

Breastfeeding Friendly Consortium Content Match with BFHI Training Requirements www.bfconsortium.org	Section Designation (1 through 6) Module Designation within a Section Slide Designation within a Module
Section 1: The BFHI – a part of the Global Strategy	
<p>a. The Global Strategy for Infant and Young Child Feeding and how the Global Strategy fits with other activities of the BFHI.</p> <p>b. How this course can assist health facilities in making improvements in evidence based practice, quality care and continuity of care.</p>	<p>a. Section 1, Module 1 Section 1, Module 2 Section 1, Module 3</p> <p>b. Section 1, Module 1 Section 1, Module 2</p>
Section 2: Communication Skills	
<p>a. Listening and Learning</p> <p>b. Skills to build confidence and give support</p> <p>c. Arranging follow-up and support suitable to the mother’s situation.</p>	<p>a. Section 1, Module 3 Section 2, Module 1 Section 2, Module 5</p> <p>b. Section 2, Module 4</p> <p>c. Section 5, Module 11 Section 3, Module 3</p>
Section 3: How milk gets from the breast to the baby	
<p>a. Parts of the breast involved in lactation</p> <p>b. Breastmilk production</p> <p>c. The baby’s role in milk transfer</p> <p>d. Breast care</p>	<p>a. Section 3, Module 2</p> <p>b. Section 3, Module 2 Section 3, Module 8</p> <p>c. Section 3, Module 2 Section 4, Module 2</p> <p>d. Section 3, Module 6 Section 3, Module 9 Section 3, Module 4</p>
Section 4: Promoting breastfeeding during pregnancy	
<p>a. Discussing breastfeeding with pregnant women</p> <p>b. Why breastfeeding is important</p> <p>c. Antenatal breast and nipple preparation – women who need extra attention.</p>	<p>a. Section 2, Module 4 Section 5, Module 4</p> <p>b. Section 2, Module 6</p> <p>c. Section 2, Module 4</p>
Section 5: Birth practices and breastfeeding	
<p>a. Labor and birth practices to support early breastfeeding</p> <p>b. The importance of early contact</p> <p>c. Helping to initiate breastfeeding</p>	<p>a. Section 3, Module 3 Section 5, Module 5</p> <p>b. Section 3, Module 3 Section 4, Module 3 Section 5, Module 5</p> <p>c. Section 3, Module 3 Section 5, Module 5 Section 4, Module 3</p>

d. Ways to support breastfeeding after a C-section birth	d. Section 3, Module 3 Section 5, Module 5
e. BFHI practices and women who are not breastfeeding.	e. Section 2, Module 4 Case Study: Martha Section 3, Module 3 Section 5, Module 7
Section 6: Helping with a breastfeeding	
a. Positioning for comfortable breastfeeding	a. Section 3, Module 6 Section 5, Module 4
b. How to assess a breastfeeding	b. Section 3, Module 6
c. Recognize signs of optimal positioning and attachment	c. Section 3, Module 6
d. Help a mother learn to position and attach her baby	d. Section 3, Module 6
e. When to assist with breastfeeding	e. Section 3, Module 6 Case Study: Baby Josie Section 4, Module 3
f. The baby who has difficulty attaching to the breast.	f. Section 3, Module 6 Case Study: Baby Maggie Section 4, Module 3 Section 4, Module 3
Section 7: Practices that assist breastfeeding	
a. Rooming-in	a. Section 3, Module 3 Section 5, Module 8
b. Baby-led feeding	b. Section 3, Module 5
c. Dealing with sleepy babies and crying babies	c. Section 5, Module 10
d. Avoiding unnecessary supplements	d. Section 3, Module 3 Section 5, Module 7 Case Study: Baby Henry
e. Avoiding bottles and teats	e. Section 5, Module 10
Section 8: Milk Supply	
a. Concerns about “not enough milk”	a. Section 3, Module 5 Section 3, Module 9 Section 5, Module 7
b. Normal growth patterns of babies	b. Section 1, Module 5 Section 3, Module 4
c. Improving milk intake and milk production	c. Section 3, Module 5 Section 3, Module 7 Section 3, Module 8 Section 3, Module 9 Section 3, Module 10
Section 9: Supporting the non-breastfeeding mother and baby	

<p>a. Counseling the Formula choice: a pediatric responsibility</p> <p>b. Teaching/assuring safe formula preparation in the postpartum</p> <p>c. Safe bottle feeding; issues with overfeeding and underfeeding</p>	<p>a. Section 2, Module 4 Case Study: Martha Section 5, Module 4 Section 5, Module 7</p> <p>b. Section 5, Module 4</p> <p>c. Section 1, Module 5 Section 3, Module 4</p>
Section 10: Infants and Mothers with special needs	
<p>a. Breastfeeding infants who are preterm, low birth weight or ill</p> <p>b. Breastfeeding more than one baby</p> <p>c. Prevention and management of common clinical concerns</p> <p>d. Medical reasons for food other than breastmilk</p> <p>e. Nutritional needs of breastfeeding women</p> <p>f. How breastfeeding helps space pregnancies</p> <p>g. Breastfeeding management when the mother is ill</p> <p>h. Medications and breastfeeding</p> <p>i. Contraindications to breastfeeding</p>	<p>a. Section 3, Module 6 Section 3, Module 7 Section 4, Module 3 Section 4, Module 2 Case Study: Baby Clark</p> <p>b. Section 3, Module 8</p> <p>c. Section 3, Module 7 Section 3, Module 10 Section 3, Module 11 Case Study: Beverly</p> <p>d. Section 3, Module 5 Section 5, Module 7</p> <p>e. Section 3, Module 5</p> <p>f. Section 3, Module 5</p> <p>g. Section 2, Module 6</p> <p>h. Section 5, Module 7 Section 3, Module 11 Section 2, Module 4</p> <p>i. Section 2, Module 6</p>
Section 11: Breast and nipple concerns	
<p>a. Examination of the mother's breasts and nipples</p> <p>b. Engorgement, blocked ducts and mastitis</p> <p>c. Sore nipples</p>	<p>a. Section 2, Module 4 Section 3, Module 9</p> <p>b. Section 3, Module 9</p> <p>c. Section 3, Module 7 Section 3, Module 9</p>
Section 12: If the baby cannot feed at the breast	

a. Learning to hand express	a. Section 3, Module 5 Section 4, Module 3 Hand Expression Video
b. Use of milk from another mother	b. Section 4, Module 4 Section 5, Module 7
c. Feeding expressed breastmilk to the baby	c. Section 3, Module 7 Section 5, Module 7
Section 13: On-going support for mothers	
a. Preparing a mother for discharge	a. Section 3, Module 3
b. Follow-up and support after discharge	b. Section 3, Module 5 Case Study: Helen
c. Protecting breastfeeding for employed women	c. Section 1, Module 2 Section 2, Module 4
d. Sustaining continued breastfeeding for 2 years or longer	d. Section 3, Module 5 Section 2, Module 6
Section 14: Protecting Breastfeeding	
a. The effect of marketing on infant feeding practices	a. Section 5, Module 7 Section 5, Module 4
b. The International Code of Marketing of Breastmilk Substitutes	b. Section 1, Module 3
c. How health workers can protect families from marketing	c. Section 5, Module 7
d. Donations in emergency situations	d. Section 1, Module 4
e. The role of breastfeeding in emergencies	e. Section 1, Module 4
f. How to respond to marketing practices	f. Section 1, Module 2
Section 15: Making your hospital or birth center Baby-Friendly	
a. The Ten Steps to Successful Breastfeeding	a. Section 1, Module 2 Section 5, Module 2 Section 5, Module 3
b. What “Baby-Friendly” practices means	b. Section 5, Module 1
c. The process of becoming a “Baby-Friendly” hospital or birth center.	c. Section 1, Module 2 Section 5, Modules 1-11

*Note: Breastfeeding Training Course materials are frequently updated in response to changes in best practices and suggestions from participants. This may change the content slightly for each new version.



BREASTFEEDING TRAINING COURSE OUTLINE

**BREASTFEEDING
FRIENDLY
CONSORTIUM**

Offering evidence-based content for physicians, nurses, dietitians and other healthcare professionals who want comprehensive training in breastfeeding and lactation management.

Up to 20 credits of online certified continuing education.

Section 1: **Current Trends in Infant Feeding** (2.5 total credits)

- Overview: Current Trends in Infant Feeding
- ****National Breastfeeding Goals Policies and Trends**
- Historic International Breastfeeding Initiatives
 - Cultural and Religious Influences
 - Infant Feeding and Obesity

Section 2: **Prenatal Nutrition and Breastfeeding Education** (3 total credits)

- Overview: Prenatal Nutrition & Breastfeeding Education
- Prenatal Nutrition and Weight Gain Part 1
- Prenatal Nutrition and Weight Gain Part 2
- ****Healthcare Providers Role and Responsibility in Breastfeeding Promotion**
 - Counseling Strategies
- ****Benefits of Breastfeeding and the Health Risks Associated with not Breastfeeding**

Section 3: **Labor, Delivery and Immediate Postpartum Period** (5.75 total credits)

- Overview: Labor, Delivery and the Immediate Postpartum Period
- ****Breast Anatomy and Physiology**
 - ****Labor and Delivery**
- Anatomy and Physiology of the Infant Stomach
 - ****Breastfeeding Initiation and Maintenance**
 - Latch and Positioning
 - Special Needs Infants
- Multiples, Relactation and Adoption
- ****Solving Breastfeeding Problems**
 - ****Perinatal Depression**

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Section 4: **Preterm and Late Preterm Infants** (2.25 total credits)

- Overview: Preterm and Late Preterm Infants
- The Preterm Infant Definitions and Problems
- Breastfeeding the Preterm and Late Term Infant
 - Pumping and Follow Up

Section 5: **The Baby Friendly Hospital Initiative** (5 total credits)

- Overview: The Baby Friendly Hospital Initiative
 - Step 1: Written Breastfeeding Policy
 - Step 2: Staff Training
 - ****Step 3: Breastfeeding Education for the New Mother**
 - ****Step 4: Initiate Breastfeeding in the First Hour**
 - ****Step 5: Maintaining Lactation**
 - ****Step 6: Exclusive Breastfeeding**
 - ****Step 7: Rooming-In**
 - ****Step 8: Breastfeeding on Demand**
 - ****Step 9: No Artificial Nipples or Pacifiers**
 - ****Step 10: Breastfeeding Support after Discharge**

Section 6: **Feeding the Older Infant and Young Child** (1.5 total credits)

- Overview: Feeding the Older Infant and Young Child
 - Developmental Milestones
 - Complementary Foods and Beverages
 - Common Feeding Concerns

For more information, visit us at

BFConsortium.org

or call

877-514-2354

****Exercises Specifically Recommended For Physicians**