

Training for The Baby Friendly Hospital Initiative

Presented by Lactation Education Resources

Learning Plan for Nursing Staff

Learning Objectives:

At the end of the 15 hours of online training, the learner will be able to:

- Explain the Baby Friendly Hospital Initiative's 10 Steps to Successful Breastfeeding
- Recommend prenatal educational activities to prepare for breastfeeding
- Assist mothers in initiating breastfeeding during their hospital or birth center stay
- Troubleshoot common breastfeeding problems
- Instruct mothers in continued breastfeeding according to the recommendations of the U.S. Surgeon General
- Interact successfully with the Baby Friendly Hospital Initiative assessment team

| Section 1 THE BIG PICTURE | Section 2 INITIATING BREASTFEEDING | Section 3 MANAGING LACTATION | Section 4 MATERNAL ISSUES | Section 5 INFANT ISSUES |
|--|---|---|--|--|
| <ul style="list-style-type: none"> •Pre-test •Introduction •History of BFHI •Benefits of breastfeeding •Biochemistry of breastmilk •Counseling skills •Prenatal education •Culture | <ul style="list-style-type: none"> •Anatomy & physiology •Breast Assessment •Initiating breastfeeding •Positioning and latch-on •Bonding •Breastfeeding multiples •Pacifiers | <ul style="list-style-type: none"> •Sore nipples •Flat nipples •Maintaining lactation during separation •Hypoglycemia •Excessive weight loss •Supplementing •Formula feeding | <ul style="list-style-type: none"> •Engorgement •Nutrition •Previous breast surgery •Maternal disease •Medications •Substance abuse •Breastfeeding in disasters | <ul style="list-style-type: none"> •Late preterm infant •Congenital anomalies •Jaundice •Marketing of breastmilk substitutes •Outpatient follow up services •Employed mothers •Conclusion •Post-test |

Training for The Baby Friendly Hospital Initiative (20 hours for staff)

Presented by Lactation Education Resources

| Objectives | Content | Section / Lesson |
|---|--|---|
| <p>1. Discuss the rationale for professional, government and international policies that promote, protect and support breastfeeding in the United States.</p> | <p>The BFHI – a part of the Global Strategy</p> <ul style="list-style-type: none"> • 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 | <p>1 / Introduction 1 / History of BFHI 5 / Conclusion</p> |
| <p>2. Demonstrate the ability to communicate effectively about breastfeeding.</p> | <p>Communication skills</p> <ul style="list-style-type: none"> • Listening and Learning • Skills to build confidence and give support • Arranging follow-up and support suitable to the mother’s situation | <p>1 / Counseling skills 1 / Prenatal Education 2 / Initiating Breastfeeding 5 / Outpatient Follow-up Clinical Competencies</p> |
| <p>3. Describe the anatomy and physiology of lactation and the process of breastfeeding.</p> | <p>How milk gets from the breast to the baby</p> <ul style="list-style-type: none"> • Parts of the breast involved in lactation • Breastmilk production • The baby’s role in milk transfer • Breast care | <p>1 / Biochemistry of Breastmilk 2 / Anatomy & Physiology 2 / Initiating Breastfeeding 2 / Breast Assessment 3 / Maintaining Lactation Through Separation 3 / Sore nipples , Flat nipples</p> |
| <p>4. Identify teaching points appropriate for prenatal classes and in interactions with pregnant women.</p> | <p>Promoting breastfeeding during pregnancy</p> <ul style="list-style-type: none"> • Discussing breastfeeding with pregnant women • Why breastfeeding is important • Antenatal breast and nipple preparation • Women who need extra attention | <p>1 / Prenatal Education 1 / Counseling Skills 1 / Benefits of Breastfeeding 1 / Culture 2 / Bonding 2 / Breast Assessment 2 / Initiating Breastfeeding 3 / Sore Nipples, Flat Nipples 4 / Previous Breast Surgery</p> |

Training for The Baby Friendly Hospital Initiative (20 hours for staff)

| Objectives | Content | Section / Lesson |
|--|---|---|
| <p>5. Discuss hospital birth policies and procedures that support exclusive breastfeeding.</p> | <p>Birth practices & breastfeeding</p> <ul style="list-style-type: none"> • 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 • BFHI practices and women who are not breastfeeding | <p>2 / Initiating Breastfeeding 2 / Positioning and Latch-on 2 / Bonding 2 / Breastfeeding multiples 3 / Formula Feeding 3 / Excessive Weight Loss</p> |
| <p>6. Demonstrate the ability to identify the hallmarks of milk transfer and optimal breastfeeding.</p> | <p>Helping with a breastfeed</p> <ul style="list-style-type: none"> • 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 | <p>2 / Initiating Breastfeeding 2 / Positioning and Latch-on 2 / Breastfeeding Multiples 2 / Pacifiers 3 / Flat Nipples 3 / Sore nipples 4 / Engorgement 3 / Excessive Weight Loss 5 / Late Preterm Infants 5/ Jaundice Clinical Competencies</p> |
| <p>7. Discuss hospital postpartum management policies and procedures that support exclusive breastfeeding.</p> | <p><i>Practices that assist breastfeeding</i></p> <ul style="list-style-type: none"> • Rooming-in • Baby-led feeding • Dealing with sleepy babies and crying babies • Avoiding unnecessary supplements • Avoiding bottles and teats | <p>1 / Introduction 1 / Biochemistry of breastmilk 2 / Anatomy & Physiology 2 / Positioning and latch-on 2 / Initiating breastfeeding 2 / Pacifiers, Bonding 3 / Sore Nipples 3 / Hypoglycemia 3 / Supplementing 5/ Late Preterm Infant 5 / Jaundice Clinical Competencies</p> |

Training for The Baby Friendly Hospital Initiative (20 hours for staff)

| Objectives | Content | Section / Lesson |
|--|---|--|
| 8. Identify teaching points appropriate for prenatal classes and in interactions with pregnant women. | <p>Practices that assist breastfeeding</p> <ul style="list-style-type: none"> • Rooming-in • Skin-to-skin contact • Baby-led feeding • Dealing with sleepy babies and crying babies • Avoiding unnecessary supplements • Avoiding bottles and teats | <p>2 / Anatomy and Physiology 2 / Initiating Breastfeeding 2 / Positioning and Latch-on 2 / Bonding 2 / Pacifiers 3 / Supplementing 3 / Excessive Weight Loss</p> |
| 9. Identify teaching points to include when educating or counseling parents who are using bottles and/or formula. | <p>Supporting the non-breastfeeding mother and baby</p> <ul style="list-style-type: none"> • Counseling the formula choice: a pediatric responsibility • Teaching/assuring safe formula preparation in the postpartum • Safe bottle feeding; issues with over and underfeeding | <p>1 / Prenatal Education 1 / Benefits of Breastfeeding 3 / Supplementing 3 / Formula Feeding Clinical Competencies</p> |
| 10. Discuss contraindications to breastfeeding in the United States as well as commonly encountered areas of concern for breastfeeding mothers and their babies. | <p>Infants and Mothers with special needs</p> <ul style="list-style-type: none"> • 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 breastmilk • Nutritional needs of breastfeeding women • How breastfeeding helps space pregnancies • Breastfeeding management when the mother is ill • Medications and breastfeeding • Contraindications to breastfeeding | <p>1 / Benefits of Breastfeeding 2 / Breastfeeding Multiples 3 / Excessive Weight Loss 3 / Maintaining Lactation During Separation 3 / Supplementing 3 / Sore Nipples 3 / Hypoglycemia 4 / Maternal Disease 4 / Nutrition 4 / Engorgement 4 / Medications 4 / Substance Abuse 5 / Jaundice 5 / Congenital anomalies 5 / Late Preterm Infant 5 / Out-patient Follow Up Clinical Competencies</p> |

Training for The Baby Friendly Hospital Initiative (20 hours for staff)

| Objectives | Content | Lesson |
|---|---|---|
| 11. Describe management techniques for breast and nipple problems. | Breast and nipple concerns <ul style="list-style-type: none"> • Examination of the mother’s breasts and nipples • Engorgement, blocked ducts and mastitis • Sore nipples | 2 / Breast Assessment 3 / Flat Nipples 3 / Sore nipples 4 / Engorgement 4 / Previous Breast Surgery Clinical Competencies |
| 12. Identify acceptable medical reasons for supplementation of breast fed babies according to national and international authorities. | If the baby cannot feed at the breast <ul style="list-style-type: none"> • Learning to hand express • Use of milk from another mother • Feeding expressed breastmilk to the baby | 1 / Introduction 3 / Supplementing 3 / Maintaining Lactation During Separation 4 / Breastfeeding in Disasters Clinical Competencies 5 / Employed Mothers |
| 13. Describe essential components of support for mothers to continue breastfeeding beyond the early weeks. | On-going support for mothers <ul style="list-style-type: none"> • Preparing a mother for discharge • Follow-up and support after discharge • Protecting breastfeeding for employed women • Sustaining continued breastfeeding for 2 years or longer | 3 / Excessive Weight Loss 4 / Previous Breast Surgery 4 / Outpatient Follow Up Services 4 / Employed Mothers 5 / Late Preterm Infant 5 / Jaundice 5 / Conclusion Clinical Competencies |
| 14. Describe strategies that protect breastfeeding as a public health goal. | Protecting breastfeeding <ul style="list-style-type: none"> • 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 | 2 / History of BFHI 4 / Breastfeeding in Disasters 5 / Marketing of Breast milk Substitutes 5 / Conclusion |

Training for The Baby Friendly Hospital Initiative (20 hours for staff) Presented by Lactation Education Resources

| Objectives | Content | Section / Lesson |
|--|---|--|
| <p>15. Identify barriers and solutions to implementation of the Ten Steps to Successful Breastfeeding that comprise the Baby-Friendly Hospital Initiative.</p> | <p>Making your hospital or birth center Baby-Friendly</p> <ul style="list-style-type: none"> • The Ten Steps to Successful Breastfeeding • What “Baby-Friendly” Practices mean • The process of becoming a “Baby-Friendly” hospital or birth Center | <p>1 / Introduction 5 / Conclusion</p> |