

BREASTFEEDING ESSENTIALS FOR PRIMARY CARE / NURSES

Compliance Documentation

Baby-Friendly USA outlines 15 Session Topics in their [Guidelines and Evaluation Criteria](#). The below table outlines how and where Step 2 Education's **ES01 Breastfeeding Essentials** covers each item.

SESSION TOPICS & COMPETENCIES

BREASTFEEDING ESSENTIALS

Baby-Friendly USA

Step 2 Education

SESSION 1 **The BFHI - a part of the Global Strategy**

The Global Strategy for Infant and Young Child Feeding and how the Global Strategy fits with other activities
The Baby-Friendly Hospital Initiative
How this course can assist health facilities in making improvements in evidence-based practice, quality care and continuity of care

[Topic 9.3](#) Young Child Feeding

[Topic 9.2](#) The Baby Friendly Initiative
Group and individual activities throughout the course encourage reflection on evidence-based policies and practices.

SESSION 2 **Communication skills**

Listening and learning
Skills to build confidence and give support
Arranging follow-up and support suitable to the mother's situation

[Topic 2.2](#) Listening Skills

[Topic 2.3](#) Building Confidence

[Topic 6.6](#) Discharge Planning

SESSION 3 **How milk gets from the breast to the baby**

Parts of the breast involved in lactation
Breast milk production
The baby's role in milk transfer
Breast care

[Topic 5.2](#) Breastmilk Transfer

[Topic 8.4](#) Insufficient Breastmilk

[Topic 5.2](#) Breastmilk Transfer

[Topic 6.2](#) Breastfeeding Messages

SESSION 4 **Promoting breastfeeding during pregnancy**

Discussing breastfeeding with pregnant women
Why breastfeeding is important
Antenatal breast and nipple preparation
Women who need extra attention

[Topic 3.0](#) Pregnancy Care

[Topic 1.0](#) Why Breastfeeding is Important

[Topic 3.3](#) Physical Preparation

[Topic 3.2](#) The Barriers; [Topic 8.0](#) Maternal Challenges

SESSION 5 **Birth practices and breastfeeding**

Labor and birth practices to support early breastfeeding
The importance of early skin-to-skin contact
Helping to initiate breastfeeding
Ways to support breastfeeding after a cesarean birth

[Topic 4.0](#) Birthing and Physiology

[Topic 4.1](#) The First Hours

[Topic 4.1](#) The First Hours

[Topic 4.2](#) Labor Interventions; [Topic 6.2](#) Breastfeeding Messages

[Topic 4.1](#) The First Hours; [Topic 4.3](#) Postnatal Interventions

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SESSION 6 **Helping with a breastfeed**

Positioning for comfortable breastfeeding
How to assess a breastfeeding
Recognize signs of optimal positioning and attachment
Help a mother to learn to position and attach her baby
When to assist with breastfeeding
The baby who has difficulty attaching to the breast

[Topic 5.1](#) Positioning Principles
[Topic 5.3](#) Assessing Breastfeeding
[Topic 5.3](#) Assessing Breastfeeding
[Topic 5.1](#) Positioning Principles
[Topic 5.0](#) Breastfeeding the Baby
[Topic 7.1](#) Late Preterm; Non-Latching

SESSION 7 **Practices that assist breastfeeding**

Rooming-in
Skin-to-skin contact

Baby-led feeding

Dealing with sleepy babies and crying babies
Avoiding unnecessary supplements
Avoiding bottles and teats

[Topic 6.4](#) Sleep
[Topic 4.1](#) The First Hours; [Topic 5.1](#) Positioning Principles
[Topic 7.1](#) Late Preterm; Non-Latching; [Topic 7.8](#) Crying Baby
[Topic 5.0](#) Breastfeeding the Baby
[Topic 7.3](#) Supplementation
[Topic 7.7](#) Bottle Feeding; [Topic 7.8](#) Crying Baby

SESSION 8 **Milk supply**

Concerns about “not enough milk”
Normal growth patterns of babies
Improving milk intake and milk production

[Topic 8.4](#) Insufficient Breastmilk
[Topic 6.3](#) Normal Growth
[Topic 8.4](#) Insufficient Breastmilk

SESSION 9 **Supporting the non-breastfeeding mother & baby**

Counseling the formula choice: a pediatric responsibility
Teaching/assuring safe formula preparation in the postpartum
Safe bottle feeding; issues with overfeeding and underfeeding

[Topic 7.7](#) Bottle Feeding
[Topic 7.7](#) Bottle Feeding

[Topic 7.7](#) Bottle Feeding

SESSION 10 **Infants and mothers with special needs**

Breastfeeding infants who are preterm, low birth weight or ill

Breastfeeding more than one baby
Prevention and management of common clinical concerns

Medical reasons for food other than breast milk
Nutritional needs of breastfeeding women
How breastfeeding helps space pregnancies
Breastfeeding management when the mother is ill
Medications and breastfeeding
Contraindications to breastfeeding

[Topic 7.0](#) Infant Challenges; [Topic 7.1](#) Late Preterm; Non-Latching; [Topic 7.2](#) Hypoglycemia; Jaundice
[Topic 6.2](#) Breastfeeding Messages
[Topic 7.0](#) Infant Challenges; [Topic 8.0](#) Maternal Challenges
[Topic 7.3](#) Supplementation
[Topic 1.2](#) Biochemistry
[Topic 6.6](#) Discharge Planning
[Topic 8.5](#) Medical, Surgical Issues
[Topic 8.5](#) Medical, Surgical Issues
[Topic 3.1](#) The Feeding Decision

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SESSION 11 **Breast and nipple concerns**

Examination of the mother's breasts and nipples
Engorgement, blocked ducts, and mastitis

[Topic 3.3](#) Physical Preparation
[Topic 8.1](#) Engorgement; [Topic 8.3](#) Breast Problems
[Topic 8.2](#) Nipple Pain

Sore nipples

SESSION 12 **If the baby cannot feed at the breast**

Learning to hand express
Use of milk from another mother
Feeding expressed breast milk to the baby

[Topic 6.1](#) Practical Skills
[Topic 7.3](#) Supplementation
[Topic 7.4](#) Feeding-Line Device at the Breast;
[Topic 7.5](#) Cup Feeding; [Topic 7.6](#) Finger Feeding;
[Topic 7.7](#) Bottle Feeding

SESSION 13 **Ongoing support for mothers**

Preparing a mother for discharge
Follow-up and support after discharge
Protecting breastfeeding for employed women
Sustaining continued breastfeeding for 2 years or longer

[Topic 6.6](#) Discharge Planning
[Topic 6.6](#) Discharge Planning
[Topic 6.1](#) Practical Skills
[Topic 6.2](#) Breastfeeding Messages

SESSION 14 **Protecting breastfeeding**

The effect of marketing on infant feeding practices
The International Code of Marketing of Breast-milk Substitutes
How health workers can protect families from marketing

Donations in emergency situations
The role of breastfeeding in emergencies
How to respond to marketing practices

[Topic 9.0](#) Promotion, Protection and Support
[Topic 9.1](#) The International Code of Marketing of Breastmilk Substitutes
[Topic 9.1](#) The International Code of Marketing of Breastmilk Substitutes
[Topic 9.5](#) Infant Feeding in Emergencies
[Topic 9.5](#) Infant Feeding in Emergencies
[Topic 9.1](#) The International Code of Marketing of Breastmilk Substitutes

SESSION 15 **Making your hospital or birth center Baby-Friendly®**

The Ten Steps to Successful Breastfeeding
What "Baby-Friendly" Practices mean
The process of becoming a Baby-Friendly hospital or birth center

[Topic 9.2](#) The Baby Friendly Initiative
[Topic 1.0](#) Why Breastfeeding is Important
[Topic 9.2](#) The Baby Friendly Initiative

SKILLS COMPETENCIES FOR MATERNITY STAFF

Communicating with pregnant and postpartum women about infant feeding
Observing, assessing and assisting with breastfeeding
Teaching hand expression and safe storage of milk
Teaching safe formula preparation and feeding

[Topic 2.0](#) Communication Skills
[Topic 5.3](#) Assessing Breastfeeding
[Topic 6.1](#) Practical Skills
[Topic 7.7](#) Bottle Feeding