



# **BPNI's Certificate Course**

*for*

## **“Breastfeeding & Infant and Young Child Feeding Counsellors”**

*The 4 in 1 training course on breastfeeding & lactation support skills, complementary feeding, HIV & infant feeding and growth monitoring, especially designed for children under 2 years.*

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### **INTRODUCTION**

The Breastfeeding Promotion Network of India (BPNI) is a non-profit organisation working for last 31 years on protection, promotion and support of breastfeeding in India. Development of training programmes has been its key area of expertise. This training course is a unique, world-class course for preparing BPNI's "Breastfeeding & Infant and Young Child Feeding Counsellors". It imparts clinical and counselling skills to enable participants to help mothers and babies to succeed in breastfeeding, lactation and infant and young child feeding practices. It includes HIV-Infant feeding and growth monitoring. BPNI has already certified more than 1500 counsellors. The MOHFW Government of India's MAA programme has recognised BPNI to be its technical partner for this purpose and BPNI assisted in developing training modules of the MAA programme.

### **AIM OF THE COURSE**

To prepare care providers with knowledge and appropriate counselling skills on breastfeeding, infant and young child feeding, and lactation support skills needed for children under the age 2 years

### **WHO CAN BENEFIT FROM THIS COURSE**

Graduate in medicine, nursing, nutrition, science home science, dietetics and related fields.

### **NUMBER OF PARTICIPANTS**

Twenty-Four (24) in one session

**DURATION:** 7-days (9 am -6 pm every day).

**CERTIFICATE:** Certificates are awarded to those who successfully and fully complete it.

### **WHO WILL CONDUCT THE TRAINING**

BPNI has a group of more than 150 "National Trainers" who conduct such courses.

### **TYPE OF TRAINING**

The training course is highly participatory. It has classroom sessions, lectures, discussions, demonstrations, exercises, role-plays, group work and hospital practices etc. The clinical practice is hallmark of this course; five times during one-week participants practice their skills with mother and baby pairs in the wards. In

different clinical practice sessions, the participants observe and assess breastfeeding using listening and learning skills. Building confidence, giving support to mother where required and checking the understanding of mothers is also practiced. One such session is also devoted on complementary feeding after 6 months where they discuss appropriate complementary feeding with the mothers and makes them able to decide what the best food for the babies is. The clinical sessions help participants to assist mothers to position their baby at the breast and correct it if needed. They are also involved in teaching mothers how to express breastmilk through this approach to enhance milk flow. The participants also practice counselling in different breast conditions and use of dietary recall form for the baby. Finally, they also learn providing different infant feeding options for mothers who may be HIV positive, and to support the decision of mother.

#### **COMPETENCE AFTER RECEIVING TRAINING**

At the end of the training course, the participants will be able to,

1. Provide counselling for feeding of babies upto 2 years of age (during antenatal and postnatal period).
2. Help mothers achieve comfortable position for herself and effective suckling position of the baby at the breast.
3. Recognise and monitor growth faltering and help such children in appropriate feeding
4. Provide practical solutions to breastfeeding mothers who have problems like sore nipples, engorgement or “not enough milk”
5. Teach mothers the techniques of expressing breastmilk.
6. Teach family members how to prepare and when to begin complementary feeding from locally available ingredients.
7. Teach family members safe preparation and safe feeding of artificial feed/ formula feed whenever required
8. Assist women working outside home to continue breastfeeding when they join work.
9. Counsel HIV +ve mothers for feeding options
10. Assist maternity hospitals in turning it into ‘Breastfeeding Friendly’.

#### **LANGUAGE**

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

#### **REGISTRATION**

- Those interested may apply online and make payments.
- BPNI reserves the right to accept or reject an application to attend the training workshop.
- Application will be incomplete without payments.

#### **COURSE FEE**

Course Fee is INR Rs 25000/- (Training Fees Rs. 21,187+GST Rs. 3813) per participant  
(includes training fee, training kit, training material-English, lunch, tea during training course)

## THE COURSE CONTENT

BPNI provides following resources during the training and next page lists the modules of the training course.

- Participants Manual
- Counselling Guide for Frontline Workers
- Book titled 'The law to protect, promote and support breastfeeding'
- Book titled 'Complementary Foods for Infants and young Children'
- Book titled 'Breastfeeding and Complementary Feeding- A Guide for Parents'



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## List of sessions for the course

- Why optimal infant and young child feeding?
- Local situation of infant and young child feeding
- Production and intake of breastmilk
- Assessing a breastfeed
- Observing a breastfeed
- Listening & learning
- Listening and learning exercises
- Hospital Practices and Baby Friendly Hospital Initiative
- Clinical Practice 1 - Listening and learning, Assessing breastfeed
- Positioning baby at the breast
- Building confidence, giving support and checking understanding
- Building confidence exercises
- Clinical Practice 2-Building confidence and giving support, Positioning baby at the breast
- Breast conditions
- Breast condition exercises
- Refusal to breastfeed and crying
- Taking a feeding history
- History practice
- Overview of infant feeding and HIV
- Breastmilk Feeding Options for HIV Positive Mothers
- Replacement feeding in the first six months
- Counselling HIV Positive Mothers for Feeding Options and Teaching Replacement Feeding
- Practice Counselling Skills in HIV positive mothers
- Expressing breastmilk
- Not enough milk
- Refusal to breastfeed, crying and not enough milk exercises
- Breastfeeding low birth weight babies and sick babies
- Increasing breastmilk and relactation
- Complementary feeding - foods to fill the nutrient gap
- Quantity, variety and frequency of complementary feeds
- Counselling practice (BF & CF)
- Clinical Practice 3-Taking a breastfeeding history; expression of breast milk; Counselling mothers in different situations
- Feeding techniques, strategies and Food Hygiene
- Clinical Practice 4-Filling dietary recall form; taking measurements; plotting weight on WHO growth charts; counselling mothers for continued breastfeeding in 2nd year
- Feeding during illness and recovery
- Sustaining optimal infant and young child feeding
- Clinical Practice 5- Assessing nutrition by WHO growth charts; counselling for Complementary feeding
- Nutrition of lactating mothers and their health and fertility
- Breastfeeding by working mothers
- Regulating marketing of breastmilk substitutes-Infant Milk Substitute Act and cable TV Act (India) &International Code of marketing of breast milk substitutes
- Infant feeding in emergency situation
- Growth Monitoring and Measuring
- Growth Monitoring by Growth charts
- Measuring Growth: Taking Action