

Annex 5. Essential Breastfeeding Topics for Clinical Practice Curriculum for Facility-based and Community-Based Healthcare Providers as well as Community Health Workers that Care for Mothers, Infants, and Children*

Topics (to be covered)	Recommended Clinical Practice Actions
<ul style="list-style-type: none"> Observe a breastfeeding session 	Observe the mother positioning the infant at breast; observe the infant latching to the breast; observe the infant suckling at the breast; observe any difficulties that arise and what was done to solve them; observe the personal interactions between mother and infant; learn how to complete breastfeeding assessment tools
<ul style="list-style-type: none"> Help a mother to breastfeed 	Assist mother with positioning infant at the breast; show her different positions to help her choose the best for her and her infant; assist mother with attaching/latching her infant to the breast
<ul style="list-style-type: none"> Help a mother learn the skills of hand expression 	Show mother how and where to find the milk ducts on her breasts; show mother where to place her hands on the breast and how to compress the breast over the ducts (including how to repeat in all parts of the breast); explain to the mother about length of time to express
<ul style="list-style-type: none"> Practice communication skills with pregnant and postpartum women 	Establish a dialogue with a pregnant woman about her feeding intentions; discuss with a pregnant woman practices that assist in establishing breastfeeding such as early skin to skin contact, rooming-in, baby-led feeding, and exclusive breastfeeding without supplements and artificial teats; use communication skills of listening and learning; use skills of building confidence; use calming skills in situations where mother is worried about breastfeeding attachment, infant milk consumption, delayed onset of lactation or she is expressing other breastfeeding concerns

* Based on the clinical training content of the 2009 UNICEF/WHO curriculum, *Breastfeeding Promotion and Support in a Baby-Friendly Hospital, a 20-hour course for maternity staff*, and cross-checked with the UNICEF/WHO counseling training course for community health workers, *Breastfeeding counselling: A training course*. Final revisions were made based on the TAG comments received as well as discussion among the Yale BBF Team