The ‘Train the Trainer’ three day course is designed to ensure those attending can deliver education which meets the standards set out in the ‘BFHI/BFCI Breastfeeding Training and Education Requirements’. (Ministry of Health 2008)
The workshop initially addresses many aspects required for an understanding of the teaching of adult education. Those attending will be introduced to the infant feeding education programme developed in consultation with both national and international IBCLC’s (International Board Certified Lactation Consultants) and a nationally accredited clinical educator. The package covers the three levels of training necessary to meet the standards set for BFHI and BFCI accreditation.
The Workshop

Purpose:
The purpose of this 3-day Training of Trainers course is to strengthen the capacity of a team of trainers by applying different training methodologies and principles of adult learning to the trainings of health service personnel and community-based health workers. These skills will be applied to the Breastfeeding Education, developed with consultation, by the NZBA.

Technical:
- Concepts and principles of adult learning
- Steps to behavior change
- Process of planning a training/learning event
- Types of learning objectives
- Effective facilitation skills
- Advantages and disadvantages of effective training/learning methodologies
- Audio-visuals as a training tool
- Elements of a lesson plan
- Types of training/learning evaluation
- Components of a training/learning action plan

Skills
- Formulate achievement-based learning objectives
- Design lesson plans
- Apply a variety of effective training/learning methodologies
- Apply facilitation skills
- Use audio-visuals
- Practice training/learning sessions

Those attending receive all materials required to present all levels of compulsory education necessary to achieve the BFHI and BFCI accreditation.

These resources include:
- Lesson plans
- Research
- Powerpoint presentations
- Handouts
- Supporting resources

The cost of a Christchurch based - Train-the-Trainer course: $1650 plus GST per person and $600 plus GST for any additional trainer (sent by the owner of the package) to a maximum of three per resource.

Courses held outside Christchurch will incur further costs.

Pre-requisite
As a pre-requisite to attend this three day workshop:
- The applicant must submit a current curriculum vitae, including references, to the New Zealand Breastfeeding Authority (NZBA).
- Ideally the attendee must:
  - have attended a minimum of thirty hours of lactation education
  - show clinical breastfeeding competence
  - have adult educator experience

The above records must be forwarded to the NZBA at least one month prior to the workshop.

Approval to attend the course will be sent within one week of receipt of the material. On-line documentation is preferred.

Forward all documentation to:
Dawn Hunter IBCLC
New Zealand Breastfeeding Authority
16 Sheffield Crescent,
P.O. Box 20-454
Bishopdale
Christchurch. 8543
Email: dawn@nzba.co.nz
Telephone: (03) 3572 072 Ext. 204