PRACTICAL SESSION 1 OBSERVING AND ASSISTING BREASTFEEDING

Breastfeeding Promotion and Support

A Training Course for Health Professionals

Adapted from the Baby Friendly Hospital Initiative:

Revised, Updated and Expanded for Integrated Care (Section 3)

WHO/UNICEE 2009



Objectives

After completing this session, participants will able to:

- Observe a breastfeed using the Breastfeed Observation Checklist.
- Assist a mother to learn to position and attach her baby for breastfeeding.
- 3. Use communication skills when assisting a mother.

Opportunity gained from the practice:

- Practice assessing a breastfeed using the Breastfeed Observation Aid.
- Practice using your communication skills
- Help a mother to position and attach her baby for breastfeeding.

1. Build a team

- Work in groups of 4 plus facilitator
- To start with, the whole group works together.
- One person talks to a mother, while the other members of the group observe.
- When everyone knows what to do, you can work in pairs, while the facilitator circulates.

 The midwife will tell which women are suitable to talk with and who have their breastfeeding babies with them on ward

2. Start a communication (One participant)

- Introduce yourself to the mother, and ask permission to talk to her.
 - If she does not want to be observed, thank her and find another mother.
- Introduce your partner/small group.
 - explain that you are interested in infant feeding.
- Ask permission to watch her baby feed.
 - Avoid saying that you want to watch how she is 'breastfeeding' as this may make her feel nervous.
 - If the baby is heavily wrapped in blankets ask the mother to unwrap the blankets so that you can see.

iv. Try to find a chair or stool to sit on. If necessary, and if permissible, sit on the bed so that you are at the mother's level

v. If the baby is feeding

- ask the mother to continue as she is doing.

v. If the baby is not feeding

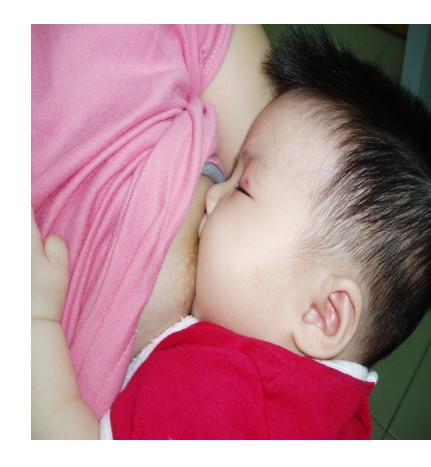
- ask the mother to offer a feed in the normal way at any time that her baby seems ready.

vii. If the baby is willing to feed at this time

ask the mother's permission to watch the feed.

viii. If the baby is not interested in feeding

- thank the mother and go to another mother.



- ix. To start the conversation-before/ after the breastfeed, ask the mother some open questions about:
 - how she and her baby is
 - how her baby's feeding.
- Encourage the mother to talk about herself and her baby.
 - -Practice as many of the listening and learning skills as possible
- x. Praise what mothers are doing right.

3. Observation (Other participants)

- Stand quietly in the background.
- Do not comment, or talk among yourselves.
- Make general observations of the mother and baby. Notice for example:
 - Does she look happy?
 - Does she have formula or a feeding bottle with her?

Cont...

- Make general observations of the conversation between the mother and the participant. For example:
 - Who does most of the talking?
 - Does the participant ask open questions?
 - Does the mother talk freely, and seem to enjoy it?
- Make specific observations of the participant's communication skills. Notice if:
 - she uses helpful non-verbal communication,
 - if she uses judging words/ asks a lot of closed questions to which the mother says `yes' and `no'.

4. Observe a breastfeed

- Stay quietly watching the mother and baby as the feed continues.
- While you observe, fill in a Breastfeed Observation Aid.
 - Explain to the mother that you are using an Aid to help you remember the new skills that you are learning.
- Mark a tick beside each sign that you observe.
- Under 'Notes:' at the bottom of the form, write anything else that you observe which seems important for breastfeeding.

5. Ending the session

- Thank the mother for her time and cooperation
- Say something to encourage and support her.
- Go with the group into another room / private area to discuss your observations.
- Discuss what you noticed about the breastfeed and communication skills that been used.

If the mother needs help

- When a pair finds a mother who needs help positioning her baby at the breast
 - tell the facilitator of your small group
 - then practice helping the mother
 - your facilitator shall observes you, and helps if necessary
- The participant should comment on her or his own performance first.
- Before you leave the ward or clinic, tell the staff member which mothers you have suggested to change their positioning and attachment so that the staff member can follow-up with these mothers.

Please notice...

- if babies room-in with their mothers;
- 2. whether or not babies are given formula, or glucose water;
- 3. whether or not feeding bottles are used;
- 4. the presence or absence of advertisements for baby milk;
- 5. whether sick mothers and babies are admitted to hospital together;
- 6. how low-birth-weight babies are fed.

Remember...

 Do not comment on your observations, or show any disapproval, while in the health facility.

Reserve comments for class discussion.



Thank you