

# Skills Competency



## Communicating with pregnant women about breastfeeding

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



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## Teaching formula preparation and feeding

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



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## Hand expressing and safe milk storage

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



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## Observing, assessing and assisting breastfeeding

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

