

TRAINING FOR THE BABY-FRIENDLY HOSPITAL INITIATIVE

Learning Plan and Module Time Sheet For Providers



Section I - Introduction - *Module Time: 35 minutes*

- *Introduction to the Baby-Friendly Hospital Initiative
- *History of the Baby-Friendly Hospital Initiative
- *Benefits of breastfeeding
- *Risks of formula feeding
- *Importance of prenatal education for prospective mothers

Section II – Physiology - *Module Time: 19 minutes*

- *Anatomy & Physiology of lactation
- *Composition of breastmilk

Section III - Birth and First Feedings - *Module Time: 27 minutes*

- *Importance of skin-to-skin contact
- *Importance of first feeding
- *Positioning the infant for breastfeeding
- *Latch
- *Monitoring Milk Transfer
- *Rooming In

Section IV - Infant Conditions - *Module Time: 40 minutes*

- *Hypoglycemia
- *Excessive Weight Loss
- *Jaundice
- *Late Preterm infants
- *Down Syndrome
- *Tongue Tie

Section V - Maternal Conditions - *Module Time: 45 minutes*

- *Breast surgery
- *Maternal diseases
- *Medications during lactation
- *Case studies

Section VI - Follow-up - *Module Time: 15 minutes*

- *Breastfeeding support follow-up after discharge
- *Promoting long-term breastfeeding
- *Normal stages of weaning

Learning Objectives:

- At the end of the 3 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 US. Surgeon General.
 - * Interact successfully with the Baby-Friendly Hospital Initiative assessment team.

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CMEs: Interstate Postgraduate Medical Association designates this educational activity for a maximum of 3 AMA PRA Category 1 Credit(s)TM

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