

Annex 4. Essential Breastfeeding Topics for Clinical Practice Curriculum for Facility-based and Community-Based Healthcare Providers as well as Community Health Workers that Care for Mothers, Infants, and Children

Topics (to be covered)	Recommended Clinical Practice Actions
<ul style="list-style-type: none"> Observe a breastfeeding session 	Observe the following: <ul style="list-style-type: none"> Mother positioning the infant at breast Infant latching to the breast Infant suckling at the breast Any difficulties that arise and what was done to solve them Personal interactions between mother and infant Learn how to complete breastfeeding assessment tools
<ul style="list-style-type: none"> Help a mother to breastfeed 	Assist mother with positioning infant at the breast; Show different positions to help her choose the best for her and her infant; Assist mother with attaching/latching her infant to the breast
<ul style="list-style-type: none"> Help a mother learn the skills of hand expression 	Show mother how and where to find the milk ducts on her breasts; Show mother where to place her hands on the breast and how to compress the breast over the ducts (including how to repeat in all parts of the breast); Explain to the mother about length of time to express
<ul style="list-style-type: none"> Practice communication skills with pregnant and postpartum women 	Establish a dialogue with a pregnant woman about her feeding intentions; Discuss with a pregnant woman practices that assist in establishing breastfeeding such as early skin to skin contact, rooming-in, baby-led feeding, and exclusive breastfeeding without supplements and artificial teats; Use communication skills of listening and learning; Use skills of building confidence; Use calming skills in situations where mother is worried about breastfeeding attachment, infant milk consumption, delayed onset of lactation or other breastfeeding concerns