

Open Awards Quality Endorsed Unit



This unit does not form part of a regulated qualification.

1 Unit Details

Unit Title:	Supporting Breastfeeding
QAC Code:	HF2/2/WR/008
Level:	2
Credit Value:	2
Minimum GLH:	16

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the role of a breastfeed supporter and be able to respond to early challenges of breastfeeding	1.1 Describe the skills required of a breastfeeding support worker and identify your own limitations
	1.2 Describe the role of a breastfeeding peer supporter in supporting women faced with the following challenges: <ul style="list-style-type: none"> a) Sore nipples b) Blocked milk ducts c) Mastitis d) Thrush e) Tiredness and management commitments f) Tongue tie
	1.3 Compare different services and health care professionals a breastfeeding support worker could signpost a women to
2. Understand best breastfeeding practices	2.1 Demonstrate positioning and attachment of a baby for a successful breastfeed
	2.2 Describe the impact ineffective attachment can have on both Mother and baby

	2.3 Identify different cultural practices to Infant Feeding
	2.4 Explain why it is important to understand different viewpoints on breastfeeding practices
3. Be able to demonstrate methods of transferring information in different settings and situations	3.1 Create a resource file to provide a range of information to cover in the antenatal period
	3.2 Assist in performing an antenatal workshop on breastfeeding
	3.3 Assist in assessing whether a baby is breastfeeding effectively
	3.4 Create a resource file to cover a range of issues around establishing and continuing successful breastfeeding

AC 3.1	Resource file to include infant feeding, getting to know your baby, brain development, expressing, baby tummy size, health benefits of breastfeeding, colostrum, skin to skin, attachment, positioning, local services, safe sleep
AC 3.5	Resource file to include differences in breastmilk, effective feeding, hand expressing, combination feeding, breastfeeding positions, BFI postnatal checklist, positioning, attachment, cluster feeds, safe sleep, ICON, local services
	3.5 Assist in the running of a postnatal breastfeeding group

Indicative Content