

# Child Wellness through Breastfeeding

Mon Dec 3, 2012 repeated

Sat Mar 10, 2013 (same content)

9am - 5pm Dublin

## Course aim:

At the end of this day participants should be able to:

1. discuss the importance of breastfeeding to child wellness;
2. outline nutrient needs of infants and young children;
3. describe normal growth patterns, when there is cause for concern;
4. critically evaluate options when there are challenges to feeding at the breast and review devices available;
5. discuss how marketing affects attitudes and how legislation and codes of professional conduct can protect health workers, babies and families;
6. list indications of readiness for complementary foods.

## Who should attend:

This day is useful for continuing education of health workers including PHNs, GP practice nurses, hospital midwives and paediatric nurses, GPs, dietitians, lactation consultants, community breastfeeding counsellors.

## Course outline: (7 education hours)

Topics include:

- how human milk meets infant's needs, normal growth, weight gain concerns
- preterm baby, ill baby, older hospitalised baby and supporting breastfeeding
- how human milk and breastfeeding protects, immunology
- sucking challenges, anatomical and neurological
- technology and devices if baby can't feed at the breast
- formula, Code, marketing effects, protecting all infants, ethical practice
- continued breastfeeding older child, complementary feeding

**The course team** are all International Board Certified Lactation Consultants with additional qualifications and work experience in nutrition, health promotion, child health, midwifery, research, community development, and adult education.

## Lactation Studies Theme Day Series

Focused on applying research based information to practice. Other topics in this series are: Mother Wellness when Breastfeeding, Putting Theory into Practice, and Milk Supply. Theme Days include topics from the IBCLC exam blueprint.

For more information and booking visit the Training Courses page at  
[www.bestservices.ie](http://www.bestservices.ie) or  
email: [contact@bestservices.ie](mailto:contact@bestservices.ie) or  
Phone: 091 527511

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