

# Breastfeeding Workbook

(Sample)



A flexible learning package  
developed by Coventry University

## CONTENTS

Introduction.....	7
The value of breast milk.....	9
Who breastfeeds?.....	15
Anatomy and physiology.....	27
Positioning and attachment.....	37
Breastfeeding difficulties and challenges.....	46
Supporting breastfeeding.....	62
Breastfeeding Clinic.....	76
Resources.....	83
Appendix 1.....	97
Appendix 2.....	99

Contents page included

Six key knowledge areas used to structure the workbook into sections

## THE VALUE OF BREAST MILK

Learning Outcomes

Content

The intended learning goals for each section are identified with an overview of the content

### Current knowledge and some definitions


Breast milk is the perfect food for the newborn baby. It is free, readily available and served to the baby at an appropriate temperature with all the nutrients that the baby needs. It enhances the contraction and involution of the mother's uterus following birth (Riordan 1999a) and also helps her to lose weight (Dugdale and Eaton-Evans 1989). Breastfeeding is now also known to confer significant long-term health advantages for both baby and mother, through the milk itself and through the physiological process of the baby sucking milk from the breast.

One of the earliest studies indicating the differences in health outcomes between babies who were breastfed and those who were artificially fed was carried out by Sir Hans Sloane in 1741, when he observed that infants admitted to a Foundling Hospital were three


Background and context of each topic provided


Fully referenced throughout

times more likely to die if they received substitutes instead of breast milk from a wet nurse (Dunn 2001).

 What do you currently know to be the long-term health advantages of breastfeeding for the mother and baby? List them in the box below.

Mother	Baby

A range of learning activities is included to determine and build upon existing knowledge, each with an icon indicating the type of activity eg.  Space included for insertion of responses

 Consider each of these health benefits of breastfeeding in an alternative way, i.e. that there is an INCREASED risk of each type of ill health if the baby is artificially fed. Have you ever given mothers the information in this way? You do not need to write anything in the workbook about this.

Inclusion of activities designed to provoke thought and reflection on practice

### Incidence of breastfeeding

	1980	1985	1990	1995	2000	2005
England and Wales	67%	65%	64%	68%	71%	77%
Scotland	50%	48%	50%	55%	63%	70%
Northern Ireland	-	-	36%	45%	54%	63%

Factual information included, such as key statistics, reports and initiatives

United Kingdom			62%	66%	69%	76%
----------------	--	--	-----	-----	-----	-----

Copyright The Information Centre  
(Bolling et al 2007)

### The suck cycle

Using the findings of early radiological and subsequent ultrasound studies, Woolridge (1986) described in detail the continuous "suck cycle" of tongue and jaw movements that the infant uses to remove milk from the breast. Optimal positioning and


Key studies included with direct reference to evidence-based practice

**attachment** are essential for this to occur; therefore if the baby is not well attached, he will not obtain milk efficiently.

## BREASTFEEDING CLINIC



Case histories included with clinical images taken in a breastfeeding clinic, stimulating and developing problem-solving and breastfeeding management skills

 Review Case Study A in the Breastfeeding Clinic pages and answer the questions.

What was the root cause of the problem here?

## RESOURCES

### References and further reading

(Please note that to access portable document (pdf) on-line files listed, you will need to use the Adobe reader)

Baby Feeding Law Group (2005) *Why the UK Law must change if it is to protect infant health*. Available on-line at:  
<http://www.babyfeedinglawgroup.org.uk/resources/whychangelaw.html>

Baby Milk Action (2001) Tap into the talent. *Boycott News* Issue 30. Available on-line at:  
<http://www.babymilkaction.org/boycott/boycot30.html>

Baby Milk Action (2005a) *Baby Milk Action* Available on-line at:  
<http://www.babymilkaction.org/>

Baby Milk Action (2005b) *Campaign against Nestlé endorsers list*. Available on-line at:  
<http://www.babymilkaction.org/pages/endorsers.html>

Battersby S (2000) Breastfeeding and bullying: who's putting the pressure on? *Practising Midwife* 3 (8) 36-38.

Full list of references and other resources included with full web addresses wherever available