

ES02

BREASTFEEDING ESSENTIALS FOR PRIMARY CARE / NURSES

Compliance Documentation - DETAILED

BFUSA - SESSION TOPICS

STEP 2 EDUCATION INTERNATIONAL INC. – ES02

SESSION 1: THE BFHI - A PART OF THE GLOBAL STRATEGY	ES02 MODULES: 1, 2, 10, EXTRA RESOURCES, THROUGHOUT COURSE
The Global Strategy for Infant and Young Child Feeding and how the Global Strategy fits with other activities	Module 1: Why breastfeed? <ul style="list-style-type: none">• Topic 1.0 Why breastfeed? Module 10: Wrap up <ul style="list-style-type: none">• Topic 10.0 Closing session
The Baby-Friendly Hospital Initiative	The 10 Steps are integrated throughout all the modules Module 2: Protection of Breastfeeding [Domain 1, Step 1] <ul style="list-style-type: none">• Topic 2.1 The Baby-Friendly Hospital Initiative• Topic 2.2 International Code of Marketing of Breastmilk Substitutes
How this course can assist health facilities in making improvements in evidence-based practice, quality care and continuity of care	(All modules provide evidence-based care throughout) Module 1: Why breastfeed? <ul style="list-style-type: none">• Topic 1.0 Why breastfeed?• Topic 1.6 The case for breastfeeding• Topic 1.9 Cognitive Development• Topic 1.10 Maternal Health• Topic 1.11 Economic and Environmental Health Module 2: Protection of Breastfeeding [Domain 1, Step 1] <ul style="list-style-type: none">• Topic 2.0 Protection of Breastfeeding• Topic 2.3 Infant Feeding Policy and Monitoring<ul style="list-style-type: none">○ Step 1b - infant feeding policy○ Step 1c - monitoring and data management○ Key aspects that make a good infant feeding policy○ Quality improvement○ On-going monitoring of practices○ High-quality data collection for decision-making○ Indicators of key clinical practice○ "Sentinel" indicators• Topic 2.4 Other Policies Module 10: Wrap up <ul style="list-style-type: none">• Topic 10.0 Closing session• Extra resources



Step 2 Education International Inc.
Education internationale condition 2 inc.



info@step2education.com



www.step2education.com



facebook.com/Step2Education

ES02

BREASTFEEDING ESSENTIALS FOR PRIMARY CARE / NURSES

Compliance Documentation - DETAILED

BFUSA - SESSION TOPICS

STEP 2 EDUCATION INTERNATIONAL INC. – ES02

	<ul style="list-style-type: none"> ○ International Code of Marketing of Breastmilk Substitutes ○ Health Care System Monitoring
SESSION 2: COMMUNICATION SKILLS	ES02 MODULES: 3, 9
Listening and learning	<p>Module 3: Communications [Domain 2]</p> <ul style="list-style-type: none"> ● Topic 3.0 Communication Skills <ul style="list-style-type: none"> ○ Personal Qualities ● Topic 3.1 A time to learn <ul style="list-style-type: none"> ○ Learning happens best when... ● Topic 3.2 Non-verbal communication <ul style="list-style-type: none"> ○ Non-distracting environment ○ Are you really listening? ● Topic 3.3 Listening skills <ul style="list-style-type: none"> ○ Reflective listening ○ Appropriate questioning
Skills to build confidence and give support	<p>Module 3: Communications [Domain 2]</p> <ul style="list-style-type: none"> ● Topic 3.2 Non-verbal communication <ul style="list-style-type: none"> ○ Time ● Topic 3.4 Barriers to effective communication <ul style="list-style-type: none"> ○ Learning differences ○ Cultural differences ○ Implicit bias ● Topic 3.5 Building confidence <ul style="list-style-type: none"> ○ Acceptance <p>Module 6: Breastfeeding the Infant [Domain 5, Step, 5, Step 6, Step 8]</p> <ul style="list-style-type: none"> ● Topic 6.4 Assessing breastfeeding
Arranging follow-up and support suitable to the mother's situation	<p>Module 3: Communications [Domain 2]</p> <ul style="list-style-type: none"> ● Topic 3.4 Barriers to effective communication ● Topic 3.5 Building confidence <ul style="list-style-type: none"> ○ Use language that is easily understood ● Topic 3.6 Applying Counseling Skills <p>Module 9: Transition to community [Domain 7]</p> <ul style="list-style-type: none"> ● Topic 9.0 Discharge preparation



Step 2 Education International Inc.
Education internationale condition 2 inc.



info@step2education.com



www.step2education.com



facebook.com/Step2Education

BFUSA - SESSION TOPICS

STEP 2 EDUCATION INTERNATIONAL INC. – ES02

	<ul style="list-style-type: none"> ○ Discharge planning ○ Teach critical warning signs ○ Contraception ● Topic 9.1 Sourcing and developing resources ● Topic 9.2 Community Referral Lists <ul style="list-style-type: none"> ○ Building community liaisons
SESSION 3: HOW MILK GETS FROM THE BREAST TO THE BABY	ES02 MODULES: 4, 5, 6
Parts of the breast involved in lactation	Module 5: Birth [Domain 4, Step 4, Step 7] <ul style="list-style-type: none"> ● Topic 5.0 Birth and breastfeeding initiation <ul style="list-style-type: none"> ○ An overview of breast anatomy
Breast milk production	Module 5: Birth [Domain 4, Step 4, Step 7] <ul style="list-style-type: none"> ● Topic 5.0 Birth and breastfeeding initiation <ul style="list-style-type: none"> ○ Lactogenesis Module 6: Breastfeeding the Infant [Domain 5, Step, 5, Step 6, Step 8] <ul style="list-style-type: none"> ● Topic 6.0 Breastfeeding the Infant ● Topic 6.3 Milk transfer <ul style="list-style-type: none"> ○ Switching sides
The baby's role in milk transfer	Module 6: Breastfeeding the Infant [Domain 5, Step, 5, Step 6, Step 8] <ul style="list-style-type: none"> ● Topic 6.1 When should an infant be fed? <ul style="list-style-type: none"> ○ Preparing to guide the mother/lactating parent ● Topic 6.2 Positioning Principles <ul style="list-style-type: none"> ○ Laid-back breastfeeding position ● Topic 6.3 Milk transfer <ul style="list-style-type: none"> ○ Negative pressure transfer
Breast care	Module 4: Prenatal Education [Domain 3, Step 3] <ul style="list-style-type: none"> ● Topic 4.3 What physical preparation should birthing parents do? <ul style="list-style-type: none"> ○ Prenatal breast exam ○ Antenatal/prenatal colostrum expression ○ Record keeping of observations

SESSION 4: PROMOTING BREASTFEEDING DURING PREGNANCY	ES02 MODULES: 1, 4, 8
Discussing breastfeeding with pregnant women	<p>Module 4: Prenatal Education [Domain 3, Step3]</p> <ul style="list-style-type: none"> • Topic 4.0 Prenatal Education • Topic 4.1 Decision making <ul style="list-style-type: none"> ○ Informed decision making ○ Self-efficacy • Topic 4.2 What is most influential? <ul style="list-style-type: none"> ○ How can we influence the decision outside of prenatal visits? ○ Prenatal visits education • Topic 4.4 The power of words
Why breastfeeding is important	<p>Module 1: Why breastfeed?</p> <ul style="list-style-type: none"> • Topic 1.0 Why breastfeed? • Topic 1.1 What's the difference? • Topic 1.6 The case for breastfeeding • Topic 1.7 Acute illnesses of childhood <ul style="list-style-type: none"> ○ Necrotising Enterocolitis ○ Septicemia and Meningitis • Topic 1.8 Non-communicable/Chronic Diseases <ul style="list-style-type: none"> ○ Type 1 Diabetes Mellitus ○ Type 2 Diabetes and Metabolic Syndrome ○ Celiac Disease ○ Obesity ○ Childhood Cancer ○ Allergic Responses • Topic 1.9 Cognitive Development <ul style="list-style-type: none"> ○ Building Brains ○ Nurturing care • Topic 1.10 Maternal Health <ul style="list-style-type: none"> ○ Post-partum ○ Lifelong • Topic 1.11 Economic and Environmental Health <ul style="list-style-type: none"> ○ The Sustainable Development Goals

ES02

BREASTFEEDING ESSENTIALS FOR PRIMARY CARE / NURSES

Compliance Documentation - DETAILED

BFUSA - SESSION TOPICS

STEP 2 EDUCATION INTERNATIONAL INC. – ES02

<p>Antenatal breast and nipple preparation</p>	<p>Module 4: Prenatal Education [Domain 3]</p> <ul style="list-style-type: none"> • Topic 4.3 What physical preparation should birthing parents do? <ul style="list-style-type: none"> ○ Prenatal breast exam ○ Expressing colostrum
<p>Women who need extra attention</p>	<p>Module 4: Prenatal Education [Domain 3]</p> <ul style="list-style-type: none"> • Topic 4.3 What physical preparation should birthing parents do? <ul style="list-style-type: none"> ○ Inverted nipples ○ Record keeping of observations <p>Module 8 Maternal Challenges</p> <ul style="list-style-type: none"> • Topic 8.0 Medical, Surgical Issues <ul style="list-style-type: none"> ○ Diabetes mellitus ○ Maternal overweight and obesity ○ Thyroid disease ○ Hepatitis ○ HIV ○ Breast surgery ○ Breastfeeding and medication usage • Topic 8.1 Postpartum Mood Disorders <ul style="list-style-type: none"> ○ Mental illness in pregnancy ○ Postpartum disorders ○ Birth trauma and other difficulties ○ Weaning and mental health
<p>SESSION 5: BIRTH PRACTICES AND BREASTFEEDING</p>	<p>ES02 MODULES: 5, 6, 7</p>
<p>Labor and birth practices to support early breastfeeding</p>	<p>Module 5: Birth [Domain 4, Step 4, Step 7]</p> <ul style="list-style-type: none"> • Topic 5.2 Labor interventions <ul style="list-style-type: none"> ○ Analgesia During Labor ○ Medications ○ Delayed cord clamping
<p>The importance of early skin-to-skin contact</p>	<p>Module 5: Birth [Domain 4, Step 4, Step 7]</p> <ul style="list-style-type: none"> • Topic 5.1 The first hours

BFUSA - SESSION TOPICS

STEP 2 EDUCATION INTERNATIONAL INC. – ES02

	<ul style="list-style-type: none"> ○ Skin-to-skin immediately following birth ○ Addressing barriers so skin-to-skin ○ Bonding
Helping to initiate breastfeeding	<p>Module 5: Birth [Domain 4, Step 4, Step 7]</p> <ul style="list-style-type: none"> • Topic 5.0 Birth and breastfeeding initiation <ul style="list-style-type: none"> ○ Step 4 – Care after birth ○ Step 7 – Rooming-in • Topic 5.1 The first hours <ul style="list-style-type: none"> ○ Step 4 – Care after birth ○ 1st breastfeed ○ Role of the birth attendants
Ways to support breastfeeding after a cesarean birth	<p>Module 5: Birth [Domain 4, Step 4, Step 7]</p> <ul style="list-style-type: none"> • Topic 5.3 Postnatal interventions <ul style="list-style-type: none"> ○ Step 7 - Rooming-in ○ Risk of routine separation ○ Oxytocin effect ○ Post birth procedures
BFHI practices and women who are not breastfeeding	<p>Module 6: Breastfeeding the Infant [Domain 5]</p> <ul style="list-style-type: none"> • Topic 6.1 When should an infant be fed? <ul style="list-style-type: none"> ○ Step 8 - Responsive feeding ○ Early infant feeding cues • Topic 6.8 Insufficient milk supply <p>Module 7: Special needs and infant challenges [Domain 6, Step 5, Step 6, Step 9]</p> <ul style="list-style-type: none"> • Topic 7.5 Supplementation <ul style="list-style-type: none"> ○ In-hospital human milk substitutes ○ medically valid reasons ○ Infant and maternal indications ○ Choice of supplement - order of preference ○ Unit Activity <ul style="list-style-type: none"> ▪ "Informed Consent" - aware of risks for non-medical use of infant formula • Topic 7.9 Bottle feeding <ul style="list-style-type: none"> ○ Bottle feeding technique

BFUSA - SESSION TOPICS

STEP 2 EDUCATION INTERNATIONAL INC. – ES02

	<ul style="list-style-type: none"> ○ Preventable dangers - Incorrect preparation; Incorrect reconstitution; Overfeeding/underfeeding ○ Safer feeding techniques ○ Safer preparation of human milk substitutes ○ Contamination risk
SESSION 6: HELPING WITH A BREASTFEED	ES02 MODULES: 6, 7
Positioning for comfortable breastfeeding	<p>Module 6: Breastfeeding the Infant [Domain 5, Step, 5, Step 6, Step 8]</p> <ul style="list-style-type: none"> • Topic 6.0 Breastfeeding the Infant • Topic 6.1 When should an infant be fed? <ul style="list-style-type: none"> ○ Teaching aids to guide breastfeeding parents ○ How do you assist with position and latch? • Topic 6.2 Positioning principles <ul style="list-style-type: none"> ○ Positioning principles - laid-back, cradle, straddled, cross-cradle etc. ○ Positioning and latching - baby-led
How to assess a breastfeeding	<p>Module 6: Breastfeeding the Infant [Domain 5, Step, 5, Step 6, Step 8]</p> <ul style="list-style-type: none"> • Topic 6.4 Assessing breastfeeding <ul style="list-style-type: none"> ○ Gather information and plan for the visit ○ Assessment/evaluation ○ Feeding - observational skills
Recognize signs of optimal positioning and attachment	<p>Module 6: Breastfeeding the Infant [Domain 5, Step, 5, Step 6, Step 8]</p> <ul style="list-style-type: none"> • Topic 6.2 Positioning principles <ul style="list-style-type: none"> ○ Techniques - stable base, proximal stability and midline symmetry
Help a mother to learn to position and attach her baby	<p>Module 6: Breastfeeding the Infant [Domain 5, Step, 5, Step 6, Step 8]</p> <ul style="list-style-type: none"> • Topic 6.1 Breastfeeding the Infant <ul style="list-style-type: none"> ○ Step 5 – Support and maintaining breastfeeding • Topic 6.2 When should an infant be fed? <ul style="list-style-type: none"> ○ Teaching aids to guide breastfeeding parents ○ How do you assist with position and latch? • Topic 6.3 Positioning principles

ES02

BREASTFEEDING ESSENTIALS FOR PRIMARY CARE / NURSES

Compliance Documentation - DETAILED

BFUSA - SESSION TOPICS

STEP 2 EDUCATION INTERNATIONAL INC. – ES02

	<ul style="list-style-type: none"> ○ Positioning principles - laid-back, cradle, straddled, cross-cradle etc. ○ Positioning and latching - baby-led ○ Techniques - stable base, proximal stability and midline symmetry.
When to assist with breastfeeding	<p>Module 6: Breastfeeding the Infant [Domain 5, Step, 5, Step 6, Step 8]</p> <ul style="list-style-type: none"> • Topic 6.5 Assessing breastfeeding <ul style="list-style-type: none"> ○ Explore strategies for improvement ○ Develop an action plan ○ Communication of plan
The baby who has difficulty attaching to the breast	<p>Module 6: Breastfeeding the Infant [Domain 5, Step, 5, Step 6, Step 8]</p> <ul style="list-style-type: none"> • Topic 6.6 Managing common difficulties <ul style="list-style-type: none"> ○ Step 5 – Support and maintaining breastfeeding <p>Module 7: Special needs and infant challenges [Domain 6, Step 5, Step 6, Step 9]</p> <ul style="list-style-type: none"> • Topic 7.3 The non-latching baby <ul style="list-style-type: none"> ○ Possible reasons ○ Principles of management ○ Feed the baby' policy ○ Action plan – 0-24 hrs; 24-48 hrs; 48-72 hrs; from 5 days ○ Strategies for the older baby
SESSION 7: PRACTICES THAT ASSIST BREASTFEEDING	ES02 MODULES: 5, 6, 7
Rooming-in	<p>Module 5: Birth [Domain 4, Step 4, Step 7]</p> <ul style="list-style-type: none"> • Topic 5.0 Birth and Breastfeeding Initiation <ul style="list-style-type: none"> ○ Step 7 – Rooming-in
Skin-to-skin contact	<p>Module 5: Birth [Domain 4, Step 4, Step 7]</p> <ul style="list-style-type: none"> • Topic 5.1 The First Hours <ul style="list-style-type: none"> ○ Step 4 – skin-to-skin contact ○ Addressing barriers to skin-to-skin ○ Bonding

BFUSA - SESSION TOPICS

STEP 2 EDUCATION INTERNATIONAL INC. – ES02

<p>Baby-led feeding</p>	<p>Module 5: Birth [Domain 4, Step 4, Step 7]</p> <ul style="list-style-type: none"> • Topic 5.1 The First Hours <ul style="list-style-type: none"> ○ Immediately following birth ○ The first breastfeed <p>Module 6: Breastfeeding the Infant [Domain 5, Step, 5, Step 6, Step 8]</p> <ul style="list-style-type: none"> • Topic 6.0 Breastfeeding the Infant • Topic 6.1 When should an infant be fed? <ul style="list-style-type: none"> ○ Responsive feeding • Topic 6.2 Positioning Principles <ul style="list-style-type: none"> ○ Laid-back breastfeeding position ○ Positioning and latching - baby-led
<p>Dealing with sleepy babies and crying babies</p>	<p>Module 7: Special needs and infant challenges [Domain 6, Step 5, Step 6, Step 9]</p> <ul style="list-style-type: none"> • Topic 7.0 Special needs and infant challenges <ul style="list-style-type: none"> ○ Challenges • Topic 7.1 The 'late preterm' 'early term' baby <ul style="list-style-type: none"> ○ Some problems these infants may encounter ○ Lactation Management • Topic 7.2 Hypoglycemia; Jaundice <ul style="list-style-type: none"> ○ Causes of abnormal bilirubin levels • Topic 7.10 Crying baby <ul style="list-style-type: none"> ○ My baby cries a lot. What should I do? ○ To swaddle or not to swaddle?
<p>Avoiding unnecessary supplements</p>	<p>Module 6: Breastfeeding the Infant [Domain 5, Step, 5, Step 6, Step 8]</p> <ul style="list-style-type: none"> • Topic 6.1 When should an infant be fed? <ul style="list-style-type: none"> ○ Responsive feeding • Topic 6.3 Milk transfer • Topic 6.5 Managing common difficulties <p>Module 7: Special needs and infant challenges [Domain 6, Step 5, Step 6, Step 9]</p> <ul style="list-style-type: none"> • Topic 7.3 The Non-latching Baby <ul style="list-style-type: none"> ○ Principles of management
<p>Avoiding bottles and teats</p>	<p>Module 7: Special needs and infant challenges [Domain 6, Step 5, Step 6, Step 9]</p>

BFUSA - SESSION TOPICS

STEP 2 EDUCATION INTERNATIONAL INC. – ES02

	<ul style="list-style-type: none"> • Topic 7.3 The Non-latching Baby <ul style="list-style-type: none"> ○ The Action Plan ○ Breast refusal in the older baby ○ Detective work is needed! • Topic 7.5 Supplementation <ul style="list-style-type: none"> ○ Supplementing the breastfed infant • Topic 7.6 Feeding-line device at the breast or chest <ul style="list-style-type: none"> ○ Supplementing the breastfed infant ○ How to use a tube-feeding device at the breast? • Topic 7.7 Cup feeding <ul style="list-style-type: none"> ○ When to choose cup feeding ○ How to cup feed • Topic 7.8 Finger Feeding <ul style="list-style-type: none"> ○ When to consider finger feeding ○ How to finger feed • Topic 7.11 Pacifiers/Dummies <ul style="list-style-type: none"> ○ Sucking and breastfeeding
SESSION 8: MILK SUPPLY	ES02 MODULES: 6, 7
Concerns about “not enough milk”	Module 6: Breastfeeding the Infant [Domain 5, Step, 5, Step 6, Step 8] <ul style="list-style-type: none"> • Topic 6.8 Insufficient milk supply <ul style="list-style-type: none"> ○ How is human milk production regulated? ○ Lactogenesis III (Maintenance) ○ Breast storage capacity and rate of breastmilk production ○ Perceived insufficiency ○ Confirmed insufficiency
Normal growth patterns of babies	Module 7: Special needs and infant challenges [Domain 6, Step 5, Step 6, Step 9] <ul style="list-style-type: none"> • Topic 7.12 Inadequate weight gain <ul style="list-style-type: none"> ○ What to do about excessive newborn weight loss
Improving milk intake and milk production	Module 6: Breastfeeding the Infant [Domain 5, Step, 5, Step 6, Step 8] <ul style="list-style-type: none"> • Topic 6.9 Expressing Human Milk <ul style="list-style-type: none"> ○ Expressing human milk

BFUSA - SESSION TOPICS

STEP 2 EDUCATION INTERNATIONAL INC. – ES02

	<ul style="list-style-type: none"> ▪ First days ▪ First week ▪ Beyond the early weeks ○ Collecting human milk ○ Storing human milk ○ How to hand express ○ Using manual or electric breast pumps
SESSION 9: SUPPORTING THE NON-BREASTFEEDING MOTHER & BABY	ES02 MODULES: 7
Counseling the formula choice: a pediatric responsibility	<p>Module 7: Special needs and infant challenges [Domain 6, Step 5, Step 6, Step 9]</p> <ul style="list-style-type: none"> • Topic 7.5 Supplementation <ul style="list-style-type: none"> ○ In-hospital human milk substitutes ○ medically valid reasons ○ Infant and maternal indications ○ Choice of supplement - order of preference ○ Unit Activity <ul style="list-style-type: none"> ▪ "Informed Consent" - aware of risks for non-medical use of infant formula
Teaching/assuring safe formula preparation in the postpartum	<p>Module 7: Special needs and infant challenges [Domain 6, Step 5, Step 6, Step 9]</p> <ul style="list-style-type: none"> • Topic 7.9 Bottle feeding <ul style="list-style-type: none"> ○ Preventable dangers - Incorrect preparation; Incorrect reconstitution ○ Safer preparation of human milk substitutes ○ Contamination risk
Safe bottle feeding; issues with overfeeding and underfeeding	<p>Module 7: Special needs and infant challenges [Domain 6, Step 5, Step 6, Step 9]</p> <ul style="list-style-type: none"> • Topic 7.9 Bottle feeding <ul style="list-style-type: none"> ○ Bottle feeding technique ○ Preventable dangers - Incorrect preparation; Incorrect reconstitution; Overfeeding/underfeeding ○ Safer feeding techniques

SESSION 10: INFANTS AND MOTHERS WITH SPECIAL NEEDS	ES02 MODULES: 1, 7, 8
Breastfeeding infants who are preterm, low birth weight or ill	<p>Module 7: Special needs and infant challenges [Domain 6, Step 5, Step 6, Step 9]</p> <ul style="list-style-type: none"> • Topic 7.0 Special needs and infant challenges <ul style="list-style-type: none"> ○ Challenges • Topic 7.1 The 'late preterm' 'early term' baby <ul style="list-style-type: none"> ○ Postpartum care ○ The first 12 - 24 hours ○ Lactation Management • Topic 7.2 Hypoglycemia; Jaundice <ul style="list-style-type: none"> ○ Neonatal Hypoglycemia ○ Clinical management of hypoglycemia ○ Jaundice ○ Management of hyperbilirubinemia • Topic 7.12 Inadequate weight gain <ul style="list-style-type: none"> ○ What to do about excessive newborn weight loss ○ What to do when you suspect FTT
Breastfeeding more than one baby	<p>Module 7: Special needs and infant challenges [Domain 6, Step 5, Step 6, Step 9]</p> <ul style="list-style-type: none"> • Topic 7.4 Twins and multiples <ul style="list-style-type: none"> ○ Can mothers/lactating parents produce enough milk for multiples? ○ Assisting breastfeeding
Prevention and management of common clinical concerns	<p>Module 7: Special needs and infant challenges [Domain 6, Step 5, Step 6, Step 9]</p> <ul style="list-style-type: none"> • Topic 7.2 Hypoglycemia; Jaundice <ul style="list-style-type: none"> ○ Neonatal Hypoglycemia ○ Routine glucose screening ○ Clinical management of hypoglycemia ○ Normal serum bilirubin levels ○ Management of hyperbilirubinemia • Topic 7.12 Inadequate weight gain <ul style="list-style-type: none"> ○ What to do about excessive newborn weight loss

BFUSA - SESSION TOPICS

STEP 2 EDUCATION INTERNATIONAL INC. – ES02

	<ul style="list-style-type: none"> ○ What to do when you suspect FTT ○ Parent education and counseling <p>Module 8 Maternal Challenges [Domain 6, Step 5]</p> <ul style="list-style-type: none"> ● Topic 8.0 Medical, Surgical Issues <ul style="list-style-type: none"> ○ Diabetes mellitus ○ Maternal overweight and obesity ○ Thyroid disease ○ Hepatitis ○ Breast Surgery ● Topic 8.1 Postpartum Mood Disorders <ul style="list-style-type: none"> ○ Mental illness in pregnancy ○ Birth trauma and other difficulties
Medical reasons for food other than breast milk	<p>Module 7: Special needs and infant challenges [Domain 6, Step 5, Step 6, Step 9]</p> <ul style="list-style-type: none"> ● Topic 7.2 Hypoglycemia; Jaundice <ul style="list-style-type: none"> ○ Which infants are at risk? ● Topic 7.5 Supplementation <ul style="list-style-type: none"> ○ In-hospital human milk substitutes ○ Infant Indications ○ Maternal Indications ● Topic 7.12 Inadequate weight gain <ul style="list-style-type: none"> ○ What to do about excessive newborn weight loss
Nutritional needs of breastfeeding women	<p>Module 1: Why breastfeed?</p> <ul style="list-style-type: none"> ● Topic 1.2 Human Milk as Nutrition ● Topic 1.3 Macro-nutrients ● Topic 1.4 Micro-nutrients <ul style="list-style-type: none"> ○ Vitamins ○ Minerals
How breastfeeding helps space pregnancies	<p>Module 9: Transition to community [Domain 7]</p> <ul style="list-style-type: none"> ● Topic 9.0 Discharge preparation <ul style="list-style-type: none"> ○ Contraception
Breastfeeding management when the mother is ill	<p>Module 8 Maternal Challenges [Domain 6, Step 5]</p> <ul style="list-style-type: none"> ● Topic 8.0 Medical, Surgical Issues

ES02

BREASTFEEDING ESSENTIALS FOR PRIMARY CARE / NURSES

Compliance Documentation - DETAILED

BFUSA - SESSION TOPICS

STEP 2 EDUCATION INTERNATIONAL INC. – ES02

	<ul style="list-style-type: none"> ○ Diabetes mellitus ○ Hepatitis ○ HIV • Topic 8.1 Postpartum Mood Disorders <ul style="list-style-type: none"> ○ Mental illness in pregnancy ○ Postpartum disorders ○ Birth trauma and other difficulties ○ Weaning and mental health <p>Module 9: Transition to community [Domain 7]</p> <ul style="list-style-type: none"> • Topic 9.5 Acute Care After Hospital Discharge
Medications and breastfeeding	<p>Module 8 Maternal Challenges [Domain 6, Step 5]</p> <ul style="list-style-type: none"> • Topic 8.0 Medical, Surgical Issues <ul style="list-style-type: none"> ○ Breastfeeding and medication usage
Contraindications to breastfeeding	<p>Module 7: Special needs and infant challenges [Domain 6, Step 5, Step 6, Step 9]</p> <ul style="list-style-type: none"> • Topic 7.5 Supplementation <ul style="list-style-type: none"> ○ In-hospital human milk substitutes ○ Infant Indications ○ Maternal Indications
SESSION 11: BREAST AND NIPPLE CONCERNS	ES02 MODULE: 4, 6
Examination of the mother's breasts and nipples	<p>Module 4: Prenatal Education [Domain 3]</p> <ul style="list-style-type: none"> • Topic 4.3 What physical preparation should birthing parents do? <ul style="list-style-type: none"> ○ Prenatal breast examination
Engorgement, blocked ducts, and mastitis	<p>Module 6: Breastfeeding the Infant [Domain 5, Step 5, Step 6, Step 8]</p> <ul style="list-style-type: none"> • Topic 6.5 Managing common difficulties <ul style="list-style-type: none"> ○ Engorgement • Topic 6.7 Breast Problems <ul style="list-style-type: none"> ○ Blocked (Plugged) Duct ○ Mastitis

BFUSA - SESSION TOPICS

STEP 2 EDUCATION INTERNATIONAL INC. – ES02

Sore nipples	<p>Module 6: Breastfeeding the Infant [Domain 5, Step, 5, Step 6, Step 8]</p> <ul style="list-style-type: none"> • Topic 6.6 Nipple Pain <ul style="list-style-type: none"> ○ Supportive strategies ○ Ankyloglossia (tongue tie) ○ Fungal overgrowth (candidiasis, thrush, yeast) ○ Bacterial infections
SESSION 12: IF THE BABY CANNOT FEED AT THE BREAST	ES02 MODULES: 1, 6, 7, 9
Learning to hand express	<p>Module 6: Breastfeeding the Infant [Domain 5, Step, 5, Step 6, Step 8]</p> <ul style="list-style-type: none"> • Topic 6.5 Managing common difficulties <ul style="list-style-type: none"> ○ Engorgement • Topic 6.9 Expressing Human Milk <ul style="list-style-type: none"> ○ Collecting human milk ○ Storing human milk
Use of milk from another mother	<p>Module 1: Why breastfeed?</p> <ul style="list-style-type: none"> • Topic 1.7 Acute illnesses of childhood <ul style="list-style-type: none"> ○ Donor Human Milk <p>Module 7: Special needs and infant challenges [Domain 6, Step 5, Step 6, Step 9]</p> <ul style="list-style-type: none"> • Topic 7.5 Supplementation <ul style="list-style-type: none"> ○ Supplementing the breastfed infant ○ Informal (Peer-to-Peer) Milk Sharing <p>Module 9: Transition to community [Domain 7]</p> <ul style="list-style-type: none"> • Topic 9.4 Infant Feeding in Emergencies (IYCF-E)
Feeding expressed breast milk to the baby	<p>Module 7: Special needs and infant challenges [Domain 6, Step 5, Step 6, Step 9]</p> <ul style="list-style-type: none"> • Topic 7.5 Supplementation <ul style="list-style-type: none"> ○ Supplementing the breastfed infant ○ Drip Drop Method • Topic 7.6 Feeding-line device at the breast or chest • Topic 7.7 Cup feeding <ul style="list-style-type: none"> ○ When to choose cup feeding ○ How to cup feed

ES02

BREASTFEEDING ESSENTIALS FOR PRIMARY CARE / NURSES

Compliance Documentation - DETAILED

BFUSA - SESSION TOPICS

STEP 2 EDUCATION INTERNATIONAL INC. – ES02

	<ul style="list-style-type: none"> • Topic 7.8 Finger Feeding <ul style="list-style-type: none"> ○ When to consider finger feeding ○ How to finger feed • Topic 7.9 Bottle feeding <ul style="list-style-type: none"> ○ When to use bottle feeding ○ Bottle feeding technique ○ Safe bottle feeding practices are essential ○ Preventable dangers
SESSION 13: ONGOING SUPPORT FOR MOTHERS	ES02 MODULES: 1, 9
Preparing a mother for discharge	Module 9: Transition to community [Domain 7] <ul style="list-style-type: none"> • Topic 9.0 Discharge preparation <ul style="list-style-type: none"> ○ Discharge planning
Follow-up and support after discharge	Module 9: Transition to community [Domain 7] <ul style="list-style-type: none"> • Topic 9.2 Community Referral Lists <ul style="list-style-type: none"> ○ Building community liaisons • Topic 9.5 Acute Care After Hospital Discharge <ul style="list-style-type: none"> ○ COVID-19 and Breastfeeding Resources • Topic 9.7 Beyond the first few days
Protecting breastfeeding for employed women	Module 1: Why breastfeed? <ul style="list-style-type: none"> • Topic 1.11 Economic and Environmental Health
Sustaining continued breastfeeding for 2 years or longer	Module 1: Why breastfeed? <ul style="list-style-type: none"> • Topic 1.0 Why breastfeed? • Topic 1.2 Human Milk as Nutrition • Topic 1.9 Cognitive Development <ul style="list-style-type: none"> • Nurturing Care
SESSION 14: PROTECTING BREASTFEEDING	ES02 MODULES: 1, 2, 9
The effect of marketing on infant feeding practices	Module 1: Why breastfeed? <ul style="list-style-type: none"> • Topic 1.11 Economic and Environmental Health Module 2 Protection of Breastfeeding [Domain 1]



Step 2 Education International Inc.
Education internationale condition 2 inc.



info@step2education.com



www.step2education.com



facebook.com/Step2Education

BFUSA - SESSION TOPICS

STEP 2 EDUCATION INTERNATIONAL INC. – ES02

	<ul style="list-style-type: none"> • Topic 2.0 Protection of Breastfeeding <ul style="list-style-type: none"> ◦ Old Tricks, New Opportunities • Topic 2.2 International Code of Marketing of Breastmilk Substitutes • Topic 2.4 Other Policies
The International Code of Marketing of Breast-milk Substitutes	<p>Module 2: Protection of Breastfeeding [Domain 1, Step 1]</p> <ul style="list-style-type: none"> • Topic 2.1 The Baby-Friendly Hospital Initiative • Topic 2.2 International Code of Marketing of Breastmilk Substitutes <ul style="list-style-type: none"> ◦ WHO International Code and subsequent resolutions <ul style="list-style-type: none"> ▪ Products covered by the Code
How health workers can protect families from marketing	<p>Module 2: Protection of Breastfeeding [Domain 1, Step 1]</p> <ul style="list-style-type: none"> • Topic 2.2 International Code of Marketing of Breastmilk Substitutes <ul style="list-style-type: none"> ◦ Marketing is not education • Topic 2.3 Infant Feeding Policy and Monitoring <ul style="list-style-type: none"> ◦ Does your facility have an infant feeding policy?
Donations in emergency situations	<p>Module 9: Transition to community [Domain 7]</p> <ul style="list-style-type: none"> • Topic 9.4 Infant Feeding in Emergencies (IYCF-E) <ul style="list-style-type: none"> ◦ Operational Guidance for Infant and Young Child Feeding in Emergencies
The role of breastfeeding in emergencies	<p>Module 9: Transition to community [Domain 7]</p> <ul style="list-style-type: none"> • Topic 9.4 Infant Feeding in Emergencies (IYCF-E) <ul style="list-style-type: none"> ◦ IYCF-E Toolkit ◦ Operational Guidance for Infant and Young Child Feeding in Emergencies ◦ Protection of breastfeeding
How to respond to marketing practices	<p>Module 2: Protection of Breastfeeding [Domain 1, Step 1]</p> <ul style="list-style-type: none"> • Topic 2.2 International Code of Marketing of Breastmilk Substitutes • Topic 2.3 Infant Feeding Policy and Monitoring <p>Module 9: Transition to community [Domain 7]</p> <ul style="list-style-type: none"> • Topic 9.4 Infant Feeding in Emergencies (IYCF-E)

ES02

BREASTFEEDING ESSENTIALS FOR PRIMARY CARE / NURSES

Compliance Documentation - DETAILED

BFUSA - SESSION TOPICS

STEP 2 EDUCATION INTERNATIONAL INC. – ES02

	<ul style="list-style-type: none"> ○ Protection of breastfeeding
SESSION 15: MAKING YOUR HOSPITAL OR BIRTH CENTER BABY-FRIENDLY®	ES02 MODULES: 1, 2
The Ten Steps to Successful Breastfeeding	Module 2: Protection of Breastfeeding [Domain 1, Step 1] <ul style="list-style-type: none"> • Topic 2.1 The Baby-Friendly Hospital Initiative <ul style="list-style-type: none"> ○ 10 Steps
What “Baby-Friendly” Practices mean	Module 1: Why breastfeed? <ul style="list-style-type: none"> • Topic 1.0 Why breastfeed? <ul style="list-style-type: none"> ○ Baby-Friendly Hospital Initiative (“BFHI”) Module 2: Protection of Breastfeeding <ul style="list-style-type: none"> • Topic 2.1 The Baby-Friendly Hospital Initiative
The process of becoming a Baby-Friendly hospital or birth center	Module 1: Why breastfeed? [Step 2] <ul style="list-style-type: none"> • Topic 1.0 Why breastfeed? <ul style="list-style-type: none"> ○ Baby-Friendly Hospital Initiative (“BFHI”) ○ The 10 Steps to Successful Breastfeeding (“10 Steps”) ○ The Global Strategy on Infant and Young Child Feeding (“GSIYCF”) ○ Step 2 - Staff Competency Module 2: Protection of Breastfeeding <ul style="list-style-type: none"> • Topic 2.1 The Baby-Friendly Hospital Initiative

SKILLS COMPTENCIES

SKILLS COMPETENCIES FOR MATERNITY STAFF

Communicating with pregnant and postpartum women about infant feeding	Module 4: Communicating with pregnant people about Infant feeding
Skin-to-skin care for all infants and parents	Module 5: Skin-to-skin care for all infants and parents
Observing, assessing and assisting with breastfeeding	Module 6: Observing, assessing and assisting breastfeeding
Teaching hand expression and safe storage of milk	Module 6: Hand expressing and safe milk storage
Teaching safe formula preparation and feeding	Module 7: Teaching formula preparation, supplementation and feeding

SKILLS COMPETENCIES FOR MATERNITY STAFF (DOMAINS)

Communicating in a Credible and Effective Way (Domain 2)	Topic 3.6 Applying Counseling Skills
Counseling in the Perinatal Period (Domain 3)	Topic 4.4 The power of words
Birth and Immediate Postpartum: Skin to skin (Domain 4)	Topic 5.3 Postnatal Interventions
Essential Issues for a Breastfeeding Mother (Domain 5)	Topic 6.9 Expressing Human Milk
Seamless Transition at Discharge (Domain 7)	Topic 9.7 Beyond the first few days