

Skills Competency 1



Communicating with pregnant women about breastfeeding

Skills displayed	Yes or No	Supervisor's comments
Prepared for the consultation <ul style="list-style-type: none">• Can list all topics to be discussed during the prenatal period• Gathered teaching aids• Reviewed mother's relevant obstetric notes		
Established rapport <ul style="list-style-type: none">• Introduced self and supervisor• Explained reason for communication• Asked permission to continue		
Ascertained mother's knowledge and feelings about breastfeeding using: <ul style="list-style-type: none">• open questioning• reflective listening• reflected feelings		
Built on mother's self-confidence by: <ul style="list-style-type: none">• acceptance of her knowledge and attitudes• praising what was right.• providing new information using simple language.• offering opportunities for questions		
Confirmed the mother's understanding using: <ul style="list-style-type: none">• open questions about information given		
Ensured mother had sufficient information about breastfeeding <ul style="list-style-type: none">• Covered ALL information on Checklist, sharing evidence-based information accurately		
Completed documentation as appropriate		



Skills Competency 2



Observing, assessing and assisting breastfeeding

Skills displayed	Yes or No	Supervisor's comments
Prepared for the consultation <ul style="list-style-type: none"> Reviewed mother's breastfeeding notes Prepared teaching aids Confident using Breastfeeding Assessment Tool 		
Described to Supervisor and Mother: <ul style="list-style-type: none"> Principles of positioning Enabling effective latch Normal sucking patterns 		
Used effective communication skills throughout		
General observation <ul style="list-style-type: none"> of mother/infant interactions state of mother appearance of her breasts and nipples state of the infant 		
Naturalistic observation. Noted <ul style="list-style-type: none"> maternal and infant position how infant achieved latch sucking pattern Asked mother how it felt. Highlighted and praised what was right. 		
Identified any necessary changes and discussed these with mother <ul style="list-style-type: none"> using simple language using teaching aids involved mother in the process assisted her if necessary observed improvement through to end of feed 		
Confirmed mother's understanding of positioning, latch and milk transfer		
Completed documentation as appropriate		



Skills Competency 3



Hand expressing and safe milk storage

Skills displayed	Yes or No	Supervisor's comments
Prepared for the consultation <ul style="list-style-type: none"> Suitable milk container Teaching aids, including milk storage guidelines leaflet for mother 		
Used effective communication skills throughout		
Ascertained mother's prior knowledge and discussed <ul style="list-style-type: none"> When hand expressing is useful Preparation and hygiene Why and how to stimulate milk ejection reflex 		
Described and observed mother achieve <ul style="list-style-type: none"> Hand hygiene Correct finger/thumb placement on breast Correct compression technique 		
During procedure indicated and discussed <ul style="list-style-type: none"> Milk ejection Collecting milk without contamination How much to express, related to need 		
Confirmed mother's understanding of why, when and how to hand express		
Used teaching aids effectively		
Used Safe Storage leaflet to discuss storage containers, transport of expressed milk and storage times under all conditions		
Confirmed mother's understanding of safe breastmilk storage		
Completed documentation as appropriate		



Skills Competency 4



Teaching formula preparation and feeding

Skills displayed	Yes or No	Supervisor's comments
Prepared prior to consultation <ul style="list-style-type: none"> Mother's choice of infant formula and feeding equipment Teaching aids: formula preparation leaflet Confirmed prior discussion of risks of infant formula understood by mother 		
Used effective communication skills throughout		
Ascertained mother's prior knowledge, ensuring correct knowledge of <ul style="list-style-type: none"> amount of water to powdered formula cleanliness of work space and equipment 		
Demonstrated first, then observed mother achieve <ul style="list-style-type: none"> hand hygiene boiling of water measurement of water and powdered formula safe water temperature for addition of powder 		
During preparation, confirmed mother's knowledge of <ul style="list-style-type: none"> risks of contamination risks of under- or over-dilution of the formula 		
Used teaching aids effectively		
Ascertained mother's knowledge of bottle feeding technique, including <ul style="list-style-type: none"> holding baby during feeding responding to infant cues for both frequency and volume given 		
Completed documentation as appropriate		

