

**Educational curriculum (objectives and content outline)
reflecting WHO proposed changes as appropriate for the US health care system**

Objectives	Content
<p>Discuss the rationale for professional and government policies that promote, protect and support breastfeeding in the United States.</p>	<p><i>Session 1: the BFHI – a part of the Global Strategy</i></p> <ul style="list-style-type: none"> • The Global Strategy for Infant and Young Child Feeding and how the Global Strategy fits with other activities • The Baby-Friendly Hospital Initiative • How this course can assist health facilities in making improvements in evidence based practice, quality care and continuity of care
<p>Demonstrate the ability to communicate effectively about breastfeeding.</p>	<p><i>Session 2: Communication skills</i></p> <ul style="list-style-type: none"> • Listening and Learning • Skills to build confidence and give support • Arranging follow-up and support suitable to the mother's situation
<p>Describe the anatomy and physiology of lactation and the process of breastfeeding.</p>	<p><i>Session 3: How milk gets from the breast to the baby</i></p> <ul style="list-style-type: none"> • Parts of the breast involved in lactation • Breastmilk production • The baby's role in milk transfer • Breast care
<p>Identify teaching points appropriate for prenatal classes and in interactions with pregnant women.</p>	<p><i>Session 4: Promoting breastfeeding during pregnancy – Step 3</i></p> <ul style="list-style-type: none"> • Discussing breastfeeding with pregnant women • Why breastfeeding is important <p>Antenatal breast and nipple preparation</p> <ul style="list-style-type: none"> • Women who need extra attention
<p>Discuss hospital birth policies and procedures that support exclusive breastfeeding.</p>	<p><i>Session 5: Birth practices & breastfeeding – Step 4</i></p> <ul style="list-style-type: none"> • Labor and birth practices to support early breastfeeding

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	<ul style="list-style-type: none"> • The importance of early contact • Helping to initiate breastfeeding • Ways to support breastfeeding after a Cesarean birth • BFHI practices and women who are not breastfeeding
Demonstrate the ability to identify the hallmarks of milk transfer and optimal breastfeeding.	<p><i>Session 6: Helping with a breastfeed</i></p> <ul style="list-style-type: none"> • Positioning for breastfeeding • How to assess a breastfeeding • Recognize signs of positioning and attachment • Help a mother to learn to position and attach her baby • When to assist with breastfeeding • The baby who has difficulty attaching to the breast
Discuss hospital postpartum management policies and procedures that support exclusive breastfeeding.	<p><i>Session 7: Practices that assist breastfeeding – Steps 6, 7, 8, and 9</i></p> <ul style="list-style-type: none"> • Rooming-in • Baby-led feeding • Dealing with sleepy babies and crying babies • Avoiding unnecessary supplements • Avoiding bottles and teats
Discuss methods that may increase milk production in a variety of circumstances.	<p><i>Session 8: Milk supply</i></p> <ul style="list-style-type: none"> • Concerns about “not enough milk” • Normal growth patterns of babies • Improving milk intake and milk production
Identify teaching points to include when educating or counseling parents who are using bottles and/or formula.	<p><i>Lesson 9: Supporting the non-breastfeeding mother and baby</i></p> <ul style="list-style-type: none"> • Counseling the Formula choice: a pediatric responsibility • Teaching/assuring safe formula preparation in the postpartum • Safe bottle feeding: issues with overfeeding/underfeeding

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<p>Discuss contraindications to breastfeeding in the United States as well as commonly encountered areas of concern for breastfeeding mothers and their babies.</p>	<p><i>Session 10: Infants and Mothers with special needs</i></p> <ul style="list-style-type: none"> • Breastfeeding infants who are preterm, low birth weight or ill • Breastfeeding more than one baby • Prevention and management of common clinical concerns • Medical reasons for food other than breastmilk • Nutritional needs of breastfeeding women • How breastfeeding helps space pregnancies • Breastfeeding management when the mother is ill • Medications and breastfeeding • Contraindications to breastfeeding
<p>Describe management techniques for breast and nipple problems.</p>	<p><i>Session 11: Breast and nipple concerns</i></p> <ul style="list-style-type: none"> • Examination of the mother's breasts and nipples • Engorgement, blocked ducts and mastitis • Sore nipples
<p>Identify acceptable medical reasons for supplementation of breast fed babies according to national and international authorities.</p>	<p><i>Session 12: If the baby cannot feed at the breast – Step 5</i></p> <ul style="list-style-type: none"> • Learning to hand express • Use of milk from another mother • Feeding expressed breastmilk to the baby
<p>Describe essential components of support for mothers to continue breastfeeding beyond the early weeks.</p>	<p><i>Session 13: On-going support for mothers – Step 10</i></p> <ul style="list-style-type: none"> • Preparing a mother for discharge • Follow-up and support after discharge • Protecting breastfeeding for employed women • Sustaining continued breastfeeding for 2 years or longer
<p>Describe strategies that protect breastfeeding as a public health goal.</p>	<p><i>Session 14: Protecting breastfeeding</i></p> <ul style="list-style-type: none"> • The effect of marketing on infant feeding practices • The International Code of Marketing of Breast-milk Substitutes

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	<ul style="list-style-type: none"> • How health workers can protect families from marketing • Donations in emergency situations • How to respond to marketing practices
<p>Identify barriers and solutions to implementation of the Ten Steps to Successful Breastfeeding that comprise the Baby-Friendly Hospital Initiative.</p>	<p><i>Lesson 15: Making your hospital or birth center Baby-Friendly</i> The Ten Steps to Successful Breastfeeding What "Baby-Friendly" Practices mean The process of becoming a "Baby-Friendly" hospital or birth center</p>

Clinical Competencies:

1 –Communicating with pregnant and postpartum women about infant feeding

2 --Observing and assisting with breastfeeding

3 – Teaching hand expression and safe storage of milk

4.—Teaching safe formula preparation and feeding