

Being a Community Breastfeeding Supporter

Sun Nov 18, 2012 and Sun in April
9.30-4.30 Meath

Course aim:

On completion of this course, including the self-study, the participant should be able to:

- Describe the role of a community supporter and linking with other breastfeeding support services;
- Demonstrate appropriate communication skills;
- Outline the importance of breastfeeding
- Explain the key principles for effective infant feeding and supportive practices;
- Discuss social challenges that may occur and how to support mothers with these;
- List indicators that a mother may need assistance beyond the scope of a supporter;
- List sources of information and support as a support person

Who should attend:

This course is aimed at members of existing mothers and parent groups, general women's groups, family support services, workplace wellness groups, health promotion activities and individuals who would like to assist their community to be healthy now and in the future and who are not affiliated with a national group that provides training related to breastfeeding. Ideally, two or more supporters from a group would attend though individuals may attend.

Course outline: Presentations, group discussion, role play and approximately 8 hours of self study between Day One and Day Two.

- Why breastfeeding is important to child, mother, family, wider society
- How breastfeeding works, how milk is made, getting milk from mother to baby
- Key principles for effective feeding
- Communication skills, including group facilitation
- Role and responsibilities of a mother to mother supporter
- Sources of information
- Supportive practices for enjoyable breastfeeding
- Acquiring the role of a mother, cultural aspects
- Social challenges to mothering including sleep, separation, milk expression and others
- Indicators that a mother may need assistance beyond the scope of a supporter
- Own feelings, thoughts and experiences about breastfeeding

The course facilitator is Genevieve Becker, a International Board Certified Lactation Consultant with over 20 years experience as a volunteer with a breastfeeding support organisation. She is the mother of two adult children and a grandmother. Also contributors from experienced and newer supporters.

For more information and booking visit the Training Courses page at
www.bestservices.ie or
email: contact@bestservices.ie or
Phone: 091 527511

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Breastfeeding Education Support and Training