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| **Key Points**   * Core skills and knowledge can be acquired in a single session or cumulatively through direct or indirect supervised experience during a normal working day or simulated activities. * Core skills and knowledge to be completed by 12 month professional development review PDR. Follow up for midwives and nurses – staff development, Graduates – graduate coordinators * It is recommended that staff complete the BFHI modules in Moodle (BF Introduction, BF Works, BF Health Benefits, BF Challenges – TBA). |

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| **Core skills and knowledge requirements** | |
| **Counselling skills** | **Date** |
| 1. Use listening skills when counselling a mother; |  |
| 1. Use skills for building a mother’s confidence and giving support; |  |
| 1. Counsel a pregnant woman about breastfeeding |  |
| 1. Counsel a mother to make an informed and appropriate decision about infant feeding, suitable to her circumstances |  |
| **Establishing breastfeeding** | |
| 1. Help a mother to recognise when her baby is ready to initiate breastfeeding while in skin-to-skin contact after birth |  |
| 1. Support a mother to position herself and her baby for breastfeeding |  |
| 1. support a mother to attach her baby to the breast, encouraging baby-led attachment |  |
| 1. Assess a breastfeed; including teaching a mother how to monitor milk transfer |  |
| 1. Explain to a mother about feeding cues and the optimal pattern of breastfeeding |  |
| 1. Using hands-off techniques, assist a mother to express her breast milk |  |
| 1. Explain to a mother how to know if her baby is getting enough milk |  |
| **Breastfeeding challenges** | |
| 1. Counsel a mother who thinks she does not have enough milk |  |
| 1. Counsel a mother with an unsettled baby |  |
| 1. Counsel a mother on selecting and using an alternative feeding method |  |
| 1. Counsel a mother whose baby is refusing to breastfeed |  |
| 1. Counsel a mother who has flat or inverted nipples |  |
| 1. Counsel a mother with engorged breasts |  |
| 1. Counsel a mother with sore or cracked nipples |  |
| 1. Counsel a mother with mastitis |  |
| 1. Support a mother to breastfeed a low-birth-weight, preterm or sick baby |  |

To be completed by Supervisor:

⃝ Completed **Date:**

Supervisor Name: Date:

Supervisor Signature: