

Module 3

Pregnancy and Birth: Building the Foundation for Successful Breastfeeding

Course Aims:

1. Antenatal Preparation and Breastfeeding:

- Determine appropriate antenatal preparation for successful breastfeeding.
- Discuss the key components of an effective antenatal breastfeeding program.

2. Advantages of Breastfeeding and Parental Awareness:

- Appreciate the advantages of breastfeeding from the perspective of new parents.
- Explore community awareness of breastfeeding and the decision-making process for parents-to-be.

3. Preconception Considerations and Lactation:

- Understand the issues related to preconception and how they impact lactation.

4. Labour, Birth, and Breastfeeding Success:

- Discuss the crucial link between labour, birth, and successful breastfeeding.

5. Learning Period for Breastfeeding:

- Recognize and appreciate the learning period for both the breastfeeding parent and the baby.

6. Managing Common Early Challenges:

- Identify common breastfeeding challenges in the first few days and develop strategies for their management.

Course Objectives:

Upon completing this course, participants will be able to:

1. Outline a comprehensive antenatal breastfeeding program tailored for new parents, covering key aspects of breastfeeding preparation.
2. Effectively communicate the numerous advantages of breastfeeding to expectant parents.
3. Assist new parents with their first breastfeeding experience, ensuring a positive and comfortable initiation.
4. Identify events occurring before and during pregnancy, labor, and birth that may affect breastfeeding and lactation.
5. Suggest strategies for new parents and their partners to build a strong bond with their newborn while fostering successful breastfeeding.