



# THE BABY FRIENDLY INITIATIVE

**Supporting breastfeeding and responsive parenting in hospital settings**

2 Day course for paediatric nurses

**Participant's pack**

**Please read the notes before you attend the course**

# AIM OF THE COURSE

To enable nurses working on paediatric wards to support mothers to breastfeed and nurture their sick child in hospital.

## EXPECTED LEARNING OUTCOMES

At the end of the course, participants will be able to:

1. Outline the purpose and remit of the Unicef Baby Friendly Initiative .
2. Explain how a child rights approach can be incorporated into every day practice.
3. Explain how breastfeeding impacts on the physical and emotional health of mothers and babies.
4. Describe how a woman's decisions and experiences are affected by those around them.
5. Describe how milk is made and what can interfere with milk production and milk transfer.
6. Outline how a baby breastfeeds and how to support a mother to breastfeed effectively.
7. Demonstrate an understanding of how babies are programmed to breastfeed from birth.
8. Describe the importance of love on a baby's brain development and wellbeing and the role oxytocin plays in supporting this.
9. Recognise the importance for all mothers to keep their babies close for both feeding and comfort.
10. Demonstrate an understanding of how to support mothers who choose to bottle feed to do so in a safe and responsive way.
11. Describe an effective technique for expression and storage of breastmilk.
12. Identify common challenges to breastfeeding and how to support mothers to overcome these.
13. Recognise the importance of ensuring safety of the baby whilst maximising and protecting breastmilk and breastfeeding.
14. Demonstrate and understanding of effective communication techniques.
15. Demonstrate an understanding of the wider support networks available to support breastfeeding in community settings and their role in referral.

# INFORMATION FOR COURSE PARTICIPANTS

**(Please read before the course begins)**

## THE COURSE

We are very pleased to welcome you to the Baby Friendly Initiative Course for paediatric nurses. We hope that you enjoy the course and go away from it with some new information and renewed enthusiasm to support mothers to become confident in their own ability to feed and care for their babies.

We have designed the course to allow lots of opportunity to explore and discuss issues pertaining to your practice and we recognise the expertise of participants so hope that we can all learn from each other throughout the course.

We don't assume any prior knowledge or experience in relation to breastfeeding before you begin the course. By the end of the course it is hoped that you will have a greater understanding of the importance of breastfeeding for the health and wellbeing of mothers and babies and how you can also support parents to recognise the importance of providing a nurturing environment for their baby. You will also be confident to support mothers to overcome challenges and continue to breastfeed and or maximise the amount of breastmilk/breastfeeding their baby receives.

We look forward to seeing you.

**On day two of the course we will have a mocked up practical session so it would be helpful if you could bring along a doll or teddy to help with this session.**

# DAY 1 TIMETABLE

Time	Duration	Session	Outline of content
09.00	15 mins	<b><i>Arrival &amp; tea/coffee</i></b>	
09.15	45 mins	<b>Welcome</b>	Welcome, house-keeping. Introductions. Outline of course.
10.00	30 mins	<b>Setting the scene</b>	Background to Unicef UK Baby Friendly Initiative and the Convention of Rights of the Child. Breastfeeding through the ages.
10.30	15 mins	<b><i>Tea/coffee</i></b>	
10.45	75 mins	<b>Does breastfeeding matter?</b>	Taking a closer look at breastmilk. Physical and emotional benefits of breastfeeding for Babies, mothers and society. Advertising vs information.
12.00	45 mins	<b>How breastfeeding works</b>	Anatomy and physiology. What's happening in pregnancy, birth and early weeks.
12.45	45 mins	<b>Lunch</b>	
13.30	30 mins	<b>Bonding and relationship building</b>	How milk making hormones impact on mothering. Introduction to neuroscience of early years
14.00	45 mins	<b>Compassionate communication</b>	Right/left brain theory. Communication styles.
14.45	15 mins	<b><i>Tea/coffee</i></b>	
15.00	45 mins	<b>Skin to skin contact</b>	Skin contact after birth and throughout infancy. Keeping baby close. Responsive feeding.
15.45	15 mins	<b>Reflection, queries and close</b>	
16.00		<b>Finish</b>	

## DAY 2 TIMETABLE

<b>Time</b>	<b>Duration</b>	<b>Session</b>	<b>Outline of content</b>
09.00	15 mins	<b><i>Arrival &amp; tea/coffee</i></b>	
09.15	30 mins	<b>Quick team quiz</b>	Fun review of yesterday. Recap of key messages.
09.45	30 mins	<b>Expression of breastmilk</b>	Hand and pump expression. Skills and resources to help.
10.15	15 mins	<b><i>Tea/coffee</i></b>	
10.30	45 mins	<b>How a baby breastfeeds</b>	What is meant by attachment. Recognising effective feeding and problems when not achieved.
11.15	45 mins	<b>How a mother can help</b>	Positions to ensure effective feeding. Building on instinctive behaviour.
12.00	30 mins	<b>Supporting mothers</b>	Practical session to link theory to practice.
12.30	45 mins	<b><i>Lunch</i></b>	
13.15	60 mins	<b>Common challenges from practice</b>	Scenarios and group work to apply new knowledge to everyday practice in hospital settings including poor weight gain, jaundice, and hypernatraemia.
14.15	45 mins	<b>Breastfeeding in the UK</b>	Breastfeeding rates in the UK. Building resilience. Support networks.
15.00	15 mins	<b>Moving forward</b>	Small steps to change. What will you do?
15.15	15 mins	<b>Evaluation and close</b>	
15.30		<b>Finish</b>	