

# Mother Wellness when Breastfeeding

Thurs Jan 24 and Sat March 23

(same content repeated)

9am - 5pm

Dublin

## Course aim:

At the end of this day participants should be able to:

1. outline the importance of breastfeeding to mother's wellness;
2. describe what to look for in assessing sore breasts and nipples, differentiate conditions, and list steps to be taken to alleviate the symptoms;
3. critically evaluate options for mothers related to maternal health conditions and treatments and breastfeeding;
4. discuss how cultural beliefs may affect mothering;
5. discuss the role of the supporter in assisting the mother to acquire skills of mothering.

## Who should attend:

This day is useful for continuing education of health workers including PHNs, GP practice nurses, hospital midwives and paediatric nurses, GPs, dietitians, lactation consultants, community breastfeeding counsellors.

## Course outline: (7 education hours)

Topics include:

- Importance of breastfeeding to mother's health
- Maternal anatomy and variations, sore nipples
- Sore breasts, plugged ducts, mastitis, and other conditions
- Chronic conditions & acute illness: diabetes, infections, arthritis
- Medications when breastfeeding, hospitalised mother, smoking, alcohol and drugs
- Cultural beliefs, parenting styles (timed feeds, sleep etc), working, out and about, young mothers
- Role of support, mental wellness, acquiring the role of a mother

**The course team** are all International Board Certified Lactation Consultants with additional qualifications and work experience in nutrition, health promotion, child health, midwifery, research, community development, and adult education.

## Lactation Studies Theme Day Series

Focused on applying research based information to practice. Other topics in this series are: Child Wellness and Breastfeeding, Putting Theory in Practice, and Milk Supply. Theme Days include topics from the IBCLC exam blueprint.

For more information and booking visit the Training Courses page at

[www.bestservices.ie](http://www.bestservices.ie) or

email: [contact@bestservices.ie](mailto:contact@bestservices.ie) or

Phone: 091 527511

