

## Module 6

### Nutrition, Lifestyle & Immunology in Breastfeeding: Nurturing Health and Well-being

#### Course Aims:

#### 1. Nutrition and Breastfeeding:

- Explore the intricacies of maternal nutritional requirements during the breastfeeding journey.

#### 2. Lifestyle Choices and Breastfeeding Outcomes:

- Understand how lifestyle choices can impact breastfeeding outcomes and infant well-being.

#### 3. Immunology in Breastfeeding:

- Uncover the remarkable immune support breastfeeding offers to infants and its role in long-term health.

#### Course Objectives:

Upon completing this course, participants will be able to:

1. Analyze the unique nutritional needs of breastfeeding parents and provide guidance on optimizing their diet for optimal health and milk production.
2. Counsel parents on making informed lifestyle choices that positively influence their breastfeeding journey and overall well-being.
3. Understand the immune benefits of breastfeeding and explain to parents how breast milk supports their baby's immune system.
4. Offer practical suggestions to address common nutritional challenges that breastfeeding parents may encounter.
5. Advise parents on lifestyle modifications that can enhance their breastfeeding experience, promoting their well-being and that of their baby.

6. Explain the immunological advantages of breastfeeding and how it contributes to infant health.

7. Recognize signs of nutritional deficiencies or imbalances in breastfeeding parents and provide appropriate recommendations.

8. Promote strategies for maintaining a healthy lifestyle while breastfeeding, including physical activity, stress management, and self-care.