

Module 4

Sociology and Psychology of Breastfeeding: Navigating Sociocultural Dynamics

Course Aims:

1. Lifestyle Changes and Breastfeeding Continuation:

- Examine strategies to support parents as their lifestyle evolves while maintaining breastfeeding.

2. Maternal, Family, and Lifestyle Dynamics:

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

3. Culture, Gender, and Breastfeeding:

- Appreciate the cultural and gender-related influences that shape breastfeeding choices and experiences.

4. Newborn Arrival and Family Dynamics:

- Discuss changes to the family structure and their implications upon the arrival of a new baby.

5. Special Circumstances and Breastfeeding:

- Examine unique scenarios in breastfeeding where special circumstances prevail.

6. Contraception and Breastfeeding:

- Explore choices regarding contraception during lactation and the contraceptive effect of breastfeeding.

7. Emotional Well-being and Postnatal Depression:

- Understand the signs, symptoms, and management of postnatal depression in the context of breastfeeding.

8. Induced Lactation and Relactation:

- Appreciate the challenges and strategies associated with induced lactation and relactation.

Course Objectives:

Upon completing this course, participants will be able to:

1. Offer practical suggestions to support parents through challenging phases of baby care, including separation distress, sleepless nights, and more.
2. Understand the impact of a new baby on family dynamics and provide guidance for smooth transitions.
3. Address partner concerns and provide reassurance for both partners during the breastfeeding journey.
4. Explain the contraceptive effect of breastfeeding and provide informed advice on contraception choices.
5. Assist parents in managing breastfeeding in public while respecting their comfort and cultural norms.
6. Provide comprehensive information about contraception options suitable for breastfeeding parents.
7. Identify and manage clients exhibiting signs of postnatal depression while offering appropriate support.
8. Develop effective management strategies for parents seeking to induce lactation or relactate.