



3-day Breastfeeding Training Course for Community Health Workers of Daspoort Poli Clinic (Programme)

Pre-course reading: CHW COPC textbook pages 360-384. Each CHW will bring this information into the breastfeeding course

Distribution of CHWs for Pre-course reading

Topic COPC textbook Chapter 5 pages 360-384	CHWs nos	CHW 1&16	CHW 2&17	CHW 3&18	CHW 4&19	CHW 5&20	CHW 6&21
5.6 Newborn and Baby Feeding	Pages	Page 360	Page 361	Page 362	Page 363	Page 364	Page 365
	CHWs nos	CHW 7&22	CHW 8&23	CHW 9&24	CHW 10&25	CHW 11&26	CHW12&27
	Pages	Page 366	Page 367	Page 368	Page 369	Page 370	Page 371
5.7 Exclusive Feeding in Infancy	CHWs nos	CHW 13&28	CHW 14&29	CHW 15 &30	CHW 1&16	CHW 2&17	CHW 3&18
	Pages	Page 372	Page 373	Page 374	Page 375	Page 376	Page 377
	CHWs nos	CHW 4&19	CHW 5&20	CHW 6&21	CHW 7&22	CHW 8&23	CHW 9&24
	Pages	Page 378	Page 379	Page 380	Page 381	Page 382	Page 383
	CHWs nos	CHW 10&25					
	Pages	Page 384					
Appendix 10: How to breastfeed		CHW 1&16	CHW 2&17	CHW 3&18	CHW 4&19	CHW 5&20	CHW 6&21
Appendix 12: Complementary Feeding		CHW 7&22	CHW 8 &23	CHW 9&24	CHW 10&25	CHW 11&26	CHW 12&27
Appendix 11: How to cup feed		CHW 13&28	CHW 14&29	CHW 15&30			

Day 1 Training sessions: 2 & 3 July 2020

Day 2 Training sessions: 10 & 17 July 2020

Day 3 Training sessions: 23 & 24 July 2020

Community Health workers are divided into groups 1 and 2 to allow only 15 participants per group due to the social distance precautions. The 2 groups will hold one day after the other.

DAY 1	Thursday and Friday – 2 & 3 July 2020	Facilitator	Day 2	Friday 10 & Friday 17 July 2020	Facilitator	Day 3	Thursday and Friday – 23 & 24 July 2020	Facilitator
08:00– 08:30	Welcome, Registration and Introductions, Ground rules Expectations Course objectives Schedule	TS	08:00-08:30	Experience, sharing, recap	TS	08:00-08:10	Experience, sharing, recap	TS
08:30 –09:00 9:00 -10:00	Assessment Pre-Course Module 3 The Anatomy & Physiology of Breastfeeding Introduction 3.1 Breastmilk composition 3.2 Anatomy of the breast 3.3 Physiology of lactation 3.4 Infant oral and facial anatomy related to breastfeeding	Gloria MB	08:30-10:00	Module 4 Early initiation of Breastfeeding 4.1 Promoting breastfeeding during pregnancy 4.2 Supporting the first breastfeed 4.3 Key principles to successful breastfeeding 4.4 Expected infant feeding behaviour	MB	08:10-08:20 08:20-08:55 08:55-09:25 09:25-09:40 09:40-09:55	Module 6 (continue) Special Circumstances Introduction 6.6 Perinatal mental health conditions 6.7 Infant and young child feeding recommendations in the context of HIV and AIDS 6.8 Use of medication by breastfeeding mothers 6.9 Medical reasons for use of commercial infant formula	Prof Ute Fuecht
10:00-10:30	Tea Break		10:00-10:30	Tea Break		09:55-10:10	Tea Break	
10:30–11:30 10:30-10:45 10:45-11:30	Module 1: Breastfeeding as a Key Child Health, Development and Survival Strategy 1.1 Examining our own attitudes and values 1.2 Global and national context of breastfeeding 1.3 Policies and strategies that support exclusive and continued breastfeeding	Debbie Debbie	10:30-11:00 11:00-11:30	Module 5: Supporting continued breastfeeding Introduction 5.1 Breast conditions associated with breastfeeding 5.2 Hand expressing and expressed breastmilk storage 5.3 Cup feeding expressed breastmilk	Carey	10:10-10:40 10:40-11:10 11:10-11:30	6.10 Supporting the non-breastfeeding mother Module 7 Creating a Culture for Protecting, Promoting and Supporting Breastfeeding 7.2 Key stakeholders 7.3 The process of how to make a facility MBFI. Understanding the MBFI accreditation process Plan Breast feed week activities	Erica Erica TS and Gloria and Debbi

DAY 1	Thursday and Friday – 2 & 3 July 2020	Facilitator	Day 2	Friday 10 & Friday 17 July 2020	Facilitator	Day 3	Thursday and Friday – 23 & 24 July 2020	Facilitator
11:30 - 12:00	Lunch Break		11:30-12:00	Lunch Break		11:30-12:00	Lunch Break	
12:00 - 12:30	1.4 The role of breastfeeding in child survival	DT Students	12:00 -13:00	5.4 Supporting the breastfeeding mother to sustain breastfeeding when separated from her infant	Carey	12:00-12:30	5.6 Maternal Nutrition	Students
12:30-13:00	1.5 Factors that may influence breastfeeding Breakaway for discussion		13:00-13:30	Module 6 Special Circumstances Introduction		12:30-13:30	5.7 Complementary feeding	
	Module 2 Motivating Change - Counselling and Communication Skills			Module 6 Special Circumstances Introduction		13:30-14:00	5.8 Stopping breastfeeding	MB
	Friday 3 July 2020			6.1 Supporting mothers with special care infants	MG	14:00-14:30	Course conclusion	MB
13:00 -14:30	2.1 Stages of behavioural change	Mrs Tobie Muller	13:30-14:30	6.2 Common clinical concerns	MG	14:30- 15:00	Question Time	MB
	2.2 Counselling and communication skills		13:00-13:30	6.3 Low birth weight, Premature and small for gestational age infants		15:00-15:30	Assessment Post-Course/ Training evaluation	
14:30-15:00	2.3 Communication skills to build confidence	Mrs Tobie Muller	14:30-15:00	6.4 Infant anomalies	MG			
	2.4 Communication role play		13:30-14:30	6.5 Breastmilk banking				
	7.1 Mother to mother support Question Time			5.5 Re-lactation Question Time				

Guest speakers

- **Module 2: Counselling and Communication Skills, Mother to mother support (LLL)- Mrs Tobie Muller**
- **Module 5: Support continued breastfeeding - Carey**
- **Module 6: Special circumstances - Marlene Gilfillen**
- **Module 6: Special medical conditions and HIV - Prof Ute Feucht**
- **Module 7: Supporting non-BFmoms and MBFI - Erica**