

Breastfeeding Bundle



Course Overview

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 well-being and nurture her emotional strengths, as she becomes a mother.

This bundle of courses addresses each of the the twenty core competencies that the Baby Friendly Health Initiative (BFHI) considers essential skills for all personnel who counsel and assist breastfeeding women.

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

This bundle of courses is designed for registered midwives and other allied health professionals providing postnatal care and breastfeeding support.

CPD:

This bundle of three courses has been recognised by ACM for a total of 6 CPD Hours.

Price:

Bundle \$150 or \$60 per course.

Course Access:

All users are provided with 12 months access from the date of their enrolment.

Purchase this course in Midwives Learn and begin immediately.
<https://learn.midwives.org.au>

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Course 1: Counselling Skills

1. use listening skills when counselling a mother;
2. use skills for building a mother's confidence and giving support;
3. counsel a pregnant woman about breastfeeding;
4. counsel a mother to make an informed and appropriate decision about infant feeding, suitable to her circumstances

Course 2: Establishing Breastfeeding

5. help a mother to recognise when her baby is ready to initiate breastfeeding while in skin to-skin contact after birth;
6. support a mother to position herself and her baby for breastfeeding;
7. support a mother to attach her baby to the breast, encouraging baby-led attachment;
8. assess a breastfeed; including teaching a mother how to monitor milk transfer
9. explain to a mother about feeding cues and the optimal pattern of breastfeeding;
10. using hands-off techniques, assist a mother to express her breast milk;
11. explain to a mother how to know if her baby is getting enough milk

Course 3: Breastfeeding Challenges

12. counsel a mother who thinks she does not have enough milk;
13. counsel a mother with an unsettled baby;
14. counsel a mother on selecting and using an alternative feeding method;
15. counsel a mother whose baby is refusing to breastfeed;
16. counsel a mother who has flat or inverted nipples;
17. counsel a mother with engorged breasts;
18. counsel a mother with sore or cracked nipples;
19. counsel a mother with mastitis;
20. support a mother to breastfeed a low-birth-weight, preterm or sick baby.