

## TEACHING TIP: LATCHING ON TO AN ORANGE

Submitted by Teri Shilling

Looking for a unique way to illustrate the importance of latching for breastfeeding? This tip was shared at a Lamaze Labor Support training in Australia. It's a great way to incorporate a learning task into a break. First, cut oranges into slices and hand them out to class members along with a straw. Instruct them to place the straw into the orange slice and suck. Note the amount they get (equate it to not properly latching on, nipple feeding) Next have them squeeze the orange slice into their mouth, which is similar to hand expression and pumping. Finally, have them place the whole slice in their mouth and suck, simulating great latch, and note how much more juice they get than either previous method. There are never enough hours in a childbirth series. Using refreshments as teaching aids extends your time and your impact!