

ES01

BREASTFEEDING ESSENTIALS PRIMARY CARE / NURSES

DENISE FISHER, AM, MMP, BN & CAROLE DOBRICH, BS, RN, IBCLC, ANLC

AIMS AND LEARNING OBJECTIVES

MODULE 1 **Why breastfeeding is important**

List the major macro- and micronutrients in breastmilk, their function in the baby and the effect of maternal diet on milk composition

Outline the effects artificial feeding has on infants and children

MODULE 2 **Communication Skills**

Identify communication skills of listening, learning and building confidence

MODULE 3 **Pregnancy Care**

Outline the information to be given during antenatal discussions

Explain what antenatal preparation for breastfeeding is useful and what is not

Identify the parts of the breast and describe their function

Be prepared for the **Skills Competency** *Communicating with pregnant women about breastfeeding*

MODULE 4 **The Birth Experience**

List the hormones and their changes necessary for successful Lactogenesis II

Describe how the actions during labor and birth can support early breastfeeding

Explain the importance of early contact for mother and baby

Explain ways to help initiate early breastfeeding

List ways to support breastfeeding after a caesarean section

MODULE 5 **Breastfeeding the Baby**

List the key elements of positioning the baby for comfortable and successful breastfeeding

Describe what to look for when assessing a breastfeed

Demonstrate how to help a mother position and latch her baby

Identify the functional anatomy of the breast

Describe how milk is transferred from the mother to the baby

Be prepared for the **Skills Competency** *Observing, assessing and assisting breastfeeding*



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AIMS AND LEARNING OBJECTIVES (CONTINUED)

MODULE 6 **A Time to Learn**

Describe effective ways of presenting information to assist learning

List six reasons a mother may need to hand express her breastmilk

Be prepared for the **Skills Competency** *Hand expressing and safe milk storage*

Describe their role in educating mothers about baby-led breastfeeding, commencing complementary foods and weaning

Describe their role in monitoring growth of babies and children

List the points to be covered when discussing co-sleeping and bed-sharing with parents

Describe what they do to instill self-confidence in a mother

Describe the 3 critical warning signs they discuss with mothers that will alert them to make an urgent appointment to see a health care professional

Describe how they would teach a mother about the Lactational Amenorrhoea Method of birth control

MODULE 7 **Infant Challenges**

Describe their role in the care of the late preterm baby

Describe the breastfeeding plan they would develop for the first 4 days for a newborn baby who is not latching and breastfeeding

List the signs and symptoms and hypoglycaemia, how to reduce its incidence and the feeding management of the affected infant

Describe the onset of physiological jaundice in breastfed babies and the feeding management of the affected infant

List 5 detrimental effects of giving artificial infant formula supplements to babies

Outline common reasons for excessive crying, effective management strategies and general settling tips they would discuss with parents

Outline their role in identifying and managing a baby who is failing to thrive

Be prepared for the **Skills Competency** *Teaching formula preparation and feeding*



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AIMS AND LEARNING OBJECTIVES (CONTINUED)

MODULE 8 **Maternal Challenges**

Describe how to prevent engorgement and treatment strategies should it occur

Describe how to prevent nipple damage and treatment strategies should it occur

Describe the presentation of mammary candidiasis and treatment strategies

Describe how to prevent mastitis and treatment strategies should it occur

Describe how breastmilk production is maintained

Describe the strategies they would suggest to increase a reduced milk supply

List the recommendations regarding breastfeeding for mothers who have diabetes, are obese, have thyroid disease, are HBV, HCV or HIV positive

MODULE 9 **Promoting, Protecting and Supporting Breastfeeding**

Define the aim of the International Code of Marketing of Breastmilk Substitutes and what their responsibilities are under the Code

Discuss the effects of the Baby Friendly Initiative on breastfeeding

Describe ways they can promote, protect and support breastfeeding in their community

