

Module 9

Prematurity, Multiple Births & Technology: Managing Unique Breastfeeding Challenges

Course Aims:

1. Supporting Parents of Preterm and Multiple Birth Babies:

- Understand the unique needs of parents with preterm or multiple birth babies and provide effective support for breastfeeding and breast milk provision.

2. Expressing and Maintaining Breastmilk Supply:

- Discuss methods to help parents express and maintain breast milk supply while their baby cannot yet suckle.

3. Initiating Breastfeeding for Preterm Babies:

- Guide parents in their first attempts at breastfeeding their preterm baby.

4. Parenting Challenges and Health Constraints:

- Address potential specific problems of parenting preterm or multiple birth babies and the impact on the breastfeeding relationship.

5. Breastfeeding Aids and Their Responsible Use:

- Explore available breastfeeding aids, their limitations, and when to use them responsibly.

6. Integrating Technology in Breastfeeding Support:

- Discuss the role of technology in supporting breastfeeding parents and utilizing it to enhance care.

Course Objectives:

Upon completing this course, participants will be able to:

1. Discuss appropriate feeding methods for preterm or multiple birth babies, offering tailored advice for each situation.

2. Guide parents through their first breastfeeding attempts with preterm babies, promoting effective latch and comfort.
3. Provide comprehensive support for parents of preterm or multiple birth babies, informing them of available resources.
4. Offer guidance to parents who wish to express breast milk until their baby is ready to breastfeed.
5. Explain the responsible use of breastfeeding aids and determine situations where they can be helpful or harmful.
6. Describe various positions that may aid in breastfeeding preterm or multiple birth babies.
7. Educate parents on proper techniques for expressing and storing breast milk, ensuring the safety and nutritional value of the milk.
8. Discuss the appropriate storage and utilization of expressed breast milk, enabling parents to make informed decisions.