

BREASTFEEDING BINGO for Childcare Providers

Card #1

Adapted by Missouri Dept. of Health & Senior Services with permission of Texas Dept. of Health

B	I	N	G	O
Breastfeeding and putting baby on his back to sleep help prevent SIDS.	Breastfeeding is good for the environment.	Human milk may appear thin and slightly blue in color.	Childcare workers should hold babies close when feeding them.	Food dyes can affect color of human milk.
Breastmilk helps prevent diarrhea in babies.	Human milk changes to meet the baby's needs.	There are properties in breastmilk that destroy bacteria.	Breastfeeding reduces baby's risk for diabetes.	Use the oldest expressed milk first.
Human milk is easier for babies to digest than formula.	Human milk may be stored in glass containers.		Burp the baby well after each feeding.	Never boil human milk or heat in a microwave.
Breastfeeding reduces baby's incidence of ear infections.	Mother's milk is the only food a baby needs the first 4-6 months of life.	It is recommended that leftover breastmilk be discarded.	Breastmilk helps prevent constipation in babies.	Starting solid foods before the baby is 4-6 months old may cause allergies.
The AAP recommends breastfeeding for 1 year or longer.	Breastfeeding is the normal way to feed a baby.	By OSHA and CDC definition, human milk is food, not a "body fluid."	Breastfeeding provides special moments between mom and baby.	Human milk can be stored up to 5 days in the refrigerator.

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Card #2

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B	I	N	G	O
Breastfeeding reduces baby's incidence of ear infections.	Breastfeeding is good for the environment.	A little breastmilk is better than none.	Breastmilk helps prevent constipation in babies.	Breastfed babies have less colic.
Breastfeeding saves tax dollars.	Thawed breastmilk should not be re-frozen.	There are properties in breastmilk that destroy bacteria.	Breastfeeding provides special moments between mom and baby.	Use the oldest expressed breastmilk first.
Keep a bottle of frozen milk for emergencies.	Breastfeeding may lower the mother's risk for getting breast cancer.		When bottle feeding, move the baby to other side during the feeding.	Mom's milk supply should be well established before pumping begins.
Human milk may be stored in plastic containers.	Missouri law protects a mother's right to nurse any place she has a right to be.	Most employed moms want to breastfeed.	To warm bottled breastmilk, place it under warm, running water.	Breastfeeding may improve vision and brain growth in babies.
Breastfeeding increases mom's self-confidence.	Breastfeeding is the normal way to feed a baby.	It is recommended that leftover breastmilk be discarded.	Someone besides mom should give baby his or her first bottle.	Breastfeeding moms miss less work after maternity leave.

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Card #3

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B	I	N	G	O
Breastmilk helps prevent diarrhea in babies.	Starting solid foods before baby is 4-6 months old may cause allergies.	Bottles of human milk should be labeled with date expressed and baby's name.	Breastfeeding provides special moments between mom and baby.	Breastfeeding may improve vision and brain growth in babies.
Breastmilk has antibodies that protect babies against disease.	Breastfeeding is the normal way to feed a baby.	A little breastmilk is better than none.	Someone besides mom should give baby his or her first bottle.	Feed the baby at the first signs of hunger.
The AAP recommends breastfeeding for 1 year or longer.	Human milk changes to meet the baby's needs.		Childcare workers should hold babies close when feeding them.	Food dyes can affect the color of human milk.
Breastfeeding saves tax dollars.	Missouri law protects a mother's right to nurse any place she has a right to be.	Mom's breasts make milk while baby is nursing or mom is expressing milk.	When bottle feeding, move baby to other side during feeding.	Never boil human milk or heat it in a microwave.
Breastfeeding reduces baby's incidence of ear infections.	Wash your hands every time before and after you feed a baby.	By OSHA and CDC definition, human milk is food, not a "body fluid."	Breastmilk does not stain clothing.	Use the oldest expressed breastmilk first.

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Card #4

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B	I	N	G	O
Breastmilk helps prevent diarrhea in babies.	Thawed breastmilk should not be re-frozen.	A little breastmilk is better than none.	Human milk can be stored at least 3 months in a freezer.	Never boil human milk or heat it in a microwave.
Breastfeeding and putting baby on his back to sleep help prevent SIDS.	The more a baby nurses at mom's breast, the more milk she makes.	Human milk may appear thin and slightly blue in color.	Burp the baby well after each feeding.	Breastfeeding may improve vision and brain growth in babies.
Breastfeeding saves tax dollars.	Mother's milk is the only food a baby needs the first 4-6 months of life.		Someone besides mom should give baby his or her first bottle.	Mom's milk supply should be established before pumping begins.
Breastmilk has antibodies that protect babies against disease.	Breastfeeding is good for the environment.	There are properties in breastmilk that destroy bacteria.	To warm bottled breastmilk, place it under warm, running water.	Feed the baby at his first signs of hunger.
Breastfeeding increases mom's self-confidence.	Breastfeeding may lower the mother's risk of getting breast cancer.	Bottles of human milk should be labeled with date expressed and baby's name.	Breastfeeding provides special moments between mom and baby.	Human milk can be stored up to 5 days in the refrigerator.

BREASTFEEDING BINGO for Childcare Providers

Card #5

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B	I	N	G	O
Human milk may be stored in plastic containers.	Thawed breastmilk should not be re-frozen.	It is recommended that leftover breastmilk be discarded.	Breastfeeding does not stain clothing.	Food dyes can affect the color of human milk.
Breastmilk helps prevent diarrhea in babies.	Wash your hands every time before and after you feed a baby.	Human milk may appear thin and slightly blue in color.	Burp the baby well after each feeding.	Breastfed babies have less colic.
Keep a bottle of frozen breastmilk for emergencies.	Breastfeeding is the normal way to feed a baby.		Human milk can be stored at least 3 months in the freezer.	Human milk can be stored up to 5 days in the refrigerator.
The AAP recommends breastfeeding for 1 year or longer.	Mother's milk is the only food a baby needs the first 4-6 months of life.	Mom's breasts make milk while baby is nursing or mom is expressing milk.	Breastfeeding reduces baby's risk for diabetes.	Starting solid foods before the baby is 4-6 months old may cause allergies.
Breastfeeding and putting baby on his back to sleep help prevent SIDS.	Breastfeeding may lower the mother's risk of getting breast cancer.	A little breastmilk is better than none.	Childcare workers should hold babies close when feeding them.	Never boil human milk or heat it in a microwave.

BREASTFEEDING BINGO for Childcare Providers

Card #6

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B	I	N	G	O
Breastfeeding increases mom's self-confidence.	Human milk changes to meet the baby's needs.	Most employed moms want to breastfeed.	Breastmilk does not stain clothing.	Food dyes can affect the color of human milk.
Human milk is easier for babies to digest than formula.	The more a baby nurses at mom's breast, the more milk she makes.	By OSHA and CDC definition, human milk is food, not a "body fluid."	When bottle feeding, move the baby to other side during the feeding.	Feed the baby at his first signs of hunger.
Breastfeeding and putting baby on his back to sleep help prevent SIDS.	Human milk may be stored in glass containers.		Human milk can be stored at least 3 months in the freezer.	Breastfeeding moms miss less work after maternity leave.
Human milk may be stored in plastic containers.	Breastfeeding is the normal way to feed a baby.	It is recommended that leftover breastmilk be discarded.	Breastmilk helps prevent constipation in babies.	Mom's milk supply should be well established before pumping begins.
Keep a bottle of frozen breastmilk for emergencies.	Missouri law protects a mother's right to nurse any place where she has a right to be.	Bottles of human milk should be labeled with date expressed and baby's name.	Breastfeeding provides special moments between mom and baby.	Never boil human milk or heat in a microwave.

BREASTFEEDING BINGO for Childcare Providers

Card #7

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B	I	N	G	O
Breastfeeding saves tax dollars.	Mother's milk is the only food a baby needs the first 4-6 months of life.	Bottles of human milk should be labeled with date expressed and baby's name.	Someone besides mom should give baby his/her first bottle.	Starting solid foods before the baby is 4-6 months old may cause allergies.
Breastfeeding reduces baby's incidences of ear infections.	Breastfeeding may lower the mother's risk of getting breast cancer.	There are properties in breastmilk that destroy bacteria.	Childcare workers should hold babies close when feeding them.	Feed the baby at his first signs of hunger.
Human milk may be stored in plastic containers.	Breastfeeding is good for the environment.		Breastmilk does not stain clothing.	Breastfed babies have less colic.
The AAP recommends breastfeeding for 1 year or longer.	Thawed breastmilk should not be re-frozen.	Most employed moms want to breastfeed.	To warm bottled breastmilk, place it under warm, running water.	Breastfeeding moms miss less work after maternity leave.
Human milk is easy for babies to digest.	The more a baby nurses at mom's breast, the more milk she makes.	Human milk may appear thin and slightly blue in color.	When bottle feeding, move the baby to other side during the feeding.	Breastfeeding may improve vision and brain growth.

BREASTFEEDING BINGO for Childcare Providers

Card #8

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B	I	N	G	O
Breastfeeding increases mom's self-confidence.	Breastfeeding is the normal way to feed a baby.	It is recommended that leftover breastmilk be discarded.	Breastfeeding helps prevent constipation in babies.	Food dyes can affect the color of human milk.
Human milk is easy for babies to digest.	Missouri law protects a mother's right to nurse any place she has a right to be.	A little breastmilk is better than none.	Burp the baby well after each feeding.	Never boil human milk or heat it in a microwave.
Breastmilk has antibodies that protect babies against disease.	Wash your hands every time before and after you feed a baby.		When bottle feeding, move the baby to other side during the feeding.	Use the oldest expressed breastmilk first.
The AAP recommends breastfeeding for one year or longer.	Human milk may be stored in glass containers.	Most employed moms want to breastfeed.	Breastfeeding provides special moments between mom and baby.	Starting solid foods before the baby is 4-6 months old may cause allergies.
Breastfeeding saves tax dollars.	Human milk changes to meet the baby's needs.	There are properties in breastmilk that destroy bacteria.	Breastfeeding reduces baby's risk for diabetes.	Breastfed babies have less colic.

BREASTFEEDING BINGO for Childcare Providers

Card #9

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B	I	N	G	O
Human milk may be stored in plastic containers.	Human milk may be stored in glass containers.	By OSHA and CDC definition, human milk is food, not a "body fluid."	Someone besides mom should give baby his or her first bottle.	Breastfeeding may improve vision and brain growth in babies.
Human milk is easier for babies to digest than formula.	The more a baby nurses at mom's breast, the more milk she makes.	Most employed moms want to breastfeed.	Human milk can be stored at least 3 months in the freezer.	Breastfed babies have less colic.
Breastfeeding and putting baby on his back to sleep help prevent SIDS.	Breastfeeding is the normal way to feed a baby.		Burp the baby well after each feeding.	Feed baby at his first signs of hunger.
Breastmilk has antibodies that protect babies against disease.	Wash your hands every time before and after you feed a baby.	Mom's breasts make milk while baby is nursing or mom is expressing milk.	Breastmilk helps prevent constipation in babies.	Mom's milk supply should be established before pumping begins.
Keep a bottle of frozen breastmilk for emergencies.	Breastfeeding lowers mother's risk for breast cancer.	Bottles of human milk should be labeled with date expressed and baby's name.	To warm bottled breastmilk, place it under warm, running water.	Use the oldest expressed breastmilk first.

BREASTFEEDING BINGO for Childcare Providers

Card #10

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B	I	N	G	O
Breastmilk helps prevent diarrhea in babies.	Thawed breastmilk should not be re-frozen.	Mom's breasts make milk while baby is nursing or mom is expressing milk.	Childcare workers should hold babies close when feeding them.	Human milk may be stored up to 5 days in the refrigerator.
Breastfeeding increases mom's self-confidence.	Breastfeeding is good for the environment.	Human milk may appear thin and slightly blue in color.	Breastfeeding reduces baby's risk for diabetes.	Use the oldest expressed breastmilk first.
Breastfeeding reduces baby's incidences of ear infections.	Missouri law protects a mother's right to nurse any place she has a right to be.		Breastfeeding helps prevent constipation in babies.	Breastfed babies have less colic.
Breastmilk has antibodies that protect babies against disease.	Human milk may be stored in glass containers.	A little breastmilk is better than none.	Burp the baby well after each feeding.	Human milk can be stored at least 3 months in a freezer.
Breastfeeding and putting baby on his back to sleep help prevent SIDS.	Human milk changes to meet the baby's needs.	There are properties in breastmilk that destroy bacteria.	Breastmilk does not stain clothing.	Breastfeeding may improve vision and brain growth in babies.

Instructions: Copy and cut out the graphics playing pieces, which follow the ten bingo cards. Players use these to cover squares on their cards. Distribute the cards and playing pieces to each player. Bingo Caller calls out a breastfeeding fact and matching **letter shaded in bold** to the left of each fact. Each time a fact and letter are read, the player covers his or her square that has that fact and letter. First person to cover a row of squares, horizontally, vertically or diagonally, shouts “Bingo” and caller checks off the card. **Give a breastfeeding bookmark, sticker or “Hershey’s Gold Nugget” candies for prizes. The candy symbolizes that breastmilk is the “gold standard” in infant feeding.**

Check if called					B r e a s t f e e d i n g F a c t s
B	I	N	G	O	Breastfeeding and putting baby on his back to sleep help prevent SIDS.
B	I	N	G	O	Breastfeeding reduces baby’s incidence of ear infections.
B	I	N	G	O	The AAP recommends breastfeeding for one year or longer.
B	I	N	G	O	Human milk is easier for babies to digest than formula.
B	I	N	G	O	Breastmilk helps prevent diarrhea in babies.
B	I	N	G	O	Breastmilk has antibodies that protect babies against disease.
B	I	N	G	O	Breastfeeding saves tax dollars.
B	I	N	G	O	Breasfeeding increases mom’s self-confidence.
B	I	N	G	O	Keep a bottle of frozen milk for emergencies.
B	I	N	G	O	Human milk may be stored in plastic containers.
B	I	N	G	O	The more a baby nurses at mom’s breast, the more milk she makes.
B	I	N	G	O	Mother’s milk is the only food a baby needs the first 4-6 months of life.
B	I	N	G	O	Human milk changes to meet the baby’s needs.
B	I	N	G	O	Human milk may be stored in glass containers.
B	I	N	G	O	Wash your hands every time before and after you feed a baby.
B	I	N	G	O	Breastfeeding is good for the environment.
B	I	N	G	O	Breastfeeding is the normal way to feed a baby.
B	I	N	G	O	Breastfeeding may lower the mother’s risk of getting breast cancer.
B	I	N	G	O	Thawed breastmilk should not be re-frozen.
B	I	N	G	O	Missouri law protects a mother’s right to nurse any place where she has a right to be.
B	I	N	G	O	Most employed moms want to breastfeed.
B	I	N	G	O	There are properties in breastmilk that destroy bacteria.
B	I	N	G	O	It is recommended that leftover breastmilk be discarded.
B	I	N	G	O	Bottles of human milk should be labeled with date expressed and baby’s name.
B	I	N	G	O	By OSHA and CDC definition, human milk is food, not a “body fluid.”
B	I	N	G	O	A little breastmilk is better than none.

B	I	N	G	O	Mom's breasts make milk while baby is nursing or mom is expressing milk.
B	I	N	G	O	Human milk may appear thin and slightly blue in color.
B	I	N	G	O	Human milk can be stored at least 3 months in the freezer.
B	I	N	G	O	Someone besides mom should give baby his or her first bottle.
B	I	N	G	O	Breastfeeding reduces baby's risk for diabetes.
B	I	N	G	O	To warm bottled breastmilk, place it under warm, running water.
B	I	N	G	O	When bottle feeding, move the baby to other side during the feeding.
B	I	N	G	O	Breastmilk helps prevent constipation in babies.
B	I	N	G	O	Breastfeeding provides special moments between mom and baby.
B	I	N	G	O	Childcare workers should hold babies close when feeding them.
B	I	N	G	O	Breastmilk does not stain clothing.
B	I	N	G	O	Burp the baby well after each feeding.
B	I	N	G	O	Mom's milk supply should be established before pumping begins.
B	I	N	G	O	Never boil human milk or heat it in a microwave.
B	I	N	G	O	Starting solid foods before the baby is 4-6 months old may cause allergies.
B	I	N	G	O	Human milk can be stored up to 5 days in the refrigerator.
B	I	N	G	O	Breastfed babies have less colic.
B	I	N	G	O	Use the oldest expressed breastmilk first.
B	I	N	G	O	Breastfeeding moms miss less work after maternity leave.
B	I	N	G	O	Breastfeeding may improve vision and brain growth in babies.
B	I	N	G	O	Feed the baby at his or her first signs of hunger.
B	I	N	G	O	Food dyes can affect the color of human milk.

Copy, laminate, and cut out graphics below. Use for playing pieces to cover the bingo-card squares.



