

Competency 7: Facilitate breastfeeding within the first hour, according to cues (Step 4). Performance Indicators: 25, 26, 27	Competency 8: Discuss with a mother how breastfeeding works (Steps 3, 5, 6 and 9). Performance Indicators: 29, 30, 31
Competency 9: Assist mother getting her baby to latch (Step 5). Performance Indicators: 32, 33, 34	Competency 10: Help a mother respond to feeding cues (Steps 7 and 8). Performance Indicators: 35, 69
Competency 11: Help a mother manage milk expression (Steps 5 and 6). Performance Indicators: 40	

Knowledge, Skills and Attitudes (KSA) Displayed	Competent	Needs to improve	Comments
Prepared for the consultation <ul style="list-style-type: none"> Staff aware of engaging in meaningful conversations that ENCOURAGES* the patient and family members. 			
Established rapport <ul style="list-style-type: none"> Introduced self and supervisor. Explained reason for communication. Asked permission to continue. 			
C7 PI 25: Engage in a conversation with a mother including at least 3 reasons why suckling at the breast in the first hour is important, when the baby is ready.			
<ul style="list-style-type: none"> Use Foundational Skills to discuss reasons why it is important: <ul style="list-style-type: none"> Triggers the production of breast milk. Facilitates the progress of lactogenesis. Increases uterine contractions. Reduces risk of infant mortality. Mother learns how to recognize her infant's cues and effective latch. 			

Knowledge, Skills and Attitudes (KSA) Displayed	Competent	Needs to improve	Comments
C7 PI 26: Demonstrate at least 3 aspects of safe care of the newborn in the first 2 hours post-birth.			
<ul style="list-style-type: none"> • Mother is in a semi-recumbent position (elevate the head of the mother's bed/stretcher to 30 degrees or more to avoid the baby's flat prone position). • Position the newborn on the mother to facilitate visual contact and recognition of the baby's awakening and hunger cues by the mother. • Ensure the infant can spontaneously lift his head at all times to facilitate optimal breathing and first sucking. • Visually check the infant's breathing, colour, responsiveness to stimulation when checking the mother's vital signs and without removing the blanket to avoid a decrease in temperature. • Ensure the infant's nose and mouth are visible at all times. • Ensure the mother is responsive. • Ensure both mother and support person know what to assess and how to get help if needed. 			
C7 PI 27: Describe to a mother at least 3 pre-feeding behaviours babies show before actively sucking at the breast.			
<ul style="list-style-type: none"> • The pre-feeding behaviors of the baby include: <ul style="list-style-type: none"> ○ A short rest in an alert state to settle to the new surroundings. ○ Bringing their hands to their mouth and making sucking motions and sounds. ○ Touching the nipple with the hand. ○ Focusing on the dark area (areola) of breast, which acts like a target. ○ Moving towards breast and rooting. ○ Finding the nipple area and attaching with wide-open mouth. 			

Knowledge, Skills and Attitudes (KSA) Displayed	Competent	Needs to improve	Comments
C8 PI 29: Engage in a conversation with a mother regarding at least 3 reasons why effective exclusive breastfeeding is important.			
<p>Use Foundational Skills to discuss the importance of exclusivity:</p> <p>For baby:</p> <ul style="list-style-type: none"> ○ Baby will learn to breastfeed more quickly. ○ Baby will learn how to self-regulate. ○ Provides all the nutrients needed for physical and neurological growth and development. ○ The effects of breastfeeding are greater when breastfeeding is exclusive. ○ Colostrum is rich in protective factors. ○ The microbiota (intestinal flora) of the non-exclusively breastfed infant is different from the exclusively breastfed one. ○ Even one dose of formula changes the microbiota. <p>For mother:</p> <ul style="list-style-type: none"> ○ Frequent, exclusive breastfeeding helps build up a mother's milk supply. ○ Less risk of engorgement. ○ Breasts will feel more comfortable due to regular emptying. 			
C8 PI 30: Engage in a conversation with a mother regarding 2 elements related to infant feeding patterns in the first 36 hours of life.			
<p>Using Foundational Skills, explain that:</p> <ul style="list-style-type: none"> • Minimum feeding frequency is 8 times per 24 hours. • Cluster feeding (many cue-based feedings close together in time) is common and normal in the first 24-36 hours and is not an indication of inadequate supply. 			

Knowledge, Skills and Attitudes (KSA) Displayed	Competent	Needs to improve	Comments
C8 PI 31: Describe to a mother at least 4 signs of adequate transfer of milk in the first few days.			
Using Foundational Skills, explain that: <ul style="list-style-type: none"> • Baby sucks regularly, rhythmically at the breast with occasional pauses. • Rhythmic swallowing is seen or heard. • No clicking sounds when feeding. • Breasts can feel softer after feeds and regain fullness in between feeds. • Urine output is progressively increasing to at least 4 heavy diapers/nappies per day and is pale yellow. • Number of stools is progressively increasing after the first day. • Stools changing from meconium (dark) to yellow. • Baby appears satisfied, not crying. • Weight stabilizes by day 4. 			
C9 PI 32: Evaluate a full breastfeeding session observing at least 5 points.			
Using Foundational Skills, assess the following: <ul style="list-style-type: none"> • Infant is able to latch and transfer milk. • Infant has rhythmic bursts of suckling with brief pauses. • Infant releases the breast at the end of feed in obvious satiation. • Infant shows similar behaviors if they takes the second breast. • Mother's hand supports the baby's neck and shoulders, without pushing the baby's head onto the breast. • Mother ensures the baby's postural stability. • Mother's breasts and nipples are comfortable and intact after the feed. • Mother admits no breast or nipple pain. • Signs/symptoms that could require further evaluation and monitoring as assessed. 			

Knowledge, Skills and Attitudes (KSA) Displayed	Competent	Needs to improve	Comments
C9 PI 33: Demonstrate at least 3 aspects of how to help a mother achieve a comfortable and safe position for breastfeeding within the first 6 hours after birth and later as needed during the hospital stay.			
Using Foundational Skills: <ul style="list-style-type: none"> • Make sure the mother understands why it's important to adopt a comfortable and safe position. • Explain why to remove blankets or clothes that are in between mother and infant. • Help the mother identify how to hold her baby to best facilitate the baby's innate reflexes and latching. • Explain principles of position or holding baby (baby faces breast, close to mother, whole body supported). • Use a hands-off (or hands-on-hands) approach to promote a mother's empowerment. Hands-on is only used after asking permission and when additional help is necessary. • Offer additional help to a mother who had a caesarean to attain a comfortable position. • Help the mother identify useful positions for a weaker baby. 			
C9 PI 34: Demonstrate how to help a mother achieve an effective and comfortable latch, noting at least 5 points.			
Using Foundational Skills: <ul style="list-style-type: none"> • First observe mother breastfeeding before recommending changes. • Make sure the mother brings the baby to the breast and not the breast to the baby. • Infant's mouth is wide open. • Infant's chin is touching the breast. • More areola visible above the baby's mouth than below. • Lower lip is everted. • Infant's cheeks are full, and no dimpling is evident. • Nipples are intact and not pinched after the feeding. • Absence of maternal pain. • Explain/demonstrate to mother how to release a latch that is painful or shallow without hurting herself. • Inform the mother to release or remove the baby. 			

Knowledge, Skills and Attitudes (KSA) Displayed	Competent	Needs to improve	Comments
C10 PI 35: Engage in a conversation with a mother regarding 2 aspects related to the importance of rooming-in 24h/day			
<p>Using Foundational Skills, discuss the importance of rooming-in (in mother's room to ensure correct identification of the infant):</p> <ul style="list-style-type: none"> • To learn how to recognize and respond to her baby's feeding cues. • To facilitate establishment of breastfeeding. • To facilitate mother and baby's bonding/attachment. • To enable frequent, unrestricted responsive feeding. • To increase infant's and mother's well-being (less stress). • To improve infection control (lower risk of spreading infectious diseases). 			

Knowledge, Skills and Attitudes (KSA) Displayed	Competent	Needs to improve	Comments
C10 PI 69: Demonstrate at least 3 safety aspects to assess when mother and baby are skin-to-skin during the postpartum hospitalization, regardless of method of birth.			
<p>Using Foundational Skills:</p> <ul style="list-style-type: none"> • Frequent and repetitive assessments, including observation of newborn breathing, activity, color, tone, and position. • Support of the baby in case of caesarean section, to avoid falls. • Position the newborn on the mother to facilitate visual contact and recognition of the baby's awakening and hunger cues by the mother. <ul style="list-style-type: none"> ○ Infant's face can be seen ○ Infant's head is in "sniffing" position ○ Infant's nose and mouth are not covered ○ Infant's head is turned to one side ○ Infant's neck is straight, not bent ○ Infant's shoulders and chest face mother ○ Infant's legs are flexed ○ Infant's back is covered with blankets • Ensure the infant can spontaneously lift his head at all times to facilitate optimal breathing and first sucking. • Visually check the infant's breathing, color, responsiveness to stimulation when checking the mother's vital signs and without removing the blanket to avoid a decrease in temperature. • Ensure the infant's nose and mouth are visible at all times. • Ensure the mother is responsive. • Mother-infant dyad is monitored regularly by staff on the postpartum unit. • When mother wants to sleep, infant is placed in bassinet or with another support person who is awake and alert. 			

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C11 PI 40: Demonstrate to a mother how to hand express breast milk, noting 8 points.			
Use Foundational Skills to discuss the importance of: <ul style="list-style-type: none"> • Creating a comfortable environment to facilitate the let-down Reflex. • Washing hands. • Having a clean bowl/container to catch the milk. • Massaging the whole breast gently. • Shaping a “C” around the breast with fingers, push back toward the chest wall away from the areola. • Pushing fingers towards the chest and squeeze fingers together rhythmically, then pause. • Expressing milk from both breasts. • Expecting that a session will last 10-20 minutes as milk flow decreases. 			
Ensured mother had sufficient information about breastfeeding Covered ALL information on Checklist, sharing evidence-based information accurately.			
Completed documentation as appropriate			

*Adapted from the Baby-Friendly USA, Inc. “Guidelines and Evaluation Criteria for Facilities Seeking Baby-Friendly Designation, Sixth Edition” and the WHO competency verification toolkit, ensuring competency of direct care providers to implement the baby-friendly hospital initiative Web annex A Competency verification form (sorted by domain and competency). *ENCOURAGES = Empathize, Non-judgmental, Confirm, Open-ended questions, Use competent skills, Responsive care, Affirm, Give evidence-based information, Empower, and Support.*