

Plan for training and updating of healthcare professionals

All health professionals who help mothers with infant feeding should have their competencies in implementing the Six steps for the Baby-Friendly Community Health Services assessed. This assessment also includes the ability to guide and support mothers who do not breastfeed. Newly employed staff should have completed competency verification and training within three months of employment.

Theoretical knowledge :

- ☐ Conduct BreastFEEDucation, including discussing of case reports with colleagues.

Employees should be familiar with the following literature:

- ☐ [National guidelines on postnatal care \(Helsedirektoratet, 2014\)](#)
- ☐ [National guidelines on infant nutrition \(Helsedirektoratet.no\)](#)
- ☐ [National guidelines on health promoting and preventive services to children 0-20 years](#)
- ☐ [National guidelines on pregnancy care \(helsedirektoratet.no\)](#)
- ☐ [Breastfeeding – a handbook for health professionals 2023.](#)
- ☐ [WHO International Code of Marketing of Breastmilk Substitutes](#)
- ☐ [National clinical guidelines on medical breastfeeding complications \(helsedirektoratet.no\)](#)
- ☐ [Lancet breastfeeding series \(on health effects\)](#)

Employees must be familiar with relevant support resources.

- ☐ [The webpage on breastfeeding and the Baby-friendly standard in Norway.](#)
- ☐ [All about infant nutrition \(helsenorge.no\)](#)
- ☐ [Ammehjelpen.no \(mother to mother support group\)](#)
- ☐ [Global Health Media](#)
- ☐ [The movie "Breast is best"](#)

Practical knowledge

Suggestions for practical training

- ☐ Conduct colleague-supervised breastfeeding counselling or hospital shadowing
- ☐ Discuss breastfeeding case studies
- ☐ Perform a breastfeeding observation using a structured breastfeeding observation tool
- ☐ Use a form to assess milk intake during the first days
- ☐ Receive a demonstration of hand expression training
- ☐ Receive a demonstration of cup feeding training
- ☐ Receive a demonstration of training in the use of pumping equipment, supplemental nursing systems, and nipple shield

To be completed after the knowledge update has been conducted:

Date: _____

Health center _____

Employee's name and position:: _____

Manager (Training Responsibility): _____