

# Short Courses from *BEST Services* arranged by request

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## Dietitians Supporting Breastfeeding (1 day)

**Aim:** to provide underpinning research-based knowledge and develop practical skills to promote and support breastfeeding in nutrition and dietetic services.

**Who should attend:** dietitians and nutritionists, working in hospital or community services, private practice, or education.

**Outline:**

- Why breastfeeding matters
- Constituents of human milk
- Effective milk production and milk transfer
- Taking a breastfeeding history and assessing feeding
- Infant weight gain
- Breastfeeding the hospitalised baby
- Milk expression
- Maternal diet and affect on breastfeeding
- Breastfeeding the older baby and young child
- Protecting and supporting breastfeeding as the norm
- Providing information to parents and health workers

## Maternal Nutrition: (half-day or evening)

**Aim:** to review and discuss food and nutrition related information.

**Who should attend:** health workers and peer supporters working with pregnant and breastfeeding women, dietitians and nutritionists new to this area of work.

**Outline:** Pre-conceptual nutrition, nutritional needs during pregnancy and lactation, healthy eating during pregnancy, effect of food choices on fetal development, food choices and breast milk, maternal weight.

## Infant and Young Child Feeding - 6 months to 2 years: (half-day or evening)

**Aim:** to update and discuss information and practices.

**Who should attend:** educators, health workers and peer supporters working with this age group, dietitians and nutritionists new to this area of work.

**Outline:** when to add foods other than milk, what foods, complementary or replacement, responsive feeding skills, baby-led feeding, developing long-term healthy eating practices.

The training team are all International Board Certified Lactation Consultants with qualifications and expertise in nutrition and dietetics, health promotion, child health, midwifery, research, community development, and adult education. Courses can be provided at local and international venues.

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## Theme Days (1 day)

Theme Days focus on a related group of topics such as milk supply, maternal health and breastfeeding, implementing practices and other topics. The day provides research based information, discussion on applying theory to practice and developing skills. Useful for continuing education of IBCLCs, for those preparing for the IBCLC exam and other health workers who wish to broaden their knowledge and skills.

## Master Classes (1 day)

Presented by international experts on breastfeeding related topics, these one day sessions provide in-depth discussion in a small interactive setting for participants with some existing knowledge and experience of the topic. Topics may include research, theory and practice of specific challenges such as clefts, medications, prematurity, maternal illness and disability issues as well as education topics including assessing health workers' knowledge and skills, antenatal discussion with parents, and other topics by request.

## Developing or Reviving the Baby Friendly Hospital Initiative at National, Regional or Local level (1 day)

**Aim:** to review understanding, current status, and plan for future.

**Who should attend:** programme managers and those with interest or responsibility in implementing the BFHI at local or national level.

### **Outline:**

- What is the Baby Friendly Hospital Initiative (BFHI)
- Implementing best practice
- Updating to the 2009 revised WHO/UNICEF criteria.
- How BFHI can fit with health promotion and quality programmes
- Introducing and sustaining BFHI in a hospital, region or country
- Planning and setting achievable goals
- Policy development and audit
- Training assessment teams
- Internal monitoring, external assessments
- Programme evaluation

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### Half-day or evening stand-alone, or as a shorter session within a seminar, in-service or other event

**Providing Healthy and Safe Infant Feeding in Childcare Settings:** Suitable for providers of childcare and childcare students. Includes information and discussion on supporting breastfeeding, facilitating mothers who fed in the childcare setting, handling and feeding human milk, safe formula use practice, starting complementary foods, responsive child-focused feeding, implementing pre-school healthy eating guidelines.

**Being a Breastfeeding Supportive Workplace:** Why support breastfeeding, legislation on lactation breaks, health and safety, auditing current situation, developing a workplace support policy, facilities needed, time needed, co-worker support, where the employee who is breastfeeding can get support. Suitable for HR, occupational health and health promotion officers, managers, and trade union officers.

**Supporting Breastfeeding in Education Settings:** Supporting student mothers at second level, third level and in adult education and training. Includes why support breastfeeding, auditing current situation, developing and implementing policies, and providing facilities. Useful for managers and principals, student health and support services, student union officers, and facilities staff.

**Breastfeeding Awareness for Schools and Youth Groups:** Topics covered include why discuss breastfeeding in schools and youth groups; breastfeeding as a human right, and as a consumer and an environmental issue; individual and global economics and politics of infant feeding; linking infant feeding to the curricula and other activities; sourcing materials for SPHE, CSPE, home economics, science, media and other subjects in secondary and primary; linking to scout and guiding badges; how to discuss attitudes to breastfeeding. Suitable for teachers and youth leaders.

**When Baby is not Breastfeeding:** How to discuss infant feeding objectively and accurately so that parents can make an informed decision; what to discuss with parents, costs, time, feasibility when away from home, possible health risks, types of formula, safe preparation, responsive feeding; food safety guidelines; and the effect of marketing on decision-making.

**Why Support Breastfeeding:** Importance of breastfeeding for health, economy, politics, and investment in the future, what supports and what undermines. For health service managers, policy makers, community activists, health promotion officers, educators and anyone who is interested.

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**Milk Expression and Pumping:** Why express milk, how to hand express, choosing and using breast pumps, examination of equipment, milk storage, long-term exclusively pumping, establishing routines, overcoming difficulties and supports available. Suitable for health workers and peer supporters working with pregnant and breastfeeding women. Session can be provided for mothers groups and individual consultations.

**Tools and Devices to Assist Breastfeeding:** What tools and equipment are available, use and misuse, evaluating devices, providing tools without marketing tools. Tools and devices for sore nipples, sucking difficulties, alternative feeding, supplementing, scales and more. Suitable for health workers and peer supporters working with pregnant and breastfeeding women.

**Breastfeeding Supportive Pharmacy:** Why support breastfeeding, answering mothers questions, referral, medications and breastfeeding, marketing of breast-milk substitutes, pumps and other breastfeeding related equipment. Suitable for pharmacists and pharmacy sales assistants.

**Breastfeeding Supportive Doctor's Office:** Why breastfeeding matters, supportive policies and practices during pregnancy and after birth, triage and what is a problem that needs attention, sourcing non-commercial information materials, sources of support for mothers. Suitable for general practice, paediatrics and obstetrics reception staff, phone triage and help lines, and an overview for practice nurses and doctors. This session does not include clinical problem solving.

**Supporting Breastfeeding in the General Hospital:** When the mother or child is in A&E or OPD, breastfeeding mother as a medical or surgical patient, medications, expressing and handling milk, re-establishing breastfeeding if it has stopped, support services to refer to. Suitable for hospital services managers and interested health workers.

**Breastfeeding Supportive Labour and Birth Practices:** How labour and birth affects mother and baby breastfeeding in the short and longer term, practices that support and practices that hinder, research base, addressing resistance from health workers and families. Suitable for hospital services managers, health workers and peer breastfeeding supporters.

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**Implementing Supportive Breastfeeding Practice:** What are supportive practices, evaluating what is in place and what is needed, stages of change, action planning, audit and evaluation cycles, breastfeeding practices in quality programmes. Suitable for health service managers, quality improvement team leaders, audit departments, and other interested health workers.

**Baby Friendly Hospital Initiative:** What is the BFHI, global BFHI and local BFHI, process of criterion based assessment, examining the criteria, evidence base, implementing practices, monitoring standards. For those responsible for BFHI activities in their hospital.

**Breastfeeding Research in Ireland and Internationally:** What is done and what needs to be done, definitions, search strategies, research methodology related to lactation and breastfeeding, ethics in breastfeeding research, breastfeeding as research in health, illness, sociology, anthropology, economic, politics, development, childcare, marketing and more. For researchers, academics supervising research students, students, funders, ethical review board members and interested others.

### **Courses under development:**

- Setting up a private practice as an IBCLC (1 day, ready Dec 2012)
- Supervising Others to Gain Clinical Experience (1/2 day, ready spring 2012)
- Evaluating Breastfeeding Materials (1/2 day, ready spring 2012)
- Developing Breastfeeding Materials (1/2 day, ready spring 2012)
- Breastfeeding Promotion During the Antenatal Period (1/2 day, ready spring 2012)
- Infant and Young Child Feeding as a Public Health and Health Promotion Priority (1 day, ready Jan 2012)
- Breastfeeding Supportive Practices in the Neonatal Unit and Paediatric Hospital
- The Role of Social Workers and Community Workers in Supporting and Protecting Breastfeeding Among Vulnerable Clients
- Peer Supporter Training

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