



# Breastfeeding Education

This interactive program aims to equip healthcare professionals with the knowledge and skills necessary to deliver evidence-based care for breastfeeding mothers and their infants. It focuses on providing updated perspectives, challenging outdated beliefs, and aligning practices with global guidelines such as the Mother Baby-Friendly Initiative (MBFI).

**Objectives** Upon completion participants will be able to:

- Describe clinical care consistent with initiation and maintenance of lactation
  - Identify key principles for effective breastfeeding
  - Assess comfort and efficacy of breastfeeding
  - Summarise normal growth parameters of breastfed infants
  - Discuss ways to instil confidence and empower new mothers
- Discuss current evidence related to lactation
  - Describe the anatomy and physiology of the breast
  - Identify implications for practice and compare evidence-based practices to current practices as it relates to common lactation challenges
  - Summarise the immunobiology of human milk
- Support policies that promote and protect breastfeeding
  - Describe the principles of the Mother baby-friendly Initiative
  - Outline the principles of the Code of Marketing of Breastmilk Substitutes and other relevant WHO/UNICEF/WHA resolutions
  - Summarise changes needed to be made to hospital practices towards MBFI accreditation
- Collaborate with, and provide appropriate referral to other professionals to access lactation information
  - Identify resources available for health professionals to access further breastfeeding information
  - Identify various professionals and organizations that contribute to the support and management of the breastfeeding mother-baby pair

*Extensive references for further reading as well as resources to share with parents are provided.  
28 hours of lactation education is but the "tip of the iceberg"!*

## TOPICS – brief overview

Information and Evidence-based practice	Medications and breastfeeding
Review of Anatomy and Physiology	Relactation and induced lactation
Breast anomalies	Fathers
How breastfeeding protects babies	Breastfeeding in the context of HIV
The newborn's adaptations, physiological needs, expectations	Reflux
Position and latch and stability	Hypoglycaemia
Assessment and documentation	Jaundice
Consequences related to poor latch	Early term and Late Preterm and SGA
Second Night	Premature infants
Routines and schedules	Horses and zebras
Sleep and sleep training	Maternal Diet
Growth of the breastfed baby	Complementary Foods and Weaning
Establishing & maintaining milk supply and related issues	Employment
Milk Collection: Expressing and pumping	Code
Dummies, bottles, nipple shields	MBFI
Communicating with empathy and compassion	