

ES01: Breastfeeding Essentials Workbook

Module 1.

Activity 1.1

List three important functions of breastmilk proteins.

How is the breastfed infant's stool different to that of an artificially fed infant, and why?

Activity 1.2

What is the principle carbohydrate in breastmilk? What is the name of the enzyme that commences the digestion of it? Name the two simple sugars which are formed with the breakdown by this enzyme.

Activity 1.3

What influences the concentration of lipids (fats) in breastmilk at each feed?

Activity 1.4

Use headings bacteria, virus and cancer cells and list the breastmilk components that are active in their destruction.

Activity 1.5

List 5 acute and 5 chronic diseases that have a significantly increased incidence for artificially-fed infants.

Module 2

Activity 2.1

List the effects that a good communicator has on the people with whom they converse.

Activity 2.2

Describe the important non-verbal communication actions you need to be aware of in your communications.

Activity 2.3

List 5 things to include, exclude from your conversation that will help a mother to gain self-confidence.

Module 3

Activity 3.1

List the breastfeeding topics that will be covered during discussions with all pregnant women.

Activity 3.2

Under the headings of 'Institutional barriers', 'Societal pressures', and 'Postnatal perceptions' list the barriers that a mother may need to overcome to successfully breastfeed.

Activity 3.3

Make a list of the ideas to discuss with mothers to help them to continue breastfeeding after return to the workforce.

Activity 3.4

What observations would you make during a prenatal breast examination? Describe how you would teach breast self-examination.

Module 4

Activity 4.1

List the hormones, and the changes in these hormones that are necessary for successful initiation of lactation (secretory activation).

Activity 4.2

List the effects of placing an infant in skin-to-skin contact on his mother's abdomen immediately following birth.

Activity 4.3

List 4 ways to facilitate early and successful breastfeeding for a mother following an assisted delivery of her infant.

Activity 4.4

List the common or routine interventions that interfere with establishment of bonding and breastfeeding during the first critical hours following birth in your place of work.

Module 5

Activity 5.1

Describe the early feeding cues that you would tell mothers about.

Activity 5.2

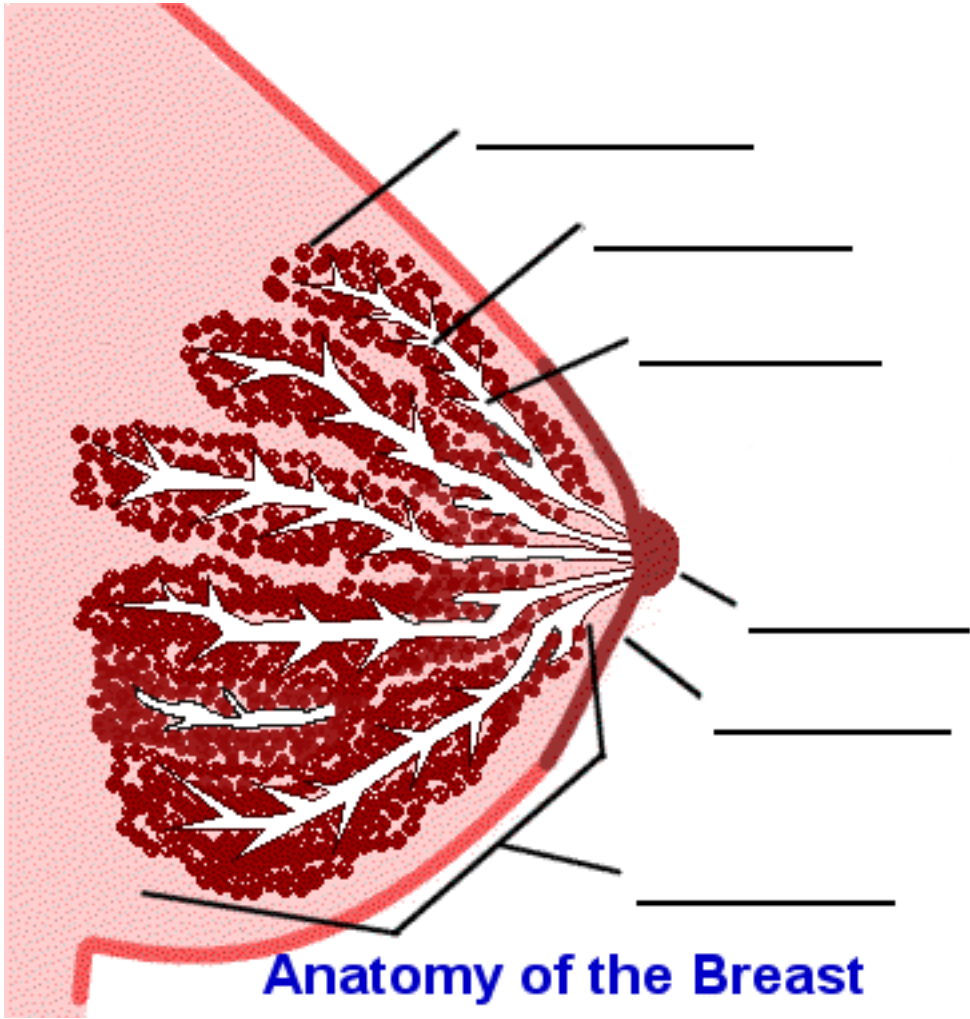
Which position elicits the MOST pre-feeding primitive neonatal reflexes? Describe this position.

Activity 5.3

Summarise the principles of positioning under the headings of 'sensory input' and 'positional stability'.

Activity 5.4

Describe the anatomy of an individual alveolus, then label the features in the diagram below.



Activity 5.5

Describe how milk is transferred to the infant in terms of positive pressure transfer and negative pressure transfer.

Activity 5.6

List under headings, all the observations you will make when performing a naturalistic observation of a breastfeed.

Activity 5.7

Outline the 5-step assessment/evaluation process when consulting with a breastfeeding mother.

Module 6

Activity 6.1

Write down some ideas on how you could improve the effectiveness of the education you are providing for mothers using the knowledge of where and when people learn best.

Activity 6.2

List all the reasons why a mother may need to hand express her breastmilk so that you could discuss these different situations with her when teaching her this skill.

Activity 6.3

Transcribe the average intake data into the table below.

Age of baby	24hr volume	Infant intake
Day One		
Day Two		
Day Three		
Day Five		
1 - 6 months		

Activity 6.4

What questions should you ask and what observations would you make before you place an infant on the scales?

Activity 6.5

Compare the effects of rooming-in with separation of mothers and infants in the first weeks after birth.

Activity 6.6

List the 3 critical warning signs that parents need to know to alert them to seek immediate evaluation of their infant.

Activity 6.7

Describe the 3 important criteria for use of the Lactational Amenorrhoea Method of contraception.

Module 7

Activity 7.1

What is the definition of a late preterm infant?

List the care you will give this mother and baby that is ADDITIONAL to usual newborn care.

Activity 7.2

Outline the aim of an Action Plan to be implemented when a newborn infant does not suckle effectively within the first few days after birth.

Activity 7.3

Which babies DO NOT require routine screening of glucose concentration?

List the clinical signs you might observe that could indicate pathologic hypoglycemia in a neonate?

Activity 7.4

Outline your management of the newborn during the first 24 hours that will assist in the prevention of hypoglycemia?
What role does early, frequent breastfeeding play in the prevention of hypoglycemia?

Activity 7.5

How would explain the normal process of jaundice in the newborn to a new mother?

Outline the breastfeeding recommendations you would make to her to prevent problematic hyperbilirubinemia developing, explaining the reasons for these.

Activity 7.6

List the acceptable medical reasons for giving a supplement to a breastfed infant.

Activity 7.7

After discussing the pros and cons of pacifier use, what guidelines would you give to parents should they wish to use a pacifier with their infant?

Activity 7.8

File a copy of your client history intake form in your workbook. Write changes on it to ensure that all important history and observations will be covered as discussed in this section.

Activity 7.9

Outline the appropriate management of failure to thrive that you will take when you identify it.

Module 8

Activity 8.1

Under the headings of 'Predisposing factors' and 'Prevention' list what you have learned about engorgement.

Activity 8.2

Under the headings 'Frequent, effective milk removal', 'cold therapy'; and 'Pain relief' list the strategies that you would suggest to a mother to treat engorgement.

Activity 8.3

What general tips could you give a mother who is having difficulty latching her infant comfortably?

Activity 8.4

List the signs and symptoms of mammary candidiasis.

Activity 8.5

List the strategies for a mother to use that will support and enhance the antifungal treatment used for mammary candidiasis.

Activity 8.6

What are the common predisposing factors for mastitis? What measures would you discuss with a mother to prevent mastitis?

Activity 8.7

Outline the management strategies that you would discuss with a mother at the early onset of mastitis.

Activity 8.8

Write down how you would explain to a junior colleague the maintenance of breastmilk production with reference to FIL and prolactin receptors.

Activity 8.9

List all of the points that you would discuss with a mother who needs to increase her breastmilk supply.

Activity 8.10

List diabetes (all types), obesity, thyroid disease, HBV positive and HCV positive and note the breastfeeding recommendations for each.

Activity 8.11

List the criteria which must be met when you recommend artificial infant feeding to a mother who is HIV positive?

Module 9

Activity 9.1

What is the aim of the International Code of Marketing of Breastmilk Substitutes, and how is it achieved?

Activity 9.2

What is covered under the scope of the Code?

Activity 9.3

What can you do to support the Code?

Activity 9.4

List 5 effects of implementation of Baby Friendly practices in the hospital and community setting.

Activity 9.5

List the 3 specific objectives that will achieve the aim of the Global Strategy for Infant and Young Child Feeding.
