

Course Overview - Breastfeeding



Course: Supporting Women to Breastfeed

Course Description: This course is designed for qualified midwives who want to refresh their knowledge about breastfeeding.

Summary: Childbirth and breastfeeding is an extraordinary and challenging life event which profoundly influences a woman's physical, social and emotional well-being.

The care, information and emotional support that the midwife offers a woman and her chosen companions sets the scene to protect the woman's physical wellbeing and nurture her emotional strengths as she becomes a mother.

In this course we describe the knowledge and skills midwives require to successfully assist women to instigate and then continue to breastfeed their babies.

Completing this course will re-enforce your knowledge in how to best support women with their breastfeeding challenges, queries and concerns.

CPD: 8 ACM CPD Recognition points = 8 hours equivalent to complete

Enrolment Fees: ACM Members and Midwifery Students: \$176

Non ACM Members: \$352

Enrolment Form: Please [click here](#) or contact ACM at education@midwives.org.au

Course Access: Access will be granted for 12 months from enrolment

Overall Course Learning Outcomes

Module 1: Breastfeeding in Australia

- Examine the current breastfeeding practices of Australian women.
- Review strategies designed to protect, promote and support breastfeeding at an International and National Level.
- Identify and reflect on factors that affect the infant feeding decision and practice.

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Module 2: How breastfeeding works

- Describe the different stages of lactation.
- Understand the hormonal influences involved in making, storing and releasing milk from the breast.
- Compare human milk at different stages.

Module 3: Breastfeeding in the first 24 hours

- Examine the physiological effects of skin-to-skin contact for both mothers and babies.
- Discuss the importance of the first breastfeed.
- Understand how routine hospital procedures can disrupt the normal process of attachment.

Module 4: Getting breastfeeding off to a good start

- Understand how as a midwife you can create an optimal breastfeeding environment for the mother and newborn
- Understand the principles of positioning in the breastfeeding relationship and why this matters.
- Understanding of a baby's physical attachment at the breast and good milk transfer.

Module 5: Breastfeeding challenges

- Identify common conditions that may hinder the mother's achievement of self-confidence with breastfeeding.
- Identify common infant related conditions that may impact on the breastfeeding relationship.
- Identify situations that may need more specialist breastfeeding care.
- Understand how medications and other substances affect breastmilk.

Module 6: Breastfeeding equipment

- Assist mothers needing to express their milk by identifying the best method for the situation and how to safely and effectively maximise milk transfer.
- Understand correct procedures for storing breastmilk.
- Identify the appropriate use of lactation aids for different breastfeeding situations.

Module 7: Continuing to breastfeed

- Understand the normal progression of breastfeeding over time.
- Identify additional resources to assist the mother on her breastfeeding journey.

Module 8: Mothers not breastfeeding

- Identify the risks of not breastfeeding.
- Understand how the artificial baby milk industry can influence decisions made by health professionals and mothers.
- Assist mothers who are feeding with an artificial baby milk to do so in a safe way.

Assessments:

- Reflective Practice – templates provided
- Reflection exercise
- Case studies
- Quiz