

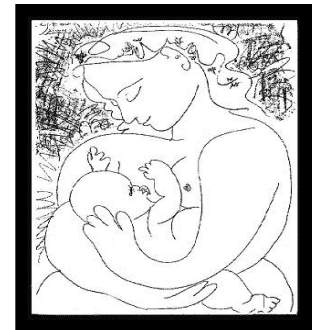
PRACTICAL SESSION 1

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/UNICEF 2009*



Objectives

After completing this session, participants will be able to:

1. Observe a breastfeed using the Breastfeed Observation Checklist.
2. 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)

- i. 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.
- ii. Introduce your partner/small group.
 - explain that you are interested in infant feeding.
- iii. 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.
- x. 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 observe you, and help 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...

1. 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