

BREASTFEEDING SUPPORT TRAINING FOR HOME VISITORS CORE COMPETENCIES

MODULE	COMPETENCIES
Module 1: How Healthy Family staff supports breastfeeding	<ul style="list-style-type: none"> • Promotes and supports breastfeeding in a manner that is consistent with Healthy Family’s regulations, policies, and initiatives. • Discusses with mothers and their families how Healthy Family promotes and supports breastfeeding.
Module 2: Feelings about breastfeeding	<ul style="list-style-type: none"> • Recognizes how personal beliefs and attitudes influence mothers’ breastfeeding decisions.
Module 3: Communicating with Healthy Family families about breastfeeding	<ul style="list-style-type: none"> • Develops rapport and fosters open dialogue to successfully communicate with mothers and their families about breastfeeding.
Module 4: Barriers to breastfeeding	<ul style="list-style-type: none"> • Acknowledges mothers’ concern about their ability to breastfeed. • Provides accurate and relevant information to mothers and their families about breastfeeding and emphasizes that most mothers can breastfeed. • Discusses appropriate solutions to common breastfeeding barriers and provides support and/or referrals as needed.
Module 5: Promoting and encouraging exclusive breastfeeding	<ul style="list-style-type: none"> • Promotes exclusive breastfeeding without formula supplementation. • Explains the effects of formula supplementation on a mother’s milk production. • Provides realistic strategies to mothers on how to feed their baby only breast milk and provides appropriate support and/or referrals as needed.
Module 6: Promoting breastfeeding during pregnancy	<ul style="list-style-type: none"> • Encourages pregnant women to breastfeed. • Assesses a pregnant woman’s intention to breastfeed and identifies factors that impact breastfeeding success. • Provides appropriate anticipatory guidance on breastfeeding during the course of a mother’s pregnancy.
Module 7: Providing support for new breastfeeding moms (birth to 1 month)	<ul style="list-style-type: none"> • Provides breastfeeding education and support at critical points in the early postpartum period. • Assesses the breastfeeding mother and infant at critical points in the early postpartum period and provides appropriate support and/or referrals as needed.
Module 8: Helping mothers continue the breastfeeding relationship	<ul style="list-style-type: none"> • Provides strategies to breastfeeding mothers on how to maintain milk production and continue the breastfeeding relationship. • Provides affirmation and encouragement to breastfeeding mothers to continue the breastfeeding relationship at least through the first 12 months of life.
Module 9: Talking with mothers about breastfeeding when mother and baby are separated	<ul style="list-style-type: none"> • Helps breastfeeding mothers identify strategies for continuing to breastfeed when they must be away from the baby (i.e., returning to work or school). • Encourages mothers to continue breastfeeding and provides guidance on ways to maintain milk production.
Module 10: Solutions for common breastfeeding problems	<ul style="list-style-type: none"> • Assesses the breastfeeding mother and infant for common breastfeeding concerns and provides support and/or referrals as needed.