

Supporting breastfeeding within the Community

Providing you with quick and convenient access to essential information and practical tips to support breastfeeding mothers and promote breastfeeding success



Microlearning Breastfeeding Series

3 events, September, October, November 2024



Event Description

The United Nations Institute for Training and Research (UNITAR) and the Global Breastfeeding Education Initiative (BFEI) are hosting a Microlearning Series on supporting breastfeeding in the community. This 3-part series seeks to provide quick and convenient access to essential information and support to mothers, Healthcare professionals and anyone interested in learning more about breastfeeding practices and its benefits.

What you can Expect

This 3-parts Microlearning series is designed to deliver breastfeeding content in small, bite-sized chunks, ranging from 7 to 15 minutes. The format makes it easy for learners to fit learning into their busy schedules, as they can complete a lesson during short breaks or downtime:

- **Bite-sized lessons:** Short, focused modules that cover specific topics related to breastfeeding, including benefits, techniques, challenges, and support strategies.
- **Actionable tips:** Practical advice and evidence-based recommendations that you can immediately apply in your interactions with breastfeeding mothers and families.
- **Engaging content:** Interactive quizzes, case studies, videos, and infographics to reinforce learning and enhance retention.
- **Flexible learning:** Access the modules anytime, anywhere, using your preferred device – whether it's your computer, tablet, or smartphones.

As we strive to promote maternal and child health and empower breastfeeding mothers, our microlearning series will cover:

1. Breastfeeding: Getting Started
2. Pumping and Storage of Breast Milk
3. Did you know?

Background

The Global Breastfeeding Education Initiative (Global BFEI) was launched in March 2023, to contribute to improving breastfeeding education through training and education to advance toward the achievement of 70% of babies breastfed exclusively by 6 months of age by 2030. To reach this goal, the Global BFEI offers a variety of educational tools that provide impartial information on the benefits of breastfeeding and practical training aimed at increasing women's practical knowledge, skills, and confidence to breastfeed.

During the breastfeeding journey, parents may have several questions or encounter some challenges along the way. Fortunately, Health Care Professionals, including paediatricians, family doctors, midwives, and nurses, as well as community health care workers, are well-equipped to provide guidance and support to parents during these times of uncertainty.

With this in mind, we are excited to announce our upcoming webinar series, designed for both parents and health care professionals. This series is aimed at this crucial group whose positive encouragement for breastfeeding is essential. By arming them with the right knowledge, we aim to enhance satisfaction and prolong the duration of breastfeeding among mothers.

What is Microlearning?

Microlearning is a revolutionary approach to learning that delivers short, focused learning modules or "nuggets," making it easier for busy professionals or parents like you to acquire knowledge and skills in small, digestible chunks. With our Microlearning Breastfeeding Series, you can enhance your understanding of breastfeeding practices and strategies on-the-go, at your own pace.

Supporting Breastfeeding in the Community Microlearning Series is tailored to meet the needs of healthcare professionals, parents and anyone involved in supporting breastfeeding mothers and infants. Each module in the series offers concise yet comprehensive insights into various aspects of breastfeeding, empowering health professionals to provide informed and effective guidance to breastfeeding families, and jointly empowering mothers with the knowledge, skills, and confidence needed to navigate the challenges and joys of breastfeeding successfully.

1. Breastfeeding: Getting Started

Module Content – The following topics will be addressed:



- **Benefits of Breastfeeding:** Exploring the numerous health benefits for both the baby and the mother, including immune system support, bonding, and reduced risk of certain illnesses and diseases.
- **Latching Techniques:** Providing guidance on how to achieve a proper latch to ensure effective milk transfer and prevent nipple soreness or discomfort.
- **Positioning for Breastfeeding:** Discussing different breastfeeding positions (such as cradle hold, football hold, and side-lying) to find the most comfortable and effective position for both mother and baby.
- **Colostrum:** Explaining the composition and benefits of colostrum, the first milk produced by the breasts after childbirth, and emphasizing its importance for newborns' immune system and digestive
- **Breastfeeding Support Resources:** Providing information on available breastfeeding support resources, such as lactation consultants, breastfeeding support groups, and online communities, to help mothers access guidance and assistance as needed.

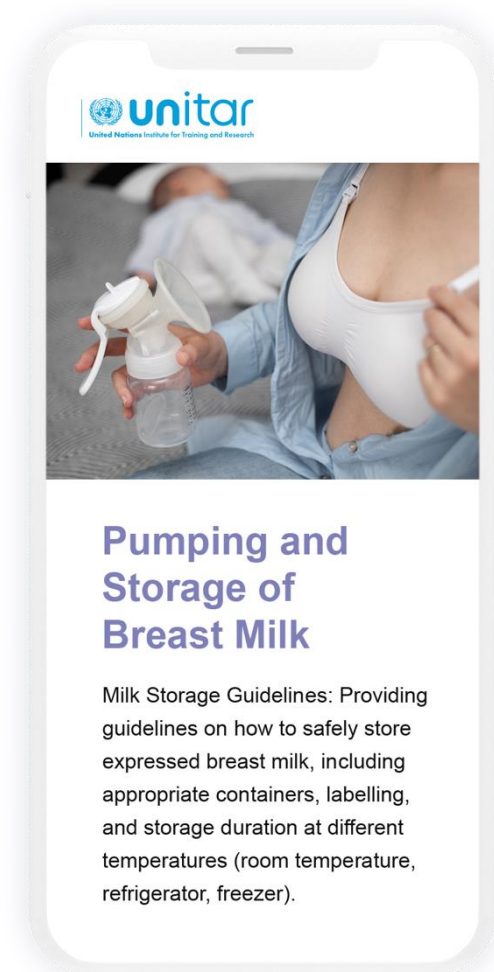
The Overall objective is to provide concise and accessible guidance to learners on the fundamentals of breastfeeding, empowering them with the knowledge and skills necessary to initiate breastfeeding successfully and establish a strong foundation for their breastfeeding journey.

Learning Objectives

1. Identify the numerous health benefits of breastfeeding for both the baby and the mother.
2. Learn the proper latching techniques to ensure effective breastfeeding.
3. Identify different breastfeeding positions and their benefits for both mother and baby.
4. Understand the composition and nutritional value of colostrum, also known as "liquid gold".
5. Learn how to access and utilise breastfeeding support resources effectively.

2. Pumping and Storage of Breast Milk

Module Content – The following topics will be addressed:



- **Pumping Techniques:** Exploring different methods and techniques for effectively pumping breast milk, including manual and electric pumps.
- **Pumping Frequency:** Understanding how often to pump to maintain milk supply and meet the needs of the baby, especially for working mothers or those separated from their infants.
- **Milk Storage Guidelines:** Providing guidelines on how to safely store expressed breast milk, including appropriate containers, labelling, and storage duration at different temperatures (room temperature, refrigerator, freezer).
- **Thawing and Warming:** Explaining safe methods for thawing and warming frozen breast milk to preserve its nutritional value and ensure it is safe for the baby to consume.

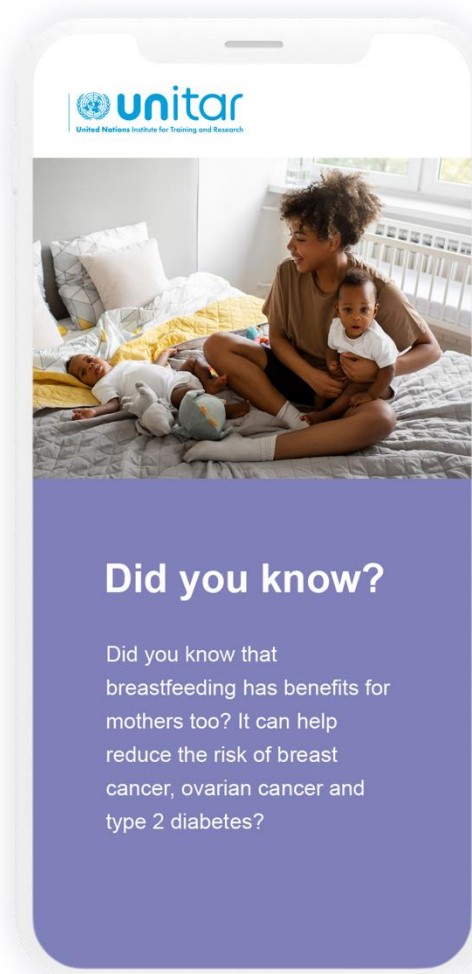
The overall objective will be to educate learners on the proper techniques and best practices for expressing, storing, and handling breast milk, ensuring its safety and nutritional integrity for infants.

Learning Objectives

1. Understand different pumping techniques, including manual and electric pumping methods.
2. Learn how to establish a pumping schedule that aligns with individual breastfeeding goals and lifestyle.
3. Identify safe storage guidelines for expressed breast milk, including temperature and duration recommendations.
4. Learn proper labelling and dating techniques for stored breast milk.
5. Understand safe thawing methods for frozen breast milk, including refrigerator thawing and warm water baths.

3. Did you know?

Module Content – The following topics will be addressed:



- Did you know that breastfeeding has benefits for mothers too? It can help reduce the risk of breast cancer, ovarian cancer, type 2 diabetes, and postpartum depression.
- Did you know that breast milk contains antibodies that help protect infants from infections and diseases, such as respiratory infections, ear infections, and gastrointestinal illnesses.
- Did you know that breastfeeding can help with bonding between the mother and baby? The skin-to-skin contact and release of hormones during breastfeeding promote feelings of closeness and attachment.
- Did you know that that breastfeeding can help with spacing pregnancies? Breastfeeding delays the return of ovulation for some women, serving as a natural form of birth control, known as lactational amenorrhea.
- Did you know that breastfeeding can save lives? According to the World Health Organization (WHO), increasing breastfeeding rates could prevent over 800,000 child deaths annually worldwide.

The overall objective will be to increase awareness amongst learner to debunk myths, provide interesting facts, and highlight important information related to breastfeeding, ultimately promoting a deeper understanding of its benefits, challenges, and best practices.

Learning Objectives

1. Appreciate the importance of breastfeeding beyond infant nutrition for maternal health
2. Recognise common misconceptions and myths about breastfeeding.
3. Identify the nutritional component of breast milk and its importance for infant growth and development.
4. Understand the psychological benefits of breastfeeding for both mother and baby.
5. Learn about the physiological mechanisms behind the delay in ovulation during breastfeeding.
6. Understand the global impact of breastfeeding on child mortality and improving child health outcomes globally.

This series is co-hosted with:



Format

EdApp is a platform which uses interactive, mobile-first microlearning and gamification to engage learners. It includes key learning features such as peer learning and automated spaced repetition – all delivered on a mobile.

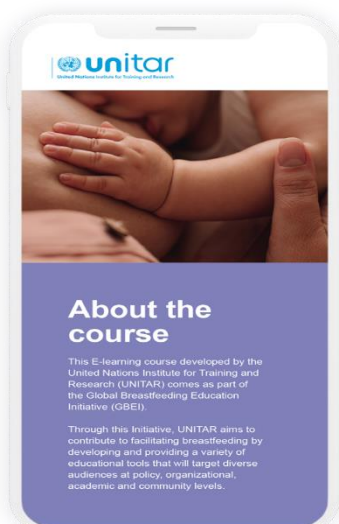
Join us for this transformative learning experience and enhance the breastfeeding journey with confidence and empowerment.

Earn a certificate!

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An official UNITAR Certificate of Participation will be available to participants who successfully complete the Certificate requirements (optional)



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