

Baby-Friendly USA outlines 15 Session Topics in their [Guidelines and Evaluation Criteria](#). The below table outlines how and where Step 2 Education's **ES02 Breastfeeding Essentials** 10 modules covers each item.

SESSION TOPICS & COMPETENCIES

BREASTFEEDING ESSENTIALS

Baby-Friendly USA

Step 2 Education

SESSION 1 **The BFHI – a part of the Global Strategy**

MODULES **1, 2, 10**

The Global Strategy for Infant and Young Child Feeding and how the Global Strategy fits with other activities
The Baby-Friendly Hospital Initiative

Topic 1.0 Why breastfeed?
Topic 10.0 Closing session
Topic 2.1 The Baby-Friendly Hospital Initiative
Topic 2.2 International Code of Marketing of Breastmilk Substitutes

How this course can assist health facilities in making improvements in evidence-based practice, quality care and continuity of care

Topic 1.0 Why breastfeed?
Topic 1.6 The case for breastfeeding
Topic 1.9 Cognitive Development
Topic 1.10 Maternal Health
Topic 1.11 Economic and Environmental Health
Topic 2.0 Protection of Breastfeeding
Topic 2.3 Infant Feeding Policy and Monitoring
Topic 2.4 Other Policies
Topic 10.0 Closing session
Extra resources

Activities throughout the course encourage reflection on evidence-based policies and practices.

SESSION 2 **Communication skills**

MODULES **3, 9**

Listening and learning

Topic 3.0 Communication Skills
Topic 3.1 A time to learn
Topic 3.2 Non-verbal communication
Topic 3.3 Listening Skills

Skills to build confidence and give support

Topic 3.2 Non-verbal communication
Topic 3.4 Barriers to effective communication
Topic 3.5 Building confidence
Topic 6.4 Assessing breastfeeding

Arranging follow-up and support suitable to the mother's situation

Topic 3.4 Barriers to effective communication
Topic 3.5 Building confidence
Topic 3.6 Applying Counseling Skills
Topic 9.0 Discharge preparation
Topic 9.1 Sourcing and developing resources
Topic 9.2 Community Referral Lists

SESSION 3 **How milk gets from the breast to the baby**

MODULES **4, 5, 6**

Parts of the breast involved in lactation

Topic 5.0 Birth and breastfeeding initiation

Breast milk production	Topic 5.0 Birth and breastfeeding initiation Topic 6.0 Breastfeeding the Infant Topic 6.3 Milk transfer
The baby's role in milk transfer	Topic 6.1 When should an infant be fed? Topic 6.2 Positioning Principles Topic 6.3 Milk transfer
Breast care	Topic 4.3 What physical preparation should birthing parents do?
SESSION 4 Promoting breastfeeding during pregnancy	MODULES 1, 4, 8
Discussing breastfeeding with pregnant women	Topic 4.0 Prenatal Education Topic 4.1 Decision making Topic 4.2 What is most influential? Topic 4.4 The power of words
Why breastfeeding is important	Topic 1.0 Why breastfeed? Topic 1.1 What's the difference? Topic 1.6 The case for breastfeeding Topic 1.7 Acute illnesses of childhood Topic 1.8 Non-communicable/Chronic Diseases Topic 1.9 Cognitive Development Topic 1.10 Maternal Health Topic 1.11 Economic and Environmental Health
Antenatal breast and nipple preparation	Topic 4.3 What physical preparation should birthing parents do?
Women who need extra attention	Topic 4.3 What physical preparation should birthing parents do? Topic 8.0 Medical, Surgical Issues Topic 8.1 Postpartum Mood Disorders
SESSION 5 Birth practices and breastfeeding	MODULES 5, 6, 7
Labor and birth practices to support early breastfeeding	Topic 5.2 Labor interventions
The importance of early skin-to-skin contact	Topic 5.1 The first hours
Helping to initiate breastfeeding	Topic 5.0 Birth and breastfeeding initiation Topic 5.1 The first hours
Ways to support breastfeeding after a cesarean birth	Topic 5.3 Postnatal interventions
BFHI practices and women who are not breastfeeding	Topic 6.1 When should an infant be fed? Topic 6.8 Insufficient milk supply Topic 7.5 Supplementation Topic 7.9 Bottle feeding
SESSION 6 Helping with a breastfeed	MODULES 6, 7
Positioning for comfortable breastfeeding	Topic 6.0 Breastfeeding the Infant Topic 6.1 When should an infant be fed? Topic 6.2 Positioning principles
How to assess a breastfeeding	Topic 6.4 Assessing breastfeeding
Recognize signs of optimal positioning and attachment	Topic 6.2 Positioning principles
Help a mother to learn to position and attach her baby	Topic 6.1 Breastfeeding the Infant Topic 6.2 When should an infant be fed?

When to assist with breastfeeding	Topic 6.3 Positioning principles
The baby who has difficulty attaching to the breast	Topic 6.5 Assessing breastfeeding
	Topic 6.6 Managing common difficulties
	Topic 7.3 The non-latching baby
SESSION 7 Practices that assist breastfeeding	MODULES 5, 6, 7
Rooming-in	Topic 5.0 Birth and Breastfeeding Initiation
Skin-to-skin contact	Topic 5.1 The First Hours
Baby-led feeding	Topic 5.1 The First Hours
	Topic 6.0 Breastfeeding the Infant
	Topic 6.1 When should an infant be fed?
	Topic 6.2 Positioning Principles
Dealing with sleepy babies and crying babies	Topic 7.0 Special needs and infant challenges
	Topic 7.1 The 'late preterm' 'early term' baby
	Topic 7.2 Hypoglycemia; Jaundice
	Topic 7.10 Crying baby
Avoiding unnecessary supplements	Topic 6.1 When should an infant be fed?
	Topic 6.3 Milk transfer
	Topic 6.5 Managing common difficulties
	Topic 7.3 The Non-latching Baby
Avoiding bottles and teats	Topic 7.3 The Non-latching Baby
	Topic 7.5 Supplementation
	Topic 7.6 Feeding-line device at the breast or chest
	Topic 7.7 Cup feeding
	Topic 7.8 Finger Feeding
	Topic 7.11 Pacifiers/Dummies
SESSION 8 Milk supply	MODULES 6, 7
Concerns about "not enough milk"	Topic 6.8 Insufficient milk supply
Normal growth patterns of babies	Topic 7.12 Inadequate weight gain
Improving milk intake and milk production	Topic 6.9 Expressing Human Milk
SESSION 9 Supporting the non-breastfeeding mother & baby	MODULE 7
Counseling the formula choice: a pediatric responsibility	Topic 7.5 Supplementation
Teaching/assuring safe formula preparation in the postpartum	Topic 7.9 Bottle feeding
Safe bottle feeding; issues with overfeeding and underfeeding	Topic 7.9 Bottle feeding
SESSION 10 Infants and mothers with special needs	MODULES 7, 8, 9
Breastfeeding infants who are preterm, low birth weight or ill	Topic 7.0 Special needs and infant challenges
	Topic 7.1 The 'late preterm' 'early term' baby
	Topic 7.2 Hypoglycemia; Jaundice
	Topic 7.12 Inadequate weight gain
Breastfeeding more than one baby	Topic 7.4 Twins and multiples

Prevention and management of common clinical concerns	Topic 7.2 Hypoglycemia; Jaundice Topic 7.12 Inadequate weight gain Topic 8.0 Medical, Surgical Issues Topic 8.1 Postpartum Mood Disorders
Medical reasons for food other than breast milk	Topic 7.2 Hypoglycemia; Jaundice Topic 7.3 Supplementation Topic 7.12 Inadequate weight gain
Nutritional needs of breastfeeding women	Topic 1.2 Human Milk as Nutrition Topic 1.3 Macro-nutrients Topic 1.4 Micro-nutrients
How breastfeeding helps space pregnancies	Topic 9.0 Discharge preparation
Breastfeeding management when the mother is ill	Topic 8.0 Medical, Surgical Issues Topic 8.1 Postpartum Mood Disorders Topic 9.5 Acute Care After Hospital Discharge
Medications and breastfeeding	Topic 8.0 Medical, Surgical Issues
Contraindications to breastfeeding	Topic 7.5 Supplementation
SESSION 11 Breast and nipple concerns	MODULES 4, 6
Examination of the mother's breasts and nipples	Topic 4.3 What physical preparation should birthing parents do?
Engorgement, blocked ducts, and mastitis	Topic 6.5 Managing common difficulties Topic 6.7 Breast Problems
Sore nipples	Topic 6.6 Nipple Pain
SESSION 12 If the baby cannot feed at the breast	MODULES 1, 6, 7, 9
Learning to hand express	Topic 6.5 Managing common difficulties Topic 6.9 Expressing Human Milk
Use of milk from another mother	Topic 1.7 Acute illnesses of childhood Topic 7.5 Supplementation Topic 9.4 Infant Feeding in Emergencies (IYCF-E)
Feeding expressed breast milk to the baby	Topic 7.5 Supplementation Topic 7.6 Feeding-line device at the breast or chest Topic 7.7 Cup feeding Topic 7.8 Finger Feeding Topic 7.9 Bottle Feeding
SESSION 13 Ongoing support for mothers	MODULES 1, 9
Preparing a mother for discharge	Topic 9.0 Discharge preparation
Follow-up and support after discharge	Topic 9.2 Community Referral Lists Topic 9.5 Acute Care After Hospital Discharge Topic 9.7 Beyond the first few days
Protecting breastfeeding for employed women	Topic 1.11 Economic and Environmental Health
Sustaining continued breastfeeding for 2 years or longer	Topic 1.0 Why breastfeed? Topic 1.2 Human Milk as Nutrition Topic 1.9 Cognitive Development

SESSION 14 **Protecting breastfeeding**

MODULES **1, 2, 9**

The effect of marketing on infant feeding practices	Topic 1.11 Economic and Environmental Health Topic 2.0 Protection of Breastfeeding Topic 2.2 International Code of Marketing of Breastmilk Substitutes Topic 2.4 Other Policies
The International Code of Marketing of Breast-milk Substitutes	Topic 2.1 The Baby-Friendly Hospital Initiative Topic 2.2 International Code of Marketing of Breastmilk Substitutes
How health workers can protect families from marketing	Topic 2.2 International Code of Marketing of Breastmilk Substitutes Topic 2.3 Infant Feeding Policy and Monitoring
Donations in emergency situations	Topic 9.4 Infant Feeding in Emergencies (IYCF-E)
The role of breastfeeding in emergencies	Topic 9.4 Infant Feeding in Emergencies (IYCF-E)
How to respond to marketing practices	Topic 2.2 International Code of Marketing of Breastmilk Substitutes Topic 2.3 Infant Feeding Policy and Monitoring Topic 9.4 Infant Feeding in Emergencies (IYCF-E)

SESSION 15 **Making your hospital or birth center Baby-Friendly®**

MODULES **1, 2**

The Ten Steps to Successful Breastfeeding	Topic 2.1 The Baby-Friendly Hospital Initiative
What "Baby-Friendly" Practices mean	Topic 1.0 Why breastfeed? Topic 2.1 The Baby-Friendly Hospital Initiative
The process of becoming a Baby-Friendly hospital or birth center	Topic 1.0 Why breastfeed? Topic 2.1 The Baby-Friendly Hospital Initiative

SKILLS COMPETENCIES FOR MATERNITY STAFF

Communicating with pregnant and postpartum women about infant feeding	Topic 3.6 Applying Counseling Skills
Observing, assessing and assisting with breastfeeding	Topic 6.4 Assessing Breastfeeding
Teaching hand expression and safe storage of milk	Topic 6.9 Expressing Human Milk
Teaching safe formula preparation and feeding	Topic 7.9 Bottle Feeding

SKILLS COMPETENCIES FOR MATERNITY STAFF (DOMAINS)

Communicating in a Credible and Effective Way (Domain 2)	Topic 3.6 Applying Counseling Skills
Counseling in the Perinatal Period (Domain 3)	Topic 4.4 The power of words.
Birth and Immediate Postpartum: Skin to skin (Domain 4)	Topic 5.3 Postnatal Interventions
Essential Issues for a Breastfeeding Mother (Domain 5)	Topic 6.9 Expressing Human Milk
Helping Mothers and Babies with Special Needs (Domain 6)	Topic 7.12 Inadequate weight gain
Seamless Transition at Discharge (Domain 7)	Topic 9.7 Beyond the first few days