



# Lactation Education Resources

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## **Baby Friendly Hospital Training**

Fifteen hours of online training

### ***Course Outline***

- I. Introduction (BFHI Steps 1,2)
  - a. The Ten Steps to Successful Breastfeeding
  - b. Who supports exclusive breastfeeding?
  - c. What is your mPINC score?
  - d. Individual hospital report
- II. History of BFHI (BFHI Steps 1,2)
- III. Benefits of breastfeeding (BFHI Step 3)
  - a. Infant benefits
  - b. Maternal benefits
  - c. Family benefits
  - d. Community benefits
- IV. Biochemistry of breastmilk (BFHI Step 3)
- V. Counseling skills (BFHI Steps 3,4,5,7,8)
- VI. Culture (BFHI Steps 4,7,8,9)
  - a. Aspects of culture
  - b. Acculturation
  - c. Explain and educate
  - d. How culture can influence breastfeeding
- VII. Initiating Breastfeeding
  - a. Anatomy & physiology (BFHI Steps 3,4,5,7)
  - b. Initiating breastfeeding (BFHI Step 4)
  - c. Positioning and latch (BFHI Steps 4,8)
  - d. Bonding (BFHI Steps 2,4,5,8,9)
  - e. Breastfeeding multiples (BFHI Steps 5,6,7,8,9)
  - f. Pacifiers and Artificial Nipples (BFHI Step 9)
- VIII. Managing Lactation
  - a. Sore nipples (BFHI Steps 4,5,7,8)
  - b. Flat nipples (BFHI Steps 5,6,7,8,9)

- c. Maintaining lactation during separation (BFHI Step 5)
  - d. Hypoglycemia (BFHI Steps 4,5,6,7,8,9)
  - e. Excessive weight loss (BFHI Steps 4,5,7,8,9)
  - f. Supplementing (BFHI Step 6)
  - g. Formula feeding (BFHI Step 9)
- IX. Maternal Issues
- a. Engorgement (BFHI Steps 3,4,5,7,8,9)
  - b. Nutrition (BFHI Steps 3,5)
  - c. Previous breast surgery (BFHI Steps 3,4,5,7)
  - d. Maternal disease (BFHI Steps 1,2,3,5)
  - e. Medications (BFHI Steps 3,5)
  - f. Substance abuse (BFHI Steps 3,5)
- X. Infant Issues
- a. Late preterm infant (BFHI Steps 5,6,7,8,9)
  - b. Congenital anomalies (BFHI Steps 5,6,7,8)
  - c. Jaundice (BFHI Steps 5,6,7,8,9)
  - d. Marketing of breastmilk substitutes (BFHI Step 6)
  - e. Outpatient follow up services (BFHI Step 10)
  - f. Employed mothers (BFHI Step 10)