

Prenatal Breastfeeding Counseling Curriculum

Contents	• 24-page Patient Booklet
	• Corresponding Educator Flip Chart
	• Screen projection of PDF version of the Flip Chart (for group classes)
	• 2-part Online Orientation for Educators (tinyurl.com/ReadySetBaby)
Target Audience	• Prenatal mothers in all trimesters
Types of Educators	<ul style="list-style-type: none"> • Providers, Registered Dietitians, Nurses • IBCLCs, other lactation professionals • Other staff such as MOAs, CNAs, Doulas, Childbirth Educators, or trained volunteers
Guidelines for Use	<ul style="list-style-type: none"> • Suitable for individual counseling or group classes • Flexible length according to needs of mother(s); [20 – 60 minutes]

Table of BFHI Guidelines and Evaluation Criteria Step 3 requirements and location in RSB materials

BFHI Topic Required or Assessed	Page in Patient Booklet	Topic Page in Educator Flip Chart
Importance of breastfeeding	10, 11	Green, Benefits for Mothers and Babies
Importance of exclusive breastfeeding	10, 11	Green, Early and Exclusive Breastfeeding
Non-pharmacologic pain relief methods for labor	6	Orange, Your Labor and Delivery
Importance of early skin-to-skin contact	7	Orange, Skin-to-Skin
Early initiation of breastfeeding	10	Green, Making and Maintaining Your Milk Supply
Rooming-in on a 24-hour basis	8	Orange, Rooming-In
Feeding on demand or baby-led feeding	9	Orange, Feeding On Cue
Frequent feeding to help assure optimal milk production	14	Green, Making and Maintaining Your Milk Supply
Effective positioning and attachment	12, 13	Green, Position and Latch
Exclusive breastfeeding for the first six months	10	Green, Early and Exclusive Breastfeeding
Importance of continued breastfeeding after 6 months	11	Green, Benefits of Breastfeeding (shaded box at bottom)
Risks of supplements while breastfeeding in the first 6 months	11	Green, Benefits of Breastfeeding <i>(written in terms of protection breastmilk offers)</i>