



UNICEF UK BABY FRIENDLY INITIATIVE

WORKSHOP FOR TRAINERS—BRINGING NEW CONCEPTS INTO BABY FRIENDLY LEARNING

Participant's pack

Please read the notes before you attend the course



THE BABY
FRIENDLY
INITIATIVE



AIM OF THE WORKSHOP

To provide participants with an update on the rationale of and content changes to the revised Unicef Baby Friendly Train the Trainer materials, and to consider how to incorporate new ideas and concepts into local training.

Participants will take away a fully revised set of training materials including a training workbook with session outlines, learning outcomes, slides, videos and ideas for facilitating interactive training.

EXPECTED LEARNING OUTCOMES

During the workshop participants will:

1. Discuss how changes to service provision have influenced everyday care for babies, their mothers and families
2. Have an overview of the revised training package content and its application in practice
3. Understand the rationale for content changes with reference to feedback and experience from audit and assessment
4. Discuss the theory of compassionate care and how to incorporate this in training to positively influence communication and make every contact count
5. Explore the recent and emerging evidence base related to breastfeeding and constituents of human milk with links to current research
6. Consider evidence around the importance of human milk on the baby's gut microbiome and the influence of previous generations on their genetic heritage
7. Describe how a baby's early feeding experience influences their lifelong health and wellbeing
8. Identify ways to introduce other key new concepts within the training package into local programmes including:
 - Importance of facilitating unhurried skin-to-skin contact to enable baby to truly self-attach
 - The growing evidence around importance of oxytocin for physical and emotional health of society
 - How to sensitively initiate conversations to provide options for mothers to return to partial or full breastfeeding if they stopped in the early days or weeks
 - Encouraging instinctive breastfeeding behaviours in mothers and babies
 - Identification and management of neonatal hypoglycaemia in term infants
 - Embedding Baby Friendly in neonatal units – what we have learned so far.

WORKSHOP OUTLINE

Time	Duration	Session	Outline of content
09.30	15 mins	<i>Arrival & tea/coffee</i>	
		Welcome and introductions	Welcome, house-keeping arrangements Getting to know you Icebreaker
		Our values	How Unicef values apply to all our work Spotlight on infant feeding Brief review of effective training considerations
11.00	15 mins	<i>Tea/coffee</i>	
		Introducing the revised training pack	Overview of the training pack Using the pack Session outlines and activities
		Breastfeeding and health	Constituents of breastmilk revisited Importance of the microbiome for lifelong health Environmental influences on the epigenome Protecting breastfeeding and conflicts of interest
		Compassionate care	Discussing the compassionate care model Developing self-awareness Exploring the concepts of guilt and grief
13.15	45 mins	Lunch	
		Skin to skin contact re-visited	Exploring the 9 stages in depth Moving practice on Co-sleeping and the role of Baby Friendly
		Successful breastfeeding	Considering new approaches Using 21st century resources Skill and instinct working in perfect partnership
15.00	15 mins	Tea break	
		Additional changes	Newborn challenges and longer term breastfeeding The neonatal package
16.00	45 mins	Queries, discussion, evaluation and close at 16.45	Reflection on learning and presentation of certificates Next steps Feedback