

# Essential Breastfeeding Wisdom

1 day Workshop



**November 6, 2010**

**\$150**

**9.30 – 5.00pm**

**Camberwell Health and Healing**  
766 Riversdale Rd, Camberwell

This training focuses on the everyday issues a breastfeeding mother faces and is for all women, pregnant and breastfeeding women, doula's, midwives and any person interested in understanding and supporting the individual breastfeeding journey of each woman.

### Bookings Essential

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### Key Points

- Breastfeeding is a learned and subtle skill.
- Breastmilk is important for optimal long term health of mother and baby.
- Mothers who choose not to breastfeed need equal support.
- Hospital practices and cultural expectations have a significant impact upon breastfeeding initiation and outcomes.
- Breastfeeding problems can develop and knowing when and to whom to refer is essential
- Recognition of some of the more common problems which can develop and their management.
- Assessing the wellbeing of the baby – intake, output, quality of breastfeed.

### Course objectives

- Understand the basics of lactation and breastfeeding including basic anatomy and physiology of breast and baby suckling.
- Enable confidence when supporting women as they learn to breastfeed.
- Develop excellent communication skills when assisting the mother and her newborn.
- Exploring strategies for assisting women/ babies with special needs
- Understand what Baby Friendly Health Initiative means and its relevance.
- Awareness of the "10 Steps to Successful Breastfeeding" and their relevance to health workers, mothers and the community.

### On completion of this course, the participant is expected to be able to:

- Know how to communicate effectively at all levels to achieve the best outcome possible for the mother and baby.
- Understand what "biological nurturing" means and how to achieve it with breastfeeding.
- Understand the 10 Steps and their application.
- Facilitate early skin to skin contact and why this is important.

- Understand and facilitate the mother's positioning and latching on technique when breastfeeding, with minimal "hand on" from you.
- Facilitate the pregnant woman's preparation for feeding her baby through prenatal education and awareness of community resources available to her after birth.
- Identify barriers to breastfeeding and how to minimise them.
- Identify when to refer mother or baby to another health professional for assessment.
- Be aware of community resources and other health professionals available to you in relation to breastfeeding related issues.

### About Heather Harris

Heather has been a midwife for over 40 years and became interested in human lactation over 20 years ago qualifying as an IBCLC Lactation Consultant in 1991. Over the following years she has worked almost exclusively as a lactation consultant in various Melbourne hospitals.

She is an experienced educator and has presented at conferences all over Australia as well as in Hong Kong, USA and NZ and has prepared 3 Victorian hospitals for their successful accreditation as BFHI.

She is a published writer and has produced 3 educational breastfeeding videos – Mandy and Matt, Cup Feeding for Babies and Feeding Christian – techniques for feeding cleft palate babies, which are sold world-wide.

Since 2001 she has also expanded her midwifery skills by working with Medecins Sans Frontieres in Sri Lanka, Ivory Coast West Africa, and southern Nepal. Currently she is the Lactation Support Unit Co-ordinator at Birralee Maternity Unit – Box Hill Hospital in Melbourne.

"With support virtually any woman who chooses to can breastfeed." Heather Harris.