

Module 5
Early Days to 12 Months: Breastfeeding and Infant Development in the First 12 months

Course Aims:

1. Significance of Correct Breastfeeding Management:

- Grasp the crucial importance of proper breastfeeding management for parent and baby well-being.

2. Rationale of Current Breastfeeding Practices:

- Understand the reasoning behind contemporary breastfeeding management practices.

3. Challenges and Wellness Factors:

- Explore the common challenges parents face while breastfeeding and the factors contributing to infant wellness.

4. Indicators of Sufficient Milk Supply:

- Comprehend the indicators that suggest a parent's milk supply is adequate for their baby's needs.

5. Infant Growth and Development:

- Explore the various stages of infant growth and development throughout the first 12 months.

Course Objectives:

Upon completing this course, participants will be able to:

1. Understand the principles of correct positioning and attachment for breastfeeding, ensuring optimal feeding experiences for both parent and baby.
2. Explain the underlying rationale behind current breastfeeding management practices, guiding parents with evidence-based information.
3. Apply contemporary breastfeeding management practices to specific scenarios, catering to individual needs and challenges.

4. Assist parents in correctly positioning and attaching their baby, promoting effective and comfortable feeding.
5. Identify common breastfeeding problems and equip parents with strategies to overcome them.
6. Guide parents in determining the adequacy of their milk supply and provide techniques to increase supply if needed.
7. Describe normal weight gains for breastfed babies in the first 12 months, helping parents recognize sufficient breastmilk intake.
8. Offer practical and effective suggestions to overcome breast refusal, enhancing the breastfeeding experience.
9. Assess infant developmental milestones, enabling parents to track their baby's progress and well-being.