

EDUCATION CURRICULUM OUTLINE

The following education curriculum outlines the compulsory topics that are required to be taught to meet the education requirements of Step Two for **Level 1**, **Level 2** and **Level 3** staff.

Level One (Awareness): 3 hours over 3 years and 1 hour annually

Level Two (Generalist): 4 hours over 2 years and 2 hours annually

Level Three (Specialist): 18 hours plus 3 hours clinical over 5 years and 3 hours annually

Level One (Awareness): 3 hours over 3 years and 1 hour annually

Compulsory Units	Minimum number of time for each session
What is BFI? <ul style="list-style-type: none"> Background in New Zealand Effect on breastfeeding rates 	15 minutes
The Importance of Breastfeeding <ul style="list-style-type: none"> Personal Social Cultural Political 	30 minutes
The Risks of Formula Feeding <ul style="list-style-type: none"> Financial Health Ecological 	15 minutes
Ten Steps to Successful Breastfeeding	20 minutes
The Seven Point Plan	15 minutes
BFI and the Treaty of Waitangi	10 minutes
The Code of Marketing of Breastmilk Substitutes <ul style="list-style-type: none"> Effect on practise 	25 minutes
Communicating Positively <ul style="list-style-type: none"> Judgemental words 	20 minutes
Advocacy	10 minutes
Application to Scope of Practise	10 minutes
Definitions of Breastfeeding	10 minutes

EDUCATION CURRICULUM OUTLINE

Level One: (Awareness Level) Suggested Additional Ongoing Education Subjects—1 hour annually

Suggested Units	Minimum number of time for each session
Breastfeeding for Maori Women	
• Historical context of breastfeeding in Maori communities	20 minutes
• Influences that impacted on Maori breastfeeding practice	20 minutes
• Protecting, promoting and supporting breastfeeding for Maori Women	20 minutes
Positioning and Latching Baby to the Breast	45 minutes
Counselling skills	45 minutes
The Code of Marketing of Breastmilk Substitutes	45 minutes
• Abuse and violations	
How the Breast works	45 minutes
Breastfeeding Promotion	30 minutes

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EDUCATION CURRICULUM OUTLINE

Level Two: (Generalist Level) Minimum of 4 Hours over 2 years and 2 hours annually

Compulsory Units	Minimum number of time for each session
What is BFI <ul style="list-style-type: none"> • Background in New Zealand • Effect on breastfeeding rates 	10 minutes
The Importance of Breastfeeding <ul style="list-style-type: none"> • Exclusive • Person & social • Cultural & political • Properties of Breastmilk 	25 minutes
The Risks of Formula Feeding <ul style="list-style-type: none"> • Financial • Health • ecological 	10 minutes
Ensuring Safe Formula Feeding	15 minutes
Ten Steps to Successful Breastfeeding	10 minutes
The Seven Point Plan	10 minutes
The Code of Marketing of Breastmilk Substitutes <ul style="list-style-type: none"> • Effect on practise 	20 minutes
Communicating Positively <ul style="list-style-type: none"> • Judgemental Words 	10 minutes
Advocacy	5 minutes
Application to scope of practise	5 minutes
Definitions of Breastfeeding	5 minutes

EDUCATION CURRICULUM OUTLINE

Level Two: (Generalist Level) Minimum of 4 hours over 2 years and 2 hours annually

Compulsory Units	Minimum number of time for each session
Anatomy and Physiology of the Breast <ul style="list-style-type: none">• Recognising associated feeding problems e.g. insufficient lactation	60 minutes
Positioning and Latching the Baby to the Breast	25 minutes
Hand Expressing	15 minutes
Acceptable Medical Reasons for Supplementation	5 minutes
Safe Sleep Practises	10 minutes

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EDUCATION CURRICULUM OUTLINE

Level Two: (Generalist Level) Suggested *additional ongoing* Education Subjects—2 hours annually

Suggested Units	Minimum number of time for each session
Breastfeeding for Maori Women	
• Historical context of breastfeeding in Maori communities	20 minutes
• Influences that impacted on Maori breastfeeding practice	20 minutes
• Protecting, promoting and supporting breastfeeding for Maori Women	20 minutes
Counselling skills	60 minutes
The Code of Marketing of Breastmilk Substitutes	45 minutes
• Abuse and violations	
Breastfeeding during maternal or infant illness	45 minutes
Breastfeeding Promotion	30 minutes
Drugs and Breastfeeding	45 minutes
The Storage of Breastmilk	30 minutes
Complementary Feeding	60 minutes
Assessing a Breastfeed	60 minutes
Infant Growth Charts (Friend or Foe)	30 minutes
Taking a Feeding History	30 minutes
Ankyloglossia	30 minutes
Galactagogues	30 minutes

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EDUCATION CURRICULUM OUTLINE

Level Two: (Generalist Level) Suggested *additional ongoing* Education Subjects—2 hours annually

Suggested Units	Minimum number of time for each session
The Low Birthweight Baby	45 minutes
The value of Kangaroo Mother Care and Skin-to-Skin Contact	45 minutes
Breast Refusal	30 minutes
Mastitis	30 minutes
Breast Abscess	30 minutes
Breast Anomalies	30 minutes
The Role of Oxytocin	30 minutes
Candidiasis of the Breast	45 minutes
Reynaud's Phenomenon	30 minutes
Diet and Exercise	30 minutes
Breastfeeding the Preterm Baby	45 minutes
Failure to Thrive	40 minutes
Breastfeeding and Atopic Disease	30 minutes
Implementing Best Practise	30 minutes
The Role of the General Practitioner	30 minutes
The Ten Steps to Successful Breastfeeding	60 minutes
The Seven Point Plan	30 minutes

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EDUCATION CURRICULUM OUTLINE

Level Three: (Specialist Level) Minimum of 18 hours plus 3 hours clinical over five years and 3 hours annually

Compulsory Units	Minimum number of time for each session
What is BFI <ul style="list-style-type: none"> • Background in New Zealand • Effect on breastfeeding rates 	20 minutes
The Importance of Breastfeeding <ul style="list-style-type: none"> • Personal • Social • Cultural • Political 	50 minutes
The Importance of Exclusive Breastfeeding Properties of Breastmilk	
The Breastfeeding Definitions	15 minutes
The Risks of Formula Feeding <ul style="list-style-type: none"> • Financial • Health • Ecological 	25 minutes
Ten Steps to Successful Breastfeeding	60 minutes
The Seven Point Plan	30 minutes
Anatomy and Physiology of the Breast	60 minutes
Positioning and Latching the Baby to the Breast <ul style="list-style-type: none"> • Assessing a breastfeed 	60 minutes (includes 30 minutes clinical education)
Normal Breastfeeding Patterns and Variations	45 minutes
Engorgement of the Breast	20 minutes
Hand Expressing	20 minutes (clinical education)

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Compulsory Units	Minimum number of time for each session
Handling and Storage of Breastmilk	30 minutes
Breastfeeding Devices <ul style="list-style-type: none"> • Breastpumps • Nipple Shields • SFT Feeding • Cup Feeding 	70 minutes (includes 20 minutes clinical)
Recognising Feeding Problems e.g. insufficient lactation	60 minutes
Acceptable Medical Reasons for Supplementation	30 minutes
Growth Charts / Growth Patterns (friend or foe)	30 minutes
Feeding Plans	50 minutes (clinical)
Breastfeeding for Maori Women	
<ul style="list-style-type: none"> • Historical context of breastfeeding in Maori communities 	20 minutes
<ul style="list-style-type: none"> • Influences that impacted on Maori breastfeeding practice 	20 minutes
<ul style="list-style-type: none"> • Protecting, promoting and supporting breastfeeding for Maori Women 	20 minutes
Breastfeeding Legislation in New Zealand	30 minutes
Barriers to Breastfeeding, e.g. sexual abuse etc)	45 minutes
Alcohol, Smoking and Breastfeeding	30 minutes
Drugs during Pregnancy and Breastfeeding	30 minutes
Support Networks in the Community	30 minutes
The Code of Marketing of Breastmilk Substitutes <ul style="list-style-type: none"> • Effect on practice 	60 minutes

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Level Three: (Specialist Level) Minimum of 18 hours plus 3 hours clinical over five years and 3 hours annually

Compulsory Units	Minimum number of time for each session
Communicating Positively (groups, health professionals and mothers) <ul style="list-style-type: none"> • Judgemental words • Counselling skills 	90 minutes (includes 30 minutes clinical)
Advocacy	30 minutes
Informed Consent	20 minutes
Application of Breastfeeding Knowledge to Scope of Practise	10 minutes
BFI Practices and the Non-Breastfeeding Woman	30 minutes
Ensuring Safe Formula Feeding	70 minutes (includes 30 minutes clinical)
Safe Sleep Practises	20 minutes
Sustained Breastfeeding	30 minutes
Complementary Feeding	60 minutes

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EDUCATION CURRICULUM OUTLINE

Level Three: (Specialist Level) Suggested Additional Ongoing Education Subjects—3 hours annually

Suggested Units	Minimum number of time for each session
Breastfeeding during Maternal or Infant Illness	45 minutes
Taking a feeding history	60 minutes (includes 30 minutes clinical)
Diet and Exercise and Breastfeeding	30 minutes
HIV, Hepatitis C and Breastfeeding	45 minutes
The Principles of the Treaty of Waitangi and its implication on Practise	60 minutes
Understanding Cultural Issues / Ethnic Diversity relating to Breastfeeding	60 minutes
Counselling Skills <ul style="list-style-type: none"> • Interviewing • Role plays 	60 minutes (includes 30 minutes clinical)
Ankyloglossia	30 minutes
Insufficient Milk Supply	45 minutes
Breastfeeding and the Diabetic Woman	30 minutes
Galactagogues	30 minutes
The Low Birthweight Baby	45 minutes
The Value of Kangaroo Mother Care and Skin-to-Skin Contact	60 minutes

EDUCATION CURRICULUM OUTLINE

Level Three: (Specialist Level) Suggested Additional Ongoing Education Subjects—3 hours annually

Suggested Units	Minimum number of time for each session
Breast Refusal	45 minutes
Mastitis	45 minutes
Breast Abscess	30 minutes
Breast Anomalies	60 minutes
The Role of Oxytocin <ul style="list-style-type: none"> • Effects on Mother and Baby 	45 minutes
Candidiasis of the Breast	45 minutes
Reynaud's Phenomenon	30 minutes
Breastfeeding the Preterm Baby	60 minutes
Failure to Thrive	45 minutes
Breastfeeding and Atopic Disease	45 minutes
Implementing Best Practise	45 minutes
Complementary Feeding	45 minutes
Abuse and the Violation of The Code	60 minutes

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Level Three: (Specialist Level) Suggested Additional Ongoing Education Subjects—3 hours annually

Suggested Units	Minimum number of time for each session
Sex and Breastfeeding	30 minutes
Contraception and Breastfeeding	45 minutes
Ethics and Breastfeeding, e.g. Whangai-u	45 minutes
Relactation	30 minutes
Breastfeeding in Pregnancy	30 minutes
Tandem Feeding	30 minutes
Breastfeeding after Surgery	30 minutes
Breastfeeding and Returning to Work	45 minutes
Breastfeeding in Emergencies	45 minutes
Antenatal Preparation for Breastfeeding	45 minutes
The Effect of Birth Practises on Early Breastfeeding	60 minutes
Breast Care	30 minutes
Rooming-In	30 minutes

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Suggested Units	Minimum number of time for each session
Breastfeeding Multiples	30 minutes
Breastfeeding and Jaundice	30 minutes
Hypoglycemia	45 minutes
The Cleft Affected Baby	30 minutes
Traumatized Nipples	45 minutes
Inverted Nipples	45 minutes
Nutritional Needs of the Breastfeeding Mother	45 minutes
Breastfeeding Support	45 minutes
Weaning	30 minutes
What a hospital / community has to do to become BFI accredited	60 minutes
The Crying Baby	30 minutes
The Frequent Feeder	30 minutes

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