

# Appendix A:

## 20-Hour Course Topic and Competency Skills List for the U.S.

Adapted for use in the United States from the WHO/UNICEF International Guidelines

Objectives	Content
Discuss the rationale for professional, government and international policies that promote, protect and support breastfeeding in the United States.	<b>Session 1: The BFHI – a part of the Global Strategy</b> <ul style="list-style-type: none"> <li>• The Global Strategy for Infant and Young Child Feeding and how the Global Strategy fits with other activities</li> <li>• The Baby-Friendly Hospital Initiative</li> <li>• How this course can assist health facilities in making improvements in evidence-based practice, quality care and continuity of care</li> </ul>
Demonstrate the ability to communicate effectively about breastfeeding.	<b>Session 2: Communication skills</b> <ul style="list-style-type: none"> <li>• Listening and learning</li> <li>• Skills to build confidence and give support</li> <li>• Arranging follow-up and support suitable to the mother’s situation</li> </ul>
Describe the anatomy and physiology of lactation and the process of breastfeeding.	<b>Session 3: How milk gets from the breast to the baby</b> <ul style="list-style-type: none"> <li>• Parts of the breast involved in lactation</li> <li>• Breast milk production</li> <li>• The baby’s role in milk transfer</li> <li>• Breast care</li> </ul>
Identify teaching points appropriate for prenatal classes and in interactions with pregnant women.	<b>Session 4: Promoting breastfeeding during pregnancy</b> <ul style="list-style-type: none"> <li>• Discussing breastfeeding with pregnant women</li> <li>• Why breastfeeding is important</li> <li>• Antenatal breast and nipple preparation</li> <li>• Women who need extra attention</li> </ul>
Discuss hospital birth policies and procedures that support exclusive breastfeeding.	<b>Session 5: Birth practices and breastfeeding</b> <ul style="list-style-type: none"> <li>• Labor and birth practices to support early breastfeeding</li> <li>• The importance of early skin-to-skin contact</li> <li>• Helping to initiate breastfeeding</li> <li>• Ways to support breastfeeding after a cesarean birth</li> <li>• BFHI practices and women who are not breastfeeding</li> </ul>
Demonstrate the ability to identify the hallmarks of milk transfer and optimal breastfeeding.	<b>Session 6: Helping with a breastfeed</b> <ul style="list-style-type: none"> <li>• Positioning for comfortable breastfeeding</li> <li>• How to assess a breastfeeding</li> <li>• Recognize signs of optimal positioning and attachment</li> <li>• Help a mother to learn to position and attach her baby</li> <li>• When to assist with breastfeeding</li> <li>• The baby who has difficulty attaching to the breast</li> </ul>

Objectives	Content
<p>Discuss hospital postpartum management policies and procedures that support exclusive breastfeeding.</p>	<p><b>Session 7: Practices that assist breastfeeding</b></p> <ul style="list-style-type: none"> <li>• Rooming-in</li> <li>• Skin-to-skin contact</li> <li>• Baby-led feeding</li> <li>• Dealing with sleepy babies and crying babies</li> <li>• Avoiding unnecessary supplements</li> <li>• Avoiding bottles and teats</li> </ul>
<p>Discuss methods that may increase milk production in a variety of circumstances.</p>	<p><b>Session 8: Milk supply</b></p> <ul style="list-style-type: none"> <li>• Concerns about “not enough milk”</li> <li>• Normal growth patterns of babies</li> <li>• Improving milk intake and milk production</li> </ul>
<p>Identify teaching points to include when educating or counseling parents who are using bottles and/or formula.</p>	<p><b>Session 9: Supporting the non-breastfeeding mother and baby</b></p> <ul style="list-style-type: none"> <li>• Counseling the formula choice: a pediatric responsibility</li> <li>• Teaching/assuring safe formula preparation in the postpartum</li> <li>• Safe bottle feeding; issues with overfeeding and underfeeding</li> </ul>
<p>Discuss contraindications to breastfeeding in the United States as well as commonly encountered areas of concern for breastfeeding mothers and their babies.</p>	<p><b>Session 10: Infants and mothers with special needs</b></p> <ul style="list-style-type: none"> <li>• Breastfeeding infants who are preterm, low birth weight or ill</li> <li>• Breastfeeding more than one baby</li> <li>• Prevention and management of common clinical concerns</li> <li>• Medical reasons for food other than breast milk</li> <li>• Nutritional needs of breastfeeding women</li> <li>• How breastfeeding helps space pregnancies</li> <li>• Breastfeeding management when the mother is ill</li> <li>• Medications and breastfeeding</li> <li>• Contraindications to breastfeeding</li> </ul>
<p>Describe management techniques for breast and nipple problems.</p>	<p><b>Session 11: Breast and nipple concerns</b></p> <ul style="list-style-type: none"> <li>• Examination of the mother’s breasts and nipples</li> <li>• Engorgement, blocked ducts, and mastitis</li> <li>• Sore nipples</li> </ul>
<p>Identify acceptable medical reasons for supplementation of breastfed babies according to national and international authorities.</p>	<p><b>Session 12: If the baby cannot feed at the breast</b></p> <ul style="list-style-type: none"> <li>• Learning to hand express</li> <li>• Use of milk from another mother</li> <li>• Feeding expressed breast milk to the baby</li> </ul>

Objectives	Content
Describe essential components of support for mothers to continue breastfeeding beyond the early weeks.	<b>Session 13: Ongoing support for mothers</b> <ul style="list-style-type: none"> <li>• Preparing a mother for discharge</li> <li>• Follow-up and support after discharge</li> <li>• Protecting breastfeeding for employed women</li> <li>• Sustaining continued breastfeeding for 2 years or longer</li> </ul>
Describe strategies that protect breastfeeding as a public health goal.	<b>Session 14: Protecting breastfeeding</b> <ul style="list-style-type: none"> <li>• The effect of marketing on infant feeding practices</li> <li>• The International Code of Marketing of Breast-milk Substitutes</li> <li>• How health workers can protect families from marketing</li> <li>• Donations in emergency situations</li> <li>• The role of breastfeeding in emergencies</li> <li>• How to respond to marketing practices</li> </ul>
Identify barriers and solutions to implementation of the Ten Steps to Successful Breastfeeding that comprise the Baby-Friendly Hospital Initiative.	<b>Session 15: Making your hospital or birth center Baby-Friendly®</b> <ul style="list-style-type: none"> <li>• The Ten Steps to Successful Breastfeeding</li> <li>• What “Baby-Friendly” Practices mean</li> <li>• The process of becoming a Baby-Friendly hospital or birth center</li> </ul>

**Skills Competencies for Maternity Staff:**

1. Communicating with pregnant and postpartum women about infant feeding
2. Observing, assessing and assisting with breastfeeding
3. Teaching hand expression and safe storage of milk
4. Teaching safe formula preparation and feeding

