



THE BABY
FRIENDLY
INITIATIVE



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Embedding Baby Friendly standards in neonatal care

2 Day course

Participant's pack

This course fulfils the training requirements of the Unicef UK Baby Friendly Initiative and provides appropriate updating for PREP requirements

Please read the notes before you attend the course

AIM OF THE COURSE

To equip staff with the knowledge, skills and understanding to embed the Baby Friendly Neonatal standards within everyday practice in their unit

EXPECTED LEARNING OUTCOMES

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

1. Describe the purpose of the Baby Friendly Initiative and its importance for improving physical and emotional outcomes for babies.
2. Demonstrate an understanding of factors which support brain development when babies are born too soon.
3. Consider the impact that premature birth has on the baby, mother, father and family and explain ways to promote positive loving relationship building within the family unit.
4. Explain the importance of embracing developmental care approaches in the care of the pre-term infant.
5. Demonstrate an understanding of principles of positive communication and how to incorporate these in every day practice.
6. Explain the role that breastfeeding plays in improving health with specific emphasis on the pre-term and sick infant.
7. Demonstrate an understanding of the key differences between human milk, donor breastmilk and artificial milk and their significance for human health.
8. Describe the anatomy of the breast and the physiology of lactation and their relevance to help you support optimal lactation.
9. Explain the importance of, and technique to support early, frequent and effective expression of breastmilk for the initiation and establishment of an adequate milk supply
10. Demonstrate an understanding of the impact of premature birth on feeding development.
11. Describe the positive impact of skin to skin contact for the preterm infant and his caregivers and consider how to support this in your unit.
12. Recognise effective positioning and attachment and teach mothers the skills necessary for them to achieve these for themselves.
13. Demonstrate an understanding of the information and support required to enable women to breastfeed successfully.
14. Identify the challenges to breastfeeding faced by mothers and babies in the neonatal unit and describe ways to prevent and address these.
15. Demonstrate an understanding of the information and support required to prepare parents for discharge home including where to access ongoing support.
16. Observe and discuss good practice both in the UK and worldwide.
17. Be aware of the changes in provision of care for preterm and sick babies and consider possibilities for the future.

INFORMATION FOR COURSE PARTICIPANTS

(Please read before the course begins)

THE COURSE

We look forward to welcoming you to the 2 day course 'Embedding Baby Friendly Standards in Neonatal Care' and hope you find the course stimulating and enjoyable.

The Baby Friendly Initiative Course for neonatal staff takes place over two days with each session building on the previous one, so it is really important that you attend the full course in order to get the most out of it. In addition to the time spent attending taught sessions, we strongly recommend that you complete a practical skills element (supporting a mother and baby with skin to skin contact, expressing breastmilk and making the transition to breastfeeding).

The sooner you do this after completion of the course the better as information will still be fresh in your mind. This practical element will help you consolidate the learning that has taken place within the course and develop your confidence.

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
08.45	15 mins	Arrival & tea/coffee	
09.00	45 mins	Welcome and introductions	Welcome, house-keeping. Introductions. Outline of course.
09.45	30 mins	Baby Friendly neonatal care	Outline of the Neonatal standards. Best interest of the baby and Convention on the Rights of the Child.
10.15	15 mins	Tea/coffee	
10.30	30 mins	Impact of preterm birth	What it means for families. Supporting optimal brain development for babies.
11.00	45 mins	What makes breastmilk special	Constituents of Colostrum, human milk, donor milk and infant formula.
11.45	45 mins	Why breast-milk/feeding matters	Generic benefits. Specific benefits for preterm and sick babies.
12.30	45 mins	Lunch	
13.15	45 mins	Making milk and mothering	Anatomy and physiology. Physical and emotional action of hormones. Challenges.
14.00	60 mins	Expressing and using breastmilk	Techniques for hand and pump expression. Storing and freezing. Maximising nutritional/protective content.
15.00	15 mins	Tea/coffee	
15.15	30 mins	Feeding development	Developmental pathway. Alternative methods of feeding.
15.45	45 mins	Skin to skin contact / Kangaroo care	Benefits of skin to skin contact for all the family. Building confidence to support parents.
16.30	15 mins	Reflection and close	
16.45		Finish	

DAY 2 TIMETABLE

Time	Duration	Session	Outline of content
08.45	15 mins	<i>Arrival & tea/coffee</i>	
09.00	30 mins	Warm up!	Fun quiz to revisit key themes from yesterday.
09.30	45 mins	Communication skills	Right – left brain theory Principles of effective communication. Power and control in the neonatal unit.
10.15	15 mins	<i>Tea/coffee</i>	
10.30	45 mins	Moving on to breastfeeding	Supporting the transition to breastfeeding. Understanding attachment. Recognition of effective attachment.
11.15	45 mins	Moving on to breastfeeding (cont)	Principles of positioning. Specific needs of preterm and sick babies.
12.00	30 mins	Supporting mothers	Bringing together theory and practice.
12.30	45 mins	<i>Lunch</i>	
13.15	60 mins	Parents as partners in care	Scenarios and group work.
14.15	45 mins	The future of NNU care	Practice from around the UK. Becoming a change agent.
15.00	30 mins	Evaluation and close	
15.30		Finish	