Breastfeeding Game

2025

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TALLINNA TERVISHOIU KÕRGKOOL

About Aino

RN, BSN, CEN, CPN, CNICN, MHC, PPP, PPC,

AmO (Professional Teacher)

I bring over 20 years of clinical experience, including more than a decade in a Level 4 NICU and additional years in Neonatology. My background also includes over three years in specialized pediatric units such as Cardiology, Transplantation, Renal, and Oncology.

My Master's thesis (2007) focused on implementing and training Kangaroo Mother Care (KMC) in a Level 4 NICU. I was a member of the NeoBFHI expert group under WHO, contributing to the 2015 global guidelines for BFHI in NICUs—an initiative that informed the 2020 WHO/UNICEF normative guidance on breastfeeding support for small, sick, and preterm newborns.

I have served as a Senior Lecturer in Health Care (Nursing) at Universities of Applied Sciences in Finland and Estonia for over 15 years. Additionally, I have worked for more than two years as a Work Life and Career Coach for immigrant integration programs in Finland.

As a certified Positive Psychology Practitioner™ and Coach®, I have been actively applying these approaches in both educational and coaching contexts for the past three years.

Historical document from 2015 THE NEO-BFHI: THE BABY-FRIENDLY HOSPITAL INITIATIVE FOR NEONATAL WARDS (voluntary material) lead to the launch of WHO, UNICEF 2020 Guidance (normative): Protecting, promoting and supporting breastfeeding: the baby-friendly hospital initiative for small, sick and preterm newborns

This is how it goes

Relationship Between Everyday Objects and Breastfeeding

Objective:
Each team will be assigned a specific object from the provided presentation slides. Your task is to collaboratively investigate and analyze how this object may be conceptually, practically, or symbolically related to breastfeeding.

Assignment Timeline and Presentation Guidelines

Total Duration: 1hour 20 min

Phase 1: Group Discussion and Preparation (30 minutes)

•**Objective:** Collaboratively explore the connections between your assigned object and breastfeeding.

Phase 2: Group Presentations (10 minutes per group)

•**Objective:** Share your group's insights with the class.

•**Presentation Guidelines:**

- Clearly introduce your assigned object.
- Explain the connections to breastfeeding using academic language and evidence.
- Use visuals to enhance understanding and engagement.
- Conclude with key takeaways or questions for further discussion.

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This is how it goes

Instructions:

1.Identify Your Objects:
Based on your designated team number, locate your assigned objects from the presentation slides.

2.Collaborative Discussion:
Engage in a group discussion to explore and articulate the connections between your object and breastfeeding. Consider physiological, psychological, cultural, historical, and social dimensions.

3.Academic Exploration:
Aim to identify and elaborate on as many meaningful and academically grounded connections as possible. Support your insights with relevant literature, theories, or empirical evidence where applicable.

4.Presentation Preparation:
Prepare a group presentation to share your findings. You may use PowerPoint, Word, or other visual formats to enhance clarity and engagement.

5.Knowledge Sharing:
During the class presentations, actively listen to other groups, take notes, and reflect on new perspectives.

Be prepared to contribute additional ideas and insights during the discussion.

Goal:
To deepen your understanding of breastfeeding through creative and interdisciplinary thinking, while enhancing your ability to communicate academic ideas effectively.

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GOODSENSE
Tablets
See New Warnings
Ibuprofen
Tablets, 200 mg
Pain Reliever
Fever Reducer
(NSAID)
Compare to active ingredient of Advil® Ibuprofen Tablets
100% SATISFACTION GUARANTEED
500 Coated Tablets

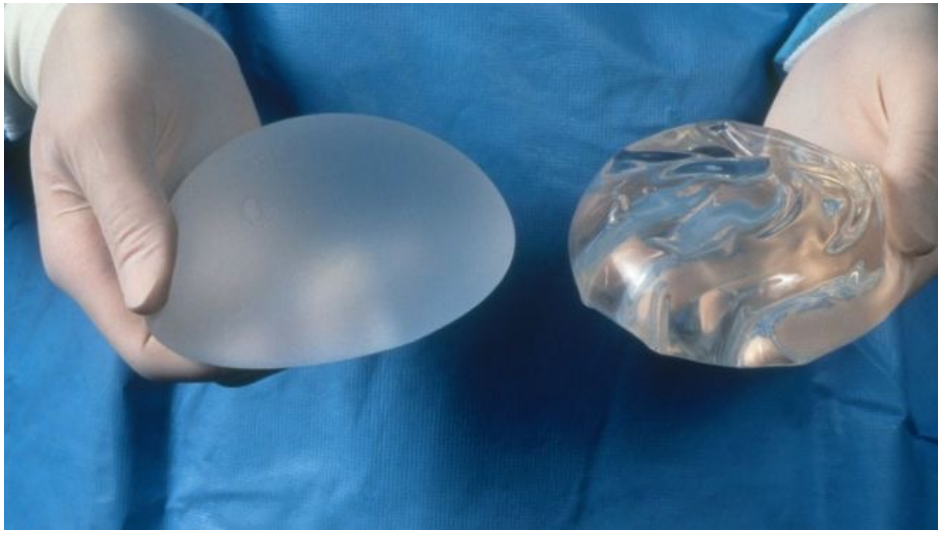
Seal of Quality
Rani
Authentic Indian Products
100% NATURAL
Rani BRAND
Authentic Indian Products
Fenugreek Seeds
(METHI SEEDS)
25% MORE FREE
Net Wt. 21oz (1.3lbs) 596g

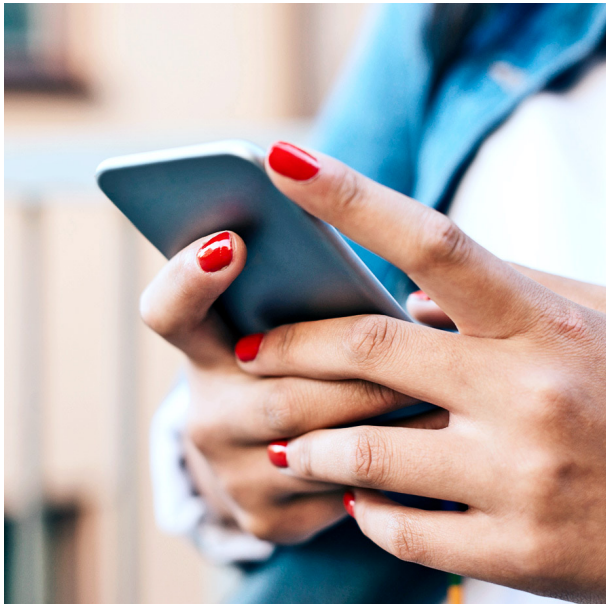
3

Nestlé
WHOLE GRAIN
Fitness
HONEY & ALMOND
BEST FITNESS® EVER
Taste meets nutrition

VivaChek
Ino
12/10
10:20
5.8
mmol/L

4





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