



## BREASTFEEDING ESSENTIALS PRIMARY CARE / NURSES / HCP

MICHELLE PENZA BRANCO, MPH, IBCLC & CAROLE DOBRICH, B.SC, RN, IBCLC

### ABOUT

Breastfeeding Essentials is a **22-hour** online course for frontline staff who are caring for families during pregnancy, birthing, and for the duration of breastfeeding.

Participants will learn how to apply each of the 10 Steps to Successful Breastfeeding, which can be related to the 7-Point Plan for the Protection, Promotion, and Support of Breastfeeding in community settings.

The curriculum is based on the 7 competency domains established in the Baby-friendly Hospital Initiative® (BFHI) implementation 2020 update.

Breastfeeding Essentials will meet your need for frontline staff education for your hospital or community Baby Friendly accreditation.

Available in **English** and **French**.

### CURRICULUM

#### MODULE 1 **Why breastfeed? [Step 2]** (2 hrs)

What's the difference?; Human milk as nutrition; Macro-nutrients; Micro-nutrients; Immune factors; The case for breastfeeding; Acute illnesses of childhood; Non-communicable/Chronic diseases; Cognitive development; Maternal health; Economic and environmental health

#### MODULE 2 **Protection of Breastfeeding [Domain 1, Step 1]** (1 hr)

The Baby-friendly Hospital Initiative; International Code of Marketing of Breastmilk Substitutes; Infant Feeding Policy and Monitoring

#### MODULE 3 **Communications [Domain 2]** (2.5 hrs)

Communication skills; A time to learn; Non-verbal communication; Listening skills; Barriers to effective communication; Building confidence; Applying counseling skills

#### MODULE 4 **Prenatal Education [Domain 3, Step 3]** (1 hr)

Decision making; What is most influential?; What physical preparation should birthing parents do?; The power of words

#### MODULE 5 **Birth [Domain 4, Step 4, Step 7]** (2.5 hrs)

Birth and breastfeeding initiation; The first hours; Labour interventions; Postnatal interventions

#### MODULE 6 **Breastfeeding the Infant [Domain 5, Step 5, Step 6, Step 8]** (5 hrs)

Breastfeeding the Infant; When should an infant be fed?; Positioning principles; Milk transfer; Assessing breastfeeding; Managing common difficulties; Nipple Pain; Breast problems; Insufficient milk supply; Expressing human milk



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### ACCREDITATION

On successful completion participants will receive a certificate with the following educational points noted:

- 14 L CERPs, 3 E CERPs, 5 R CERPs awarded by the International Board of Lactation Consultant Examiners.
- 22 hours IBCLC Recertification domain education.
- 22 hours pre-exam education (IBLCE) (includes required 5hrs communication)
- 22 Contact Hours (CHs) (USA California Board of Registered Nurses)

This course can possibly be used for CPD (1 hour = 1 accredited CE credits)

### AUTHORS

Breastfeeding Essentials was written by Michelle Pensa Branco, MPH, IBCLC and Carole Dobrich, B.Sc, RN, IBCLC. The course has been edited by Carole Dobrich, B.Sc, RN, IBCLC, and Melanie Gingras, BScN, IBCLC.

### CURRICULUM (CONTINUED)

#### MODULE 7 **Special needs and infant challenges** [Domain 6, Step 5, Step 6, Step 9] (4 hrs)

Challenges; The 'late preterm' 'early term' baby; Hypoglycemia and Jaundice; The non-latching baby, Twins and multiples; Supplementation; Unit Activity; Feeding-line device at the breast or chest; Cup feeding; Finger feeding; Bottle feeding; Crying baby; Pacifiers/Dummies; Inadequate weight gain

#### MODULE 8 **Maternal Challenges** [Step 5] (2.5 hrs)

Medical, surgical issues (diabetes, obesity, thyroid disease, hepatitis, HIV, breast surgery); Postpartum mood disorders

#### MODULE 9 **Transition to community** [Domain 7, Step 10] (1.25 hrs)

Discharge preparation; Sourcing and developing resources; Community Referral Lists; Special Circumstances; Infant Feeding in Emergencies (IYCF-E); Acute Care After Hospital Discharge; Relactation and Induced Lactation; Beyond the first few days

#### MODULE 10 **Wrap Up** (0.25 hrs)

Closing session, extra resources, skills competencies, assessments, certificates

