

Baby Friendly Hospital Training For Public Health Nurse

5 hours of online training



Course Outline

Engorgement and Mastitis

- I. Lactogenesis
- II. Engorgement
 - a. Physiologic
 - b. Pathologic
 - c. Treatment options
- III. Mastitis
 - a. Occurrence
 - b. Signs and symptoms
 - c. Diagnosis
 - d. Treatment
 - e. Prevention

Sore Nipples, Pain and Trauma

- I. Tenderness in first few days is common not normal – indicates program
- II. Degrees of nipple damage
- III. Less common reasons
- IV. Solutions

Teaching Breastfeeding classes

- I. Planning classes
- II. Selecting handouts
- III. Three modes of learning
- IV. Involve the learner
- V. Tell stories
- VI. “Just in-time” learning
- VII. Class evaluations

www.FirstLatch.net

For more information email: BFHI@lactationtraining.com

712 Childs Point Road, Annapolis, MD 21401 | Tel (443) 203-8553 | Fax (410) 648-2570

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Insufficient Milk Supply and Slow Weight Gain

- I. Every parent's greatest concern: "Is my baby getting enough?"
 - a. Perceived vs actual
 - b. Empower mother
 - c. Assessment
 - i. Maternal
 - ii. Infant
- II. Lactogenesis II
- III. Primary lactation failure
- IV. Sources of support
- V. Hospital influences
- VI. Assessment
- VII. Improving weight gain
 - a. Supplementary feeding replaces a breastfeeding
 - b. Complimentary feeding in addition to a breastfeeding
 - c. Alternative feeding methods
 - d. Emotional impact
- VIII. Emergency conditions
- IX. Cardinal rules

Obesity and Lactation

- I. U.S. Obesity Trends
- II. Overweight / Obese Women
- III. Implications for Practice:
 - a. Positioning
 - b. Latch
- IV. Types of Weight Loss Surgeries
 - a. Breastfeeding Post-WLS

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- V. Do infants fed from bottles lack self-regulation of milk?

Introducing solid foods to the breastfeeding baby

- I. What is Weaning?
- II. Myths & Misconceptions
- III. Guiding Principles for Complementary Feeding of the Breastfed Child
 - a. Consequences of poor nutrition
- IV. What foods to add?
- V. Safety Tips
- VI. 5 Steps to a Healthy Lifestyle
- VII. Baby-led weaning
- VIII. The plan!

The older nursling and weaning

- I. Myths about extended breastfeeding
- II. WHO Growth Charts
- III. Global Strategy for Infant and Young Child Feeding
- IV. Weaning is gradual, not mandated
- V. Social/cultural expectations toward how long to breastfeed
- VI. Benefits to breastfeeding the older child
- VII. Pregnant and nursing issues
- VIII. Tandem Nursing
- IX. Weaning
- X. The distractible nurser
- XI. Active toddlers and breastfeeding
- XII. Sudden refusal to breastfeed “Nursing Strikes”
- XIII. When weaning may not be the best idea
- XIV. Resources

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