



# COUNSELLING BASED-SKILL TRAINING OF MATERNITY STAFF ON WHO'S "TEN STEPS TO SUCCESSFUL BREASTFEEDING" (4 DAYS)

This is a unique skill training programme for the hospital staff working in maternity area to implement WHO's "Ten Steps to Successful Breastfeeding" /Government of India's MAA programme guidance. This has been developed by the Breastfeeding Promotion Network of India (BPNI), who has the expertise and pioneered in developing such training programmes. This training course is usually held in collaboration with a maternity hospital setting, with 26 sessions of theory and clinical practice skills to enable maternity staff to support mothers during pregnancy, at the time of birth and during hospital stay before discharge. These skills contribute to success in initiating breastfeeding within an hour of birth, skin-to-skin contact and maintain exclusive breastfeeding during hospital stay-both in vaginal and caesarean births. This training prepares the staff to get their maternity hospital accredited as "Breastfeeding Friendly"- a new BPNI initiative.

## OBJECTIVE OF THE COURSE

Equip maternity staff with knowledge, expertise, communication and support skills for success of breastfeeding in health facilities.

### On completion of this course participants will be able to:

- Provide breastfeeding counselling for feeding of new born babies in the health facility setting
- Assist in implementing 'Ten Steps to successful breastfeeding'.
- Help mothers to initiate breastfeeding within an hour of birth and skin-to-skin contact.
- Help mothers achieve comfortable position for herself and effective suckling position of the baby at the breast.
- Provide practical solutions to breastfeeding mothers who have problems like sore nipples, engorgement or "not enough milk"
- Teach mothers the techniques of expressing breastmilk and cup feeding.
- Assist in changing hospital practices to make it a 'Breastfeeding Friendly' facility.

## DURATION

4 days: 20 hours classroom sessions plus 6 hours of clinical practice

## COURSE FEES (INDIVIDUAL)

INR 15,000 per participant  
*(includes training fees, training material-English, lunch, tea during training course)*

## COURSE FEES (INSTITUTION)

Institution can contact us for customised budget

# Counselling based-Skill Training of Maternity Staff on WHO's "Ten Steps to Successful Breastfeeding" (4 days)

## WHO CAN BENEFIT FROM THIS COURSE

Hospital doctors, nursing personnel, nutritionists, lactation support staff/ counsellors involved in maternity care.

## NUMBER OF PARTICIPANTS

24 participants trained by 4 experienced BPNI trainers

## CERTIFICATION

On successful completion, participants will receive a certificate of participation in the training programme.

## WHERE THE COURSE IS HELD

Course is held in Maternity Hospital in different parts of country.

## TYPE OF TRAINING

The training course is highly participatory and interactive. It has classroom sessions, lectures, practice classes, hospital visits, discussions, demonstrations, exercises, role-plays and group work. The clinical practice is the hallmark of this course; 3 times during 4 days. Participants practice their skills with mother and baby pairs in the wards. In different clinical practice sessions, the participants practice listening and learning skills, building confidence and giving support, assess and observe a breastfeed, position a baby at the breast, expression of breastmilk and cup feeding and taking breastfeeding history.

## LANGUAGE

The course is presently conducted in English/Hindi and other local language where the course is held, as counselling practices with mothers are held in local language.

## COURSE CURRICULUM

- **Module-1:** Why Breastfeeding is Important?
- **Module-2:** Hormonal Control of Breastmilk Production and Flow
- **Module-3:** Assessing and a Breastfeed
- **Module-4:** Observing a Breastfeed
- **Module-5:** Listening and Learning
- **Module-6:** Building Confidence, Giving Support and Checking Understanding
- **Module-7:** Positioning a Baby at the Breast
- **Module-8:** Breastfeeding Friendly Hospital Initiative-WHO's Ten Steps to Successful Breastfeeding in the Maternity Hospitals
- **Module-9:** Initiation of Breastfeeding in Caesarean Section
- **Module-10:** Overview of Infant Feeding in Special Situations
- **Module-11:** Expressing Breastmilk
- **Module-12:** "Not Enough Milk"
- **Module-13:** Breastfeeding History – taking
- **Module-14:** Breastfeeding Low birth weight (LBW) and Sick infants
- **Module-15:** Nutrition of Lactating Mothers and their Health and Fertility
- **Module-16:** The Infant Milk Substitutes, Feeding Bottles and Infant Foods (Regulation of Production, Supply and Distribution) Act, 1992 as Amended in 2003 (IMS Act)
- **Module-17:** Breast Conditions (sore nipples, engorgement nipple, mastitis)
- **Module-18:** Breastfeeding by Working Mothers
- **Module-19:** Refusal to Breastfeed and Crying
- **Module-20:** Antenatal Education for Breastfeeding
- **Module-21:** Discharge coordination and follow up, support to sustain breastfeeding
- **Module-22:** Counselling practice using stories
- **Module-23:** Assessment of Breastfeeding Friendly Hospital Initiative and Accreditation
- **Clinical Practice 1:** Listening and learning, Assessing and Observing a Breastfeed
- **Clinical Practice 2:** Building Confidence and Giving Support, Positioning a baby at the Breast
- **Clinical Practice 3:** Positioning and taking a breastfeeding history

## REGISTER INTEREST

FOR HOSPITAL



FOR INDIVIDUAL



### BPNI Ethical Policy

BPNI does not receive funds from sources that have conflicts of interest such as infant milk substitute manufactures, baby food industry or its allies.

