

# ES01: Breastfeeding Essentials Workbook

## Module 1.

### Activity 1.1

List three important functions of breastmilk proteins.

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

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### 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.

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### Activity 1.3

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

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### Activity 1.4

Use headings bacteria, virus and cancer cells and list the breastmilk components that are active in their destruction.

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### 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.

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**Activity 2.2**

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

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**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.

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## Activity 3.2

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

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## Activity 3.3

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

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## 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 differentiation).

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## Activity 4.2

List ALL the effects of placing an infant on his mother's abdomen immediately following birth.

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### Activity 4.3

List 5 ways to facilitate early and successful breastfeeding for a mother following an assisted delivery of her infant.

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### Activity 4.4

List all the benefits of keeping mother and baby together in skin-to-skin contact for at least an hour following birth.

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## Module 5

### Activity 5.1

Discussion with a mother about when to breastfeed her baby, what are the early feeding cues that you would tell her about?

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### Activity 5.2

Summarise the principles of positioning under the headings of 'sensory input' and 'positional stability'.

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**Activity 5.3**

Describe the infant's latching action in sequence when the mother has her baby positioned correctly.

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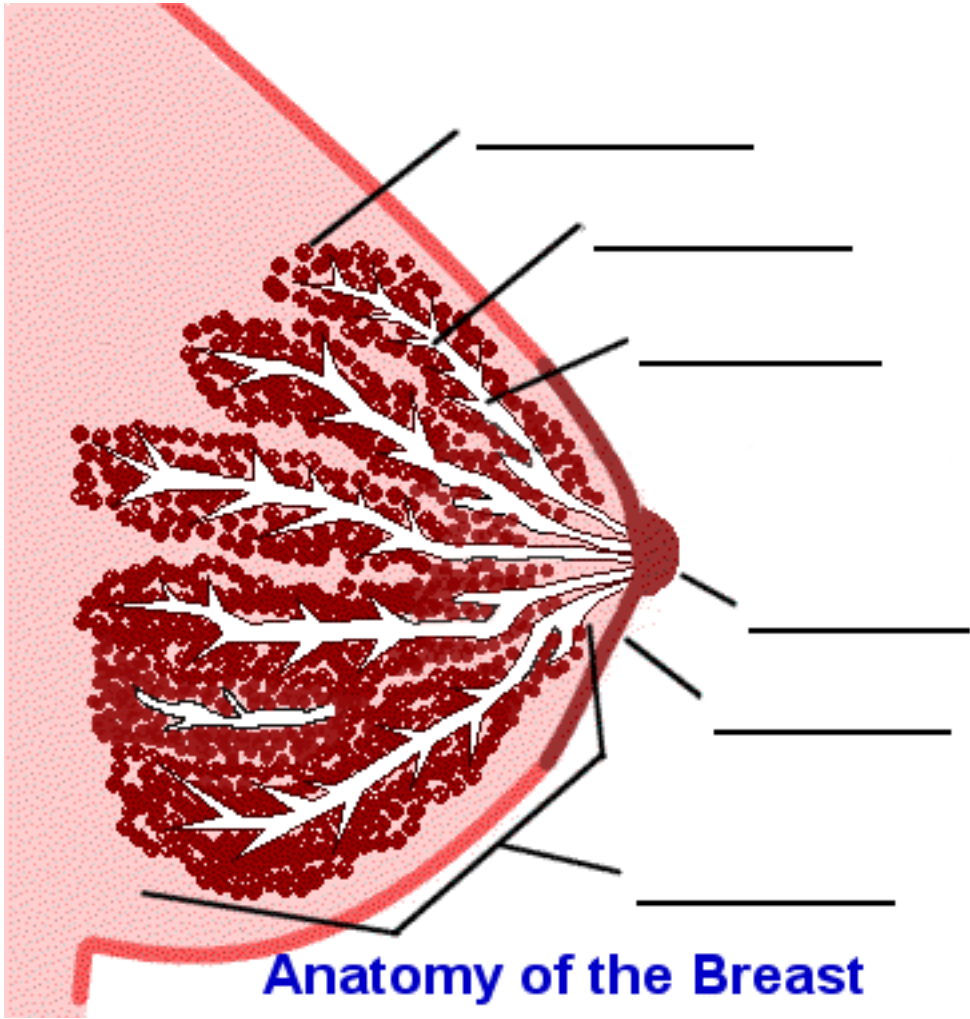
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**Activity 5.4**

Describe the anatomy of an individual alveolus, then label the features in the diagram below.

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**Activity 5.5**

Describe how milk is transferred to the infant in terms of positive pressure transfer and negative pressure transfer.

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**Activity 5.6**

List under headings, all the observations you will make when performing a naturalistic observation of a breastfeed.

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## Activity 5.7

Outline the 5-step assessment/evaluation process when consulting with a breastfeeding mother.

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### Module 6

## Activity 6.1

Write down some ideas on how you could improve the effectiveness of the education you are providing for mothers using the knowledge of where and when people learn best.

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## Activity 6.2

List all the reasons why a mother may need to hand express her breastmilk so that you could discuss these different situations with her when teaching her this skill.

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## Activity 6.3

Transcribe the average intake data relevant to the infants in your care.

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## Activity 6.4

What questions should you ask and what observations would you make before you place an infant on the scales?

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## Activity 6.5

Compare the effects of rooming-in with separation of mothers and infants in the first weeks after birth.

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## Activity 6.6

List the 3 critical warning signs that parents need to know to alert them to seek immediate evaluation of their infant.

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## Activity 6.7

Describe the 3 important criteria for use of the Lactational Amenorrhoea Method of contraception.

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## Module 7

### Activity 7.1

List the strategies which may be helpful when an infant is not able to breastfeed in the first few days post birth.

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### Activity 7.2

List the strategies to try when an older infant is 'breast refusing'.



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**Activity 7.3**

Which babies DO NOT require routine screening of glucose concentration?  
List the specific observations would you make that could indicate pathologic hypoglycemic?

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**Activity 7.4**

Outline your management of the newborn during the first 24 hours that will assist in the prevention of hypoglycemia?  
What role does early, frequent breastfeeding play in the prevention of hypoglycemia?

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**Activity 7.5**

Write how you would explain to a new mother about the normal process of jaundice in the newborn?  
Outline the breastfeeding recommendations would you make to her to prevent problematic hyperbilirubinemia developing, explaining the reasons for these.

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## Activity 7.6

Briefly summarise the effects of artificial infant milk supplements on breastfeeding and the infant.

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## Activity 7.7

Outline the breastfeeding management strategies when an infant is displaying signs and symptoms which indicate lactose malabsorption/overload.

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## Activity 7.8

File a copy of your client history intake form in your workbook. Write changes on it to ensure that all important history and observations will be covered as discussed in this section.

## Activity 7.9

Print out each of the methods of giving supplements to an infant (in the following 3 topics). File them in your workbook.

### Module 8

## Activity 8.1

Under the headings of 'Predisposing factors' and 'Prevention' list what you have learned about engorgement.

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## Activity 8.2

Under the headings 'Frequent, effective milk removal', 'cold therapy'; and 'Pain relief' list the strategies that you would suggest to a mother to treat engorgement.

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### Activity 8.3

What general tips could you give a mother who is having difficulty latching her infant comfortably?

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### Activity 8.4

List the signs and symptoms of mammary candidiasis.

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### Activity 8.5

List the strategies for a mother to use that will support and enhance the antifungal treatment used for mammary candidiasis.

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### Activity 8.6

What are the common predisposing factors for mastitis? What measures would you discuss with a mother to prevent mastitis?

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### Activity 8.7

Outline the management strategies that you would discuss with a mother at the early onset of mastitis.

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## Activity 8.8

Write down how you would explain the maintenance of breastmilk production to a junior colleague.

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## Activity 8.9

List all of the points that you would discuss with a mother who needs to increase her breastmilk supply.

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## Activity 8.10

List diabetes (all types), obesity, thyroid disease, HBV positive and HCV positive and note the breastfeeding recommendations for each.

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## Activity 8.11

What are the criteria which must be met before you can recommend artificial infant feeding to a mother who is HIV positive?

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## Module 9

## Activity 9.1

What is the aim of the International Code of Marketing of Breastmilk Substitutes, and how is it achieved?

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## Activity 9.2

What is covered under the scope of the Code?

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## Activity 9.3

What can you do to support the Code?

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## Activity 9.4

List 5 effects of implementation of Baby Friendly practices in the hospital and community setting.

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## Activity 9.5

Ensure that you have the contact details of your community breastfeeding support group filed in your workbook. Contact them to introduce yourself and collect a copy of each brochure which is given to mother. Read all the information to be familiar with it. File these in your workbook also.

Make sure you update when a new brochure is produced.