

# Fundamentals of Promoting and Supporting Breastfeeding

(3-day course - 21 education hours)

**Galway City      Nov 7, 8 & 9, 2012**

(repeated same content)

**Dublin Jan 25, 25 & 27, 2013**

## **Aims:**

- to develop knowledge and skills to promote breastfeeding during the antenatal period,
- to recognise and use breastfeeding supportive practices,
- to assist mothers with establishing and continuing breastfeeding,
- to recognise when there is a breastfeeding difficulty and referral sources.

## **Course includes:**

- the importance of breastfeeding,
- antenatal discussion,
- supportive birth and postnatal practices,
- how breastfeeding works,
- early days,
- avoiding and addressing challenges including breast problems, hospitalised baby, maternal medications, separation and expressing,
- sustaining breastfeeding and weaning.
- Activity to practice skills of antenatal discussion, recognising effective feeding and explaining milk expression.

Based on the WHO/UNICEF Breastfeeding Promotion and Support in a Baby Friendly Hospital course.

**Course director:** Dr Genevieve Becker, MEd, PhD, IBCLC

Participants will be provided with handouts, activity sheets and links for further reading through email and the internet.

## **Book a place:**

[www.bestservices.ie](http://www.bestservices.ie) then Training > Courses

## **Who should attend:**

- Those who are (or will be) involved in promoting or supporting breastfeeding in hospital or community health services: agency nurses and midwives, phone helpline nurses, GPs and practice nurses, PHNs, midwives, paediatric nurses, dietitians, peer supporters, and students in these areas.
- Returners to practice who want a review of breastfeeding.
- Health workers who do not have in-service access to breastfeeding training.

## **Course fee:**

€ 225 includes 3 classroom days, and refreshments.

Booking and payment must be received by Oct 17 or Jan 10

Employer can be invoiced if a PO number or authorisation is provided at time of booking.

Cancellations received more than 10 days before receive a full refund less €20 charge. Cancellations received less than 14 days before a course start date receive at 50% refund. No refunds made for cancellations on the day or afterwards. *BEST Services* reserves the right to cancel and refund fees if insufficient bookings are made.