electric Pump• Refrigerating expressed breastmilk <ul style="list-style-type: none">• Benefits of emotional support on mothers <ul style="list-style-type: none">• Proper handling of expressed	<ul style="list-style-type: none">• One-on-one discussion <ul style="list-style-type: none">• One-on-one discussion <ul style="list-style-type: none">• Lecture	<ul style="list-style-type: none">• 10 minutes <ul style="list-style-type: none">• 5 minutes <ul style="list-style-type: none">• 15 minutes	<ul style="list-style-type: none">• Brochure on Exclusive and Expressed Breastfeeding <ul style="list-style-type: none">• Infographics on Emotional Support for Breastfeeding Mothers <ul style="list-style-type: none">• Illustration on proper bottle feeding	<ul style="list-style-type: none">• Question and Answer "What do you think are the benefits of breastfeeding for infants?"• Return Demonstration <ul style="list-style-type: none">• Interview

life, and taking care of her niece • Demonstrate at least three ways to properly handle an infant and to provide a safe environment for the infant • Demonstrate proper feeding of infant using a feeding bottle	breastmilk when needed • Safety measures to provide a nurturing environment for the baby • Balancing her school and social life and taking care of the infant				• Return Demonstration
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References:

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- Herdman, T.H., & Kamitsuru, S. (2018). NANDA International, Inc. Nursing Diagnoses Definitions and Classification 2018-2020 (11th ed.). NANDA International
- *Impaired Parenting*. (2013, August 1). Nursing Interventions and Rationales. Retrieved March 24, 2022, from <http://nursinginterventionsrationales.blogspot.com/2013/08/impaired-parenting.html>
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