

Competency: Help a mother to express her breastmilk by hand.

Knowledge	Assessment
List the situations when expressing breast milk is useful.	
Describe the relevant anatomy of the breast and physiology of lactation	
Explain how to stimulate the milk ejection reflex	
Describe how to select and prepare a container for expressed breast milk	
Describe how to store breast milk	
Skills	
Explain to a mother how to stimulate her oxytocin reflex	
Help a mother to learn how to prepare a container for expressed breast milk	
Explain to a mother the steps of expressing breast milk by hand	
Observe a mother expressing breast milk by hand and help her if necessary	

ADDITIONAL NOTES

Participant Name:

Date of Assessment:

Place of Assessment:

Assessors Name and Signature: