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NURTURING BEGINNINGS

LTTA Module scenario outline

Parts of the Module	Content	Type of content
Module title and subtitle	Evidence based practices in postpartum care	
Overview	<p>This module provides healthcare professionals, midwives, and support staff with evidence-based knowledge and practical strategies to assist two key groups:</p> <ol style="list-style-type: none"> Breastfeeding mothers – Supporting them through common challenges, promoting breastfeeding success, and applying current research-based practices. Young expecting women experiencing anxiety about gynecological visits – Addressing fears, improving communication, and fostering a positive patient experience to ensure appropriate prenatal and gynecological care. <p>By integrating the latest research, psychological insights, and hands-on approaches, this module aims to improve maternal health outcomes and enhance patient-centered postpartum care.</p>	

<p>Module objectives</p>	<ul style="list-style-type: none"> • Apply evidence-based breastfeeding support strategies to assist postpartum mothers in overcoming common lactation challenges and promote breastfeeding success. • Recognize and address psychological barriers experienced by young expecting women regarding gynecological visits, implementing effective communication and patient-centered care approaches. • Integrate current research and best practices into maternal healthcare settings to improve breastfeeding outcomes and reduce gynecological visit-related anxiety. 	
<p>Module content Part 1</p>	<p>Presentation 1 Supporting Breastfeeding Mothers with Evidence-Based Practices</p> <p>Presentation script</p> <p>Slide 1: Title Slide – Supporting Breastfeeding Mothers with Evidence-Based Practices</p> <p>Speaker: "Welcome to this session on <i>Supporting Breastfeeding Mothers with Evidence-Based Practices</i>. Breastfeeding is a natural process, but it's not always easy. Many mothers face challenges that can lead to early weaning, unnecessary supplementation, or emotional distress. As healthcare professionals, our role is to provide accurate, research-based support to help mothers successfully initiate and continue breastfeeding.</p> <p>In the next 20 minutes, we will explore:</p> <ol style="list-style-type: none"> 1 ☐ The physiology of breastfeeding and how it works. 2 ☐ Common breastfeeding challenges and evidence-based solutions. 3 ☐ Psychological and emotional factors affecting lactation. 4 ☐ Best practices in counseling and support strategies. <p>Let's begin by understanding the basics of breastfeeding physiology."</p> <hr/>	<p>PPT presentation, self-reflection questions</p>

Part 1: Understanding Breastfeeding Physiology

Slide 2: How Breastfeeding Works – The Role of Hormones

Speaker:

"Breastfeeding is regulated by a complex interplay of hormones. Two key hormones drive this process:

- **Prolactin** – Stimulates milk production in the alveolar cells of the breast. Prolactin levels rise when the baby suckles.
- **Oxytocin** – Triggers the let-down reflex, helping milk flow from the ducts to the nipple. Oxytocin is also known as the 'love hormone' because it fosters maternal bonding.

The more frequently the baby nurses, the more prolactin is released, ensuring a steady milk supply."

Quick Question:

→ □ *What factors do you think might inhibit oxytocin release during breastfeeding?
(Hint: Stress, pain, and anxiety can all play a role.)*

Slide 3: The Importance of Early Initiation of Breastfeeding

Speaker:

"Research shows that early skin-to-skin contact and initiating breastfeeding within the first hour after birth significantly increase the likelihood of successful, long-term breastfeeding.

Why does early initiation matter?

- ✓ Stimulates milk production.
- ✓ Enhances bonding between mother and baby.
- ✓ Regulates the baby's temperature, heart rate, and blood sugar levels.

Hospitals that follow the *Baby-Friendly Hospital Initiative (BFHI)* guidelines prioritize uninterrupted skin-to-skin contact and early latching."

Evidence-Based Fact:

→ □ According to the WHO, initiating

breastfeeding within the first hour can reduce newborn mortality rates by up to **22%**.

Part 2: Common Breastfeeding Challenges and Solutions

Slide 4: Common Challenges Faced by Mothers

Speaker:

"Many new mothers struggle with breastfeeding. The most common issues include:

- ▶ **Latching difficulties:** The baby doesn't attach properly to the breast, causing pain and inefficient milk transfer.
- ▶ **Engorgement:** Painful swelling of the breasts due to milk overproduction.
- ▶ **Low milk supply:** Perceived or actual low milk production.
- ▶ **Mastitis:** Inflammation or infection of the breast, causing pain, swelling, and fever.

Let's break down solutions to each of these issues."

Slide 5: Addressing Latching Difficulties

Speaker:

"A correct latch is key to pain-free and effective breastfeeding.

👉 **Evidence-Based Latching Techniques:**

- ✓ Baby's mouth should be wide open, covering the areola, not just the nipple.
- ✓ The baby's chin should be pressed into the breast, with the nose slightly away from the breast.
- ✓ Look for rhythmic suckling and swallowing sounds.

💡 **Tip for Healthcare Professionals:**

- Encourage the *Laid-Back Nursing Position* or *Biological Nurturing* to help babies latch naturally.

★ **Evidence-Based Fact:**

- A study in *The Journal of Human Lactation*

found that correcting latch issues reduces nipple pain in **80%** of mothers within the first three days postpartum."

Slide 6: Managing Engorgement & Low Milk Supply

Speaker:

"Milk supply is often a top concern for new mothers. Here's how we can support them:

★ For Engorgement:

- ✓ Apply warm compresses before feeding and cold compresses after.
- ✓ Encourage frequent nursing or hand expression to relieve pressure.
- ✓ Gentle breast massage can improve milk flow.

★ For Low Milk Supply:

- ✓ Encourage frequent breastfeeding—milk production follows the demand-supply principle.
- ✓ Ensure proper latch and complete breast emptying at each feeding.
- ✓ Recommend skin-to-skin contact and stress reduction techniques to promote oxytocin release.

✎ Discussion:

→ □ *How can we reassure a mother who fears she isn't producing enough milk?
(Hint: Explain normal newborn feeding patterns and signs that the baby is getting enough milk, such as wet diapers and weight gain.)"*

Slide 7: Mastitis – Prevention and Treatment

Speaker:

"Mastitis is a painful condition that can discourage breastfeeding if not properly managed.

● Symptoms of Mastitis:

- 📍 Breast pain, redness, and warmth.
- 📍 Fever, chills, and flu-like symptoms.

☐ **Prevention & Treatment Strategies:**

- ✓ Ensure proper latch and emptying of the breast.
- ✓ Continue breastfeeding to clear blocked ducts.
- ✓ Apply warm compresses before feeding and massage the affected area.
- ✓ If symptoms persist, antibiotics may be required.

★ **Evidence-Based Fact:**

→ ☐ The Academy of Breastfeeding Medicine recommends continuing to breastfeed during mastitis, as stopping can worsen symptoms."

[Part 3: Psychological and Emotional Aspects of Breastfeeding](#)

Slide 8: Mental Health and Breastfeeding

Speaker:

"Breastfeeding isn't just physical—it has a strong emotional component. Many mothers experience anxiety, guilt, or even postpartum depression related to breastfeeding.

👤☐ **How Can We Support Mental Well-being?**

- ✓ Normalize mixed emotions about breastfeeding.
- ✓ Offer non-judgmental support if a mother chooses formula feeding.
- ✓ Connect struggling mothers with lactation consultants or peer support groups.

★ **Evidence-Based Fact:**

→ ☐ Studies show that maternal stress **reduces oxytocin release**, leading to poor milk let-down. Encouraging relaxation techniques can significantly improve breastfeeding success."

✍ **Discussion:**

→ ☐ *What strategies can we use to support a mother feeling overwhelmed by breastfeeding challenges?"*

Part 4: Best Practices in Breastfeeding Counseling

Slide 9: Effective Communication with Mothers

Speaker:

"Breastfeeding support should be personalized and empowering.

◆ **Best Counseling Practices:**

- ✓ Use open-ended questions: *'How are you feeling about breastfeeding so far?'*
- ✓ Validate feelings: *'It's completely normal to feel frustrated at times.'*
- ✓ Offer practical solutions instead of judgment.

★ **Tip:**

→ □ Avoid saying, *'Just keep trying, it'll get better.'* Instead, acknowledge the struggle and offer step-by-step guidance."

Conclusion & Reflection

Slide 10: Summary and Reflection Question

Speaker:

"Let's recap today's key takeaways:

- ✓ □ Breastfeeding success is based on **proper latch, frequent feeding, and maternal confidence.**
- ✓ □ Common challenges like **low milk supply and mastitis** can be managed with evidence-based techniques.
- ✓ □ Maternal mental health plays a crucial role in breastfeeding outcomes.

◆ **Final Reflection Question:**

→ □ *How can you improve the way you support breastfeeding mothers in your practice?*

Thank you for your time, and let's continue advocating for evidence-based postpartum care!"

<p>Additional resources in English and Partners' languages</p>	<p>Recommended readings & resources</p> <p>Here are five scientific articles on the theme of breastfeeding, presented in alphabetical order and formatted in APA style:</p> <ol style="list-style-type: none"> 1. Bicchieri, C., Das, U., Gant, S., & Sander, R. (2021). <i>Examining norms and social expectations surrounding exclusive breastfeeding: Evidence from Mali</i>. arXiv preprint arXiv:2103.09690. 2. Kumar, A. P., & Lukman, S. (2019). <i>Review: Dual benefits, compositions, recommended storage, and intake duration of mother's milk</i>. arXiv preprint arXiv:1905.12405. 3. Schnitzer, M. E., van der Laan, M. J., Moodie, E. E. M., & Platt, R. W. (2014). <i>Effect of breastfeeding on gastrointestinal infection in infants: A targeted maximum likelihood approach for clustered longitudinal data</i>. arXiv preprint arXiv:1407.8371. 4. Stuebe, A. M., & Schwarz, E. B. (2010). <i>The risks and benefits of infant feeding practices for women and their children</i>. <i>Journal of Perinatology</i>, 30(3), 155–162. https://doi.org/10.1038/jp.2009.107 5. Victora, C. G., Bahl, R., Barros, A. J. D., França, G. V. A., Horton, S., Krasevec, J., Murch, S., Sankar, M. J., Walker, N., & Rollins, N. C. (2016). <i>Breastfeeding in the 21st century: Epidemiology, mechanisms, and lifelong effect</i>. <i>The Lancet</i>, 387(10017), 475–490. https://doi.org/10.1016/S0140-6736(15)01024-7 	
<p>Notes to the LMS developer</p>		