

Module 2

Advanced Lactation Counseling for the Health Professional

Course Aims:

1. Counseling Process and Professional Relations:

- Gain awareness of the counseling process and its implications for both the parent and the Lactation Consultant.
- Develop skills to establish and maintain a strong working relationship with breastfeeding parents.

2. Adult Education Principles in Healthcare:

- Understand the principles of adult education within the healthcare environment to enhance communication and education strategies.

3. Social and Emotional Dynamics:

- Appreciate the social and emotional dynamics inherent in the health professional/client relationship.

4. Maternal, Family, and Lifestyle Considerations:

- Explore the intricate relationship between maternal, family, and lifestyle factors and their impact on lactation.

5. Comprehensive Assessments:

- Acknowledge the significance of comprehensive physical and social assessments of breastfeeding parents and babies.
- Learn techniques to conduct thorough initial breastfeeding assessments.

6. Professional Documentation:

- Recognize the importance of maintaining a professional standard of documentation and client records.

Course Objectives:

Upon completion of this course, participants will be able to:

1. Demonstrate effective counseling techniques as a foundation for successful lactation support.
2. Assist parents in coping with conflicting advice and making informed decisions regarding breastfeeding.
3. Develop and nurture a productive and empathetic working relationship with breastfeeding parents.
4. Identify and employ strategies to provide culturally sensitive and inclusive support to parents from diverse backgrounds.
5. Describe and apply adult education skills to facilitate effective communication and education in a healthcare setting.
6. Undertake comprehensive initial breastfeeding assessments, considering physical, social, and emotional aspects of both parent and baby.
7. Complete appropriate documentation and maintain professional records in accordance with best practices.