

## Annex 4. Essential Breastfeeding Topics for Pre-Service/In-Service Trainings and Curricula for Facility-based and Community-based Health Care Professionals, Community Health Workers, and Volunteers Who Care for Mothers, Infants, and Children\*

| Topics<br>(to be covered)  | Recommended Content  |
|--|--|
| <ul style="list-style-type: none"> <li>• Factors that influence breastfeeding</li> </ul>   | National/local breastfeeding rates and demographic trends; cultural and psychosocial influences; common barriers and concerns; local influences.   |
| <ul style="list-style-type: none"> <li>• Care and support during the antenatal period</li> </ul>   | Assessing previous breastfeeding experience, breast examination, breastfeeding information and support targeted to mother's needs; building confidence among first time mothers.   |
| <ul style="list-style-type: none"> <li>• Intra-partum and immediate postpartum care to support and promote successful initiation of lactation</li> </ul> | The Baby-friendly Hospital Initiative (BFHI) content, <i>Ten steps to successful breastfeeding</i> ; supportive practices for mother and baby; potentially negative practices.   |
| <ul style="list-style-type: none"> <li>• Diets/nutritional needs and counseling of pregnant and lactating women</li> </ul>                               | Nutritional needs of pregnant and lactating women; dietary recommendations (foods and liquids) taking account of local availability, costs, and cultural preferences; micronutrient supplementation; routine nutrition intervention and counseling; link to food assistance programs, if necessary.                                      |
| <ul style="list-style-type: none"> <li>• Milk production</li> </ul>  | Breast anatomy; lactation and breastfeeding physiology, breast milk composition.   |
| <ul style="list-style-type: none"> <li>• Benefits of optimal breastfeeding</li> </ul>  | Benefits of breastfeeding for infant, mother, family, community; benefits of exclusive breastfeeding for 6 months; options and risks when unable to breastfeed exclusively.  |
| <ul style="list-style-type: none"> <li>• Breastfeeding guidance</li> </ul>   | Positioning/attachment; assessing effective milk removal; signs of adequate intake; burping; cue-based feeding; observing and assessing breastfeeding and suggesting improvements; explaining normal physical, behavioral and developmental changes in mother and child (prenatal through weaning stages); observation of breastfeeding. |
| <ul style="list-style-type: none"> <li>• Managing common breastfeeding problems</li> </ul>   | Suckling difficulties; causes and management of common maternal and infant feeding difficulties; managing breast and nipple problems; insufficient milk production; inadequate infant growth; infant neurological problems   |

|  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Successful lactation in the event of maternal medical conditions, medication and/or treatments, or special situations</li> </ul>  | Evaluation of risk/benefit of breastfeeding; pharmacological or treatment choices; compatibility of drugs with lactation; breastfeeding more than one child; breastfeeding the preterm infant.  |
| <ul style="list-style-type: none"> <li>• Contraception options compatible with lactation</li> </ul>  | Advantages, disadvantages and effects of various contraceptives during lactation; lactational amenorrhea.   |
| <ul style="list-style-type: none"> <li>• Sustain lactation during maternal and infant separation periods, including during hospitalization or illness of mother or child and when returning to work or school</li> </ul>                     | Milk expression, breast milk handling and storage; alternative feeding methods; cup-feeding; coordinating out-of-home activities with breastfeeding; workplace support for breastfeeding; cause, prevention and management of common associated difficulties such as low milk supply; |
| <ul style="list-style-type: none"> <li>• The <i>International Code of marketing of Breast-milk Substitutes</i> and World Health Assembly (WHA) resolution, current violations, and health worker responsibilities under the Code.</li> </ul> | Main provisions of the <i>Code</i> and WHA resolutions, including responsibilities of health workers and the breast-milk substitute, bottles and teats industries; violations by infant food companies; monitoring and enforcement of the <i>Code</i> .                               |
| <ul style="list-style-type: none"> <li>• Communication and counseling skills.</li> </ul>   | Listening and counseling skills; use of simple language; identifying and addressing mother's viewpoint, misperceptions and misinformation about breastfeeding.  |
| <ul style="list-style-type: none"> <li>• Group education skills related to breastfeeding and maternal nutrition</li> </ul>   | Adult education methods, strategies for preparing and facilitating competency-based, participatory sessions; facilitating and implementing mother-to-mother support groups.   |

\*Adapted from the WHO Infant and Young Child Feeding Assessment Tool (Annex 7), as well as the WBTi Tool (Annex 5.1). The essential breastfeeding topics and content were cross-checked with the 2009 UNICEF/WHO curriculum *Breastfeeding Promotion and Support in a Baby-Friendly Hospital, a 20-hour course for maternity staff*, and the UNICEF/WHO counseling training course for community health workers, *Breastfeeding counselling: A training course*, to ensure these topics would be reasonable to expect in a training program for community health workers and volunteers. Final revisions were made based on the TAG comments received as well as discussion among the Yale BBF Team.

This Baby Friendly Hospital Initiative (BFHI) curriculum serves as the BBF standard that pre-service and in-service health care professional breastfeeding curriculums should attain since it covers the topics, content and clinical skills needed for successful facility implementation of the Ten Steps to Successful Breastfeeding.