

Supporting Women to Breastfeed



Course Overview

Childbirth and breastfeeding is an extraordinary and challenging life event, which profoundly influences a woman's physical, social and emotional well-being.

The care, information and emotional support that the midwife offers a woman, and her chosen companions sets the scene to protect the woman's physical well-being and nurture her emotional strengths, as she becomes a mother.

In this course we describe the knowledge and skills midwives require to successfully assist women to instigate and then continue to breastfeed their babies.

Completing this course will re-enforce your knowledge in how to best support women with their breastfeeding challenges, queries and concerns.

This course is designed for registered midwives who want to refresh their knowledge about breastfeeding.

CPD:

This course has been recognised by the ACM for 8 CPD hours, which is equivalent to the course duration.

Course Access:

All users are provided with 12 months access from the date of their enrolment.

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Module 1: Breastfeeding in Australia

- Examine the current breastfeeding practices of Australian women.
- Review strategies designed to protect, promote and support breastfeeding at an International and National Level.
- Identify and reflect on factors that affect the infant feeding decision and practice.

Module 2: How breastfeeding work

- Describe the different stages of lactation.
- Understand the hormonal influences involved in making, storing and releasing milk from the breast.
- Compare human milk at different stages.

Module 3: Breastfeeding in the first 24 hours

- Examine the physiological effects of skin-to-skin contact for both mothers and babies.
- Discuss the importance of the first breastfeed.
- Understand how routine hospital procedures can disrupt the normal process of attachment.

Module 4: Getting breastfeeding off to a good start

- Understand how as a midwife you can create an optimal breastfeeding environment for the mother and newborn.
- Understand the principles of positioning in the breastfeeding relationship and why this matters.
- Understanding of a baby's physical attachment at the breast and good milk transfer.

Module 5: Breastfeeding challenges

- Identify common conditions that may hinder the mother's achievement of self-confidence with breastfeeding.
- Identify common infant related conditions that may impact on the breastfeeding relationship.
- Identify situations that may need more specialist breastfeeding care.
- Understand how medications and other substances affect breastmilk.

Module 6: Breastfeeding equipment

- Assist mothers needing to express their milk by identifying the best method for the situation and how to safely and effectively maximise milk transfer.
- Understand correct procedures for storing breast milk.
- Identify the appropriate use of lactation aids for different breastfeeding situations.

Module 7: Continuing to breastfeed

- Understand the normal progression of breastfeeding over time.
- Identify additional resources to assist the mother on her breastfeeding journey.

Module 8: Mothers not breastfeeding

- Identify the risks of not breastfeeding.
- Understand how the artificial baby milk industry can influence decisions made by health professionals and mothers.
- Assist mothers who are feeding with an artificial baby milk to do so in a safe way..