



Module 1

Activity 1.1

List three important functions of breastmilk proteins.

How is the breastfed infant's stool different to that of an artificially fed infant, and why?

Activity 1.2

What is the principle carbohydrate in breastmilk? What is the name of the enzyme that commences the digestion of it? Name the two simple sugars which are formed with the breakdown by this enzyme.

Activity 1.3

What influences the concentration of lipids (fats) in breastmilk at each feed?

Activity 1.4

Use headings Bacteria, Virus and Cancer Cells and list the breastmilk components that are active in their destruction.

Activity 1.5

List 5 acute and 5 chronic diseases that have a significantly increased incidence for artificially-fed infants.

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Module 2

Activity 2.1

List the effects that a good communicator has on the people with whom they converse.

Activity 2.2

Describe the important non-verbal communication actions you need to be aware of in your communications.

Activity 2.3

List 5 things to include, exclude from your conversation that will help a mother to gain self-confidence.

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Module 3

Activity 3.1

List the breastfeeding topics that will be covered during discussions with all pregnant women.

Activity 3.2

Under the headings of 'Institutional barriers', 'Societal pressures', and 'Postnatal perceptions' list the barriers that a mother may need to overcome to successfully breastfeed.

Activity 3.3

Make a list of the ideas to discuss with mothers to help them to continue breastfeeding after return to the workforce.

Activity 3.4

What observations would you make during a prenatal breast examination? Describe how you would teach breast self-examination.

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Module 4

Activity 4.1

List the hormones, and the changes in these hormones that are necessary for successful initiation of lactation (secretory activation).

Activity 4.2

List the effects of placing an infant in skin-to-skin contact on his mother's abdomen immediately following birth.

Activity 4.3

List 4 ways to facilitate early and successful breastfeeding for a mother following an assisted delivery of her infant.

Activity 4.4

List the common or routine interventions that interfere with establishment of bonding and breastfeeding during the first critical hours following birth in your place of work.
