

Baby Friendly Hospital Training For Nurses

15 hours of online didactic 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)

www.FirstLatch.net

For more information email: BFHI@lactationtraining.com

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Course Outline continued

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)

Employed mothers (BFHI Step 10)

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