

# **Intro Spanish 1 for Lactation Consultants**

## **Offered by: Cygnus Lactation & Dorothy Potter Spanish**

**A Note About This Course:** The class meets synchronously online on Tuesdays and Thursdays (8:00pm -9:30pm EST) from September 20 to October 20, 2016. Students are required to attend via their computer (with camera and audio), and to do homework in order to be awarded their CERPs. Each class meeting will focus on a new communication goal. Active participation in class is required. No Spanish language background is required.

**Goals:** This course is intended to introduce you to fundamental aspects of Spanish grammar while focusing on communication goals specific to the lactation consultation with a new mother. We will discuss elements about Hispanic culture as it relates to motherhood, breastfeeding, diet and family life. You are not expected to fully master all the vocabulary or concepts in this course during the four-week class: you are expected, however, to participate actively by doing homework and engaging in class discussion, and you are invited to continue studying your materials and vocabulary sets after the course is over to continue enhancing your ability to communicate with Spanish-speaking mothers and their families. You will be asked to assess your course experience at the end of the course: CERPs are awarded after you have turned in this final document, and are also based on the actual time spent in the class. This time is automatically tracked electronically.

**Required Equipment:** 1) a computer with a video camera); 2) a good set of headphones (not earbuds, preferably headphones with a mic); a fast Internet connection (See tech doc below — but if you can Skype with friends, your connection is fine); 3) and a quiet room. If we hear noise or feedback on your channel, you will be muted and unable to speak to the group. You will receive a weekly email invitation to your class one day, and then again one hour before your class; click on the link provided to join.

**The Structure of our Class:** Each class will present information per the syllabus, though we may not touch on every item in the syllabus as time is limited and we wish to allow students to practice important language concepts as needed. Each class will begin with a presentation, followed by

practice of the communication goal of the day; then, questions and concerns about the homework from the previous class or real-life issues with Hispanic clients will be addressed.

**Accessing Your Study Materials:** Study materials are located online in two places:

- 1) **Google Drive:** Your course files can be accessed [here](#). Ask permission to join this Google Drive folder. You may have to establish a (free) Google account if you do not already have one. You will note that each class has a separate, numbered folder filled with the related material.
- 2) **Quizlets: playful flashcards for vocabulary acquisition and practice**
  - Go to [Quizlet.com](https://quizlet.com) and create a free user account.
  - Request to join this class: <https://quizlet.com/join/hajKfEAQz>
  - I've organized your Quizlet sets in alphanumeric order, 01, 02, etc. If you are short of time, devote all your energy to studying Quizlets! And be sure to use the “talking” feature and games to enhance your vocabulary acquisition and pronunciation. Quizlets can be viewed on your smart phone by downloading the Quizlet app, enabling you to study on the go. You are not expected to master everything in these sets during our month together, and the sets will remain available to you after the course is over.

**Questions: please address any questions or concerns to the right person!**

- 1) Questions about enrollment, CERPs, missed classes, refunds: Jeanne Cygnus — [jeanne@cygnuslactation.com](mailto:jeanne@cygnuslactation.com)
- 2) Questions about curriculum — Dorothy Potter Snyder - [letsspeakspanish@gmail.com](mailto:letsspeakspanish@gmail.com)

**CERPS:** CERPs (up to 15) will be awarded electronically within 2 - 4 weeks after the end of class. The number of CERPs will be dependent on the number of hours you attended the lectures and your active participation in the lectures. This is measured electronically by the webinar platform; “active participation” is considered having the webinar window open and on top – any time you bring up a different program window on top, you are considered “idle” in the class. Final class evaluations being turned in will trigger the start of the CERPs award process.

## **COURSE SYLLABUS**

**Class 1 (Tues. Sept. 20) – Communication Goal: Introducing yourself.** (No Preparation Required)

- **Useful phrases in Spanish for our class:** How to ask me a question
- **¡Preséntese!** (Introduce yourself): How we introduce ourselves, say hello and goodbye.
- **The Spanish Alphabet:** How to pronounce the sounds of Spanish.
- **Spanish verbs are different:** Conjugations, pronouns and tenses.
- **Being in Spanish:** The verbs Ser, Estar and Hay
- **Study at home:**
  - Come to class ready to tell us briefly who you are, where you are from, and what you do. (In English! After today, you will be able to say this in Spanish.)
  - **Document Archive:**
    - alphabet practice: document and MP3
    - Complete document “ser estar lactation” exercises
    - ***Optional: Presentation phrases (document and mp3)***
  - **Quizlet flashcards:**
    - 01 - Ser, Estar and Haber [28 terms]
    - 01 – Useful phrases for our class [7 terms]
    - 01 – The alphabet / el alfabeto [30 terms]
    - 01 - People we know; greetings and goodbyes [27 terms]
    - 01 – Useful phrases for our class

**Class 2 (Thurs. Sept. 22) – Communication Goal: Asking questions in the initial interview.** — Using regular verbs to ask initial questions.

- **How to use regular AR, ER and IR verbs**
- **Study at home:**
  - **Document archive:**
    - Study and complete exercises: Regular verb conjugation lactation
    - For review of regular verb conjugations, click here.
    - Review Questions Words document
    - ***Optional: Supplementary Quizlet: Questions with regular verbs***
  - **Quizlet flashcards to study:**
    - 02 - Lactation: Anatomy 50 terms
    - 02 Beginner Level 1 - First AR, ER, IR verbs 18 terms

**Class 3 (Tues., Sept. 27) – Communication goal: Asking about weights, dates, and times** — introduction to numbers, the verbs conocer and saber.

- **Numbers:** Introduction to Spanish numbers (for weights, dates, and times)
- **Knowing and knowing how to:** The verbs Conocer and Saber
- **Study at home:**
  - **Document archive:**
    - Numbers document and MP3
    - Complete Saber and Conocer exercises, Saber and Conocer: knowing in Spanish.
    - ***Optional: document and mp3 “Conozca a su recién nacido” (get to know your newborn.)***
  - **Quizlet flashcards to study:**
    - 03 - Beginner Level 1 - Present Tense Conjugation Practice [160 terms]
    - 03 - Know your Numbers [101 terms]

**Class 4 (Thurs., Sept. 29) – Communication goal: Asking about pain** — Expressing feelings with the verb *Tener*; talking about what clients have to do.

- **Expressions with the verb *Tener* (to have)**
- **When, How Long, How Often?** Expression of time.
- **Study at home:**
  - Document archive:
    - Complete *Tener* Idioms Lactation
    - *Optional: Basic Intake Questions Part 2*
  - Quizlets:
    - 04 – When? How Long? How Often? [44 terms]
    - 04 – *Tener* (to have), idioms [13 terms]
    - 04 – Adjectives: Shapes [8 terms]

**Class 5 (Tues., Oct. 4) – Asking clients about their abilities, wishes, needs and discomfort.**

- **Questions Words:** How to ask a question.
- **Helper Verbs:** *Tener*, *Necesitar*, *Poder*, *Querer*, *Esperar* and *Ir*
- **It Hurts!** Talking more about discomfort.
- **Study at home:**
  - Document archive:
    - Complete document Questions Words *Ser*, *Estar*, Lactation
    - Study and complete exercises in document Helper Verbs.
    - Study and complete exercises, Verbs of Feeling.
    - *Optional: Basic Intake Questions Part 3 and Sore Nipples*
  - Quizlets:
    - 05 – Pain and discomfort in breastfeeding [25 terms]
    - 04 - Helping Verbs [18 terms]

**Class 6 (Thurs., Oct. 6) – Communication goal: Giving directions relating to breastfeeding positions.**

- **Giving Directions:** Some ways to get people to do what you want them to do.
- **Positions and Emotions:** The reflexive verb
- **Study at home:**
  - Document archive:
    - Study "Las posiciones para amamantar"
    - Complete exercises, Giving Directions.
  - Quizlets:
    - 06 - Common Commands [36 terms]
    - 06 – Positions for Breastfeeding [41 terms]
    - 06 – Prepositions, or Positions in Time and Space [31 terms]

**Class 7 (Tuesday, Oct. 11) - Communication goal: Saying how, where and when.** — Dates, Times, Weights

- **Dates, days, months**
- **Study at home:**
  - Document archive:
    - Homework: Expressions of dates and times
    - *Optional: Feeding frequency and Diapers. (document and MP3)*
  - Quizlets:
    - 07 – Adjectives: Colors [18 terms]
    - 07 – Adjectives: Textures [8 terms]
    - 07 – days, dates, months, weights [26 terms]

### **Class 8 (Thurs., Oct. 13) – Communication goal: Describe daily activities, emotions, colors.**

- **Describing important things with metaphors.**
- **Adjectives and agreement:** Make the color match the thing!
- **Continuing to describe emotion and position.**
- **Study at home:**
  - Document archive:
    - Complete exercises: Make The Adjective Agree.
    - *Optional: Weighing, Home Customs and Making the Next Appointment. (document and mp3)*
  - Quizlets:
    - 08 – Useful Reflexive Verbs [20 terms]

### **Class 9 (Tuesday, Oct. 18) – Communication goal: Explaining the benefits of breastfeeding. — reviewing all grammar up to this point; vocabulary related to breastfeeding benefits.**

- **Review of grammar structures.**
- **Home study:**
  - Document archive:
    - Homework: Reflexive Verbs.
    - Prepare questions related to the work we have done together. Prepare questions about specific situations that fall outside what we have done in this class
    - *Optional: Breastfeeding Advice and the Advantages of Breastfeeding (Document and MP3)*
    - Supplemental: first breast first, baby's tummy, when s/he's done.
  - Quizlet:
    - 09 - The benefits of breastfeeding

### **Class 10 (Thurs., Oct. 20) – Roundtable: Review of Basic Language and Culture Ideas, and Your Questions.**

- **Presentation and Discussion:** The Ten Common Mistakes That IBCLCs Make with Hispanic Mothers. *(available in Document Archive)*
- **Roundtable Discussion.** "What do you tell her?" We work together to answer several typical questions from nursing mothers, in Spanish. *(available in Document Archive)*
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**Please note: The syllabus may be changed or modified depending upon the in-class experience and the needs of the students.**

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