

## FUMC ESL 4-24-2014 Advanced Lesson -- Breastfeeding Moms

### Talk for a minute or two on one of these subjects.

1. The quickest way to make a baby happy is to...
2. Things people can do to make a baby smarter are...
3. Most men would rather have a baby (boy/girl) because...
4. Babies make a household (more/less) stressful because...
5. I (would/wouldn't) recommend that every married couple have a baby because...
6. I (would/wouldn't) like to have just one child because...

### Using "reduce"

- 1-make it smaller. *Taking calcium supplements reduces the risk of osteoporosis. You should reduce your daily fat intake. The company wants to reduce expenses.*
- 2-make someone or something weaker. *The farmers were reduced to poverty by the drought. She was reduced to begging.*
- 3-reduction-something that has been made smaller. *A reduction in staff was necessary because of falling profits. These new headphones are great for noise reduction.*

### Quickly finish these sentences.

- I would like to reduce...
- Sleep reduces...
- Reducing snoring...
- A reduction in the number of cigarette smokers...
- This new medicine should reduce...

### Breastfeeding Moms Healthier In Old Age

Women who breastfeed could lower their risk of having a heart attack and stroke when they get older. They may also reduce their chances of getting diabetes and of having high blood pressure. This is the claim of a new study from the University of Pittsburgh in America. Researchers surveyed nearly 140,000 middle-aged mothers. They asked the women, all in their 50s, about their breastfeeding history. They found that mothers who had breastfed for more than a year were up to 20 per cent less likely to suffer from heart attacks and strokes. The team also found that breastfeeding for just a month benefited a mother's long-term health. Breast milk also protects the baby against obesity, diabetes, asthma and increases a baby's immunity and intelligence.

Researcher Dr Eleanor Schwarz said: "Heart disease is the leading cause of death for women, so it is vitally important for us to know what we can do to protect ourselves." She explained her study could encourage more mothers to breastfeed, and so keep mother and child healthier. "We've known for years that breastfeeding is important for babies' health. Now we know that it is important for mothers' health as well," she said. Dr Schwartz noted that breastfeeding helped a woman's body to recover after giving birth. She said: "Breastfeeding is an important part of the way women's bodies recover from pregnancy. When this process is interrupted, women are more likely to have a number of health problems."

### Which of these statements are true according to the article?

- 1-A report said older mothers have fewer heart attacks and strokes.
- 2-A team of researchers interviewed 140,000 women over fifty years old.
- 3-Mothers who breastfeed for a year can cut their risk of a heart attack.
- 4-Babies who are breastfed are generally more intelligent.
- 5-Heart disease is the biggest killer of women.
- 6-A researcher said people knew for years breastfeeding helps mothers.
- 7-Breastfeeding helps a mother's body recover from pregnancy.
- 8-Mothers will have no health problems if they do not breastfeed.

### Synonym Match: match the following synonyms from the article

lower	a long time
chances	probable
surveyed	top
likely	critically
protects	reduce
leading	get better
vitally	shelters
years	likelihood
recover	numerous
a number of	questioned

**Discuss in Groups**

1. Do you think every woman should breastfeed her baby?
2. What are some other things families can do to make sure their baby is healthy?
3. Are you worried about the safety of baby formula?
4. How do you feel about women breastfeeding in public?