



# unitar

United Nations Institute for Training and Research

## Unitar Online Catalogue

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### Learning Webinar Series: Supporting Breastfeeding within the Community

People

Deadline: 20 Nov 2024

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Type:	Webinar
Location:	Web-based
Date:	25 Sep 2024 to 20 Nov 2024
Duration:	2 Hours
Programme Area:	Special event
Website:	<a href="https://unitar.org/sustainable-development-goals/people/our-portfolio/global-br...">https://unitar.org/sustainable-development-goals/people/our-portfolio/global-br...</a>
Price:	\$0.00
Event Focal Point Email:	estrella.merlos@unitar.org
Partnership:	Danone

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### BACKGROUND

The Global Breastfeeding Education Initiative (Global BFEI) was launched in March 2023, to contribute to improving breastfeeding education to advance towards the achievement of 70% of babies breastfed exclusively until 6 months of age by 2030, through training and education programs. To reach this goal, the Global

BFEI offers a variety of educational tools that provide impartial information on the benefits of breastfeeding and practical training aimed at increasing women's practical knowledge, skills, and confidence to breastfeed.

During the breastfeeding journey, parents may have several questions or encounter some challenges along the way. Fortunately, Health Care Professionals, including pediatricians, family doctors, midwives, and nurses, as well as community health care workers, are well-equipped to provide guidance and support to parents during these times of uncertainty.

With this in mind, we are excited to announce our upcoming webinar series, designed for both parents and health care professionals. This series is aimed at this crucial group whose positive encouragement for breastfeeding is essential. By arming them with the right knowledge, we aim to enhance satisfaction and prolong the duration of breastfeeding among mothers.

Throughout the series, we will delve into various aspects of breastfeeding support, exploring different perspectives, and addressing common challenges that Health Care Professionals often encounter when assisting breastfeeding parents. This unique opportunity will allow stakeholders to gain valuable insights into the benefits of breastfeeding and how best to support it.

## EVENT OBJECTIVES

### Event Description

The United Nations Institute for Training and Research (UNITAR) and the Global Breastfeeding Education Initiative (BFEI) are hosting a Webinar Series on supporting breastfeeding in the community. This 3-part series seeks to provide comprehensive information and support to mothers, Healthcare professionals and anyone interested in learning more about breastfeeding practices and its benefits.

The series will bring together international experts to discuss practical steps towards protecting the survival and health of babies and women, breastfeeding

as a central part of the 2030 Agenda for Sustainable Development (SDG2 and SDG3 — which include ending hunger, improving nutrition, and promoting health and wellbeing). As we strive to promote maternal and child health and empower breastfeeding mothers, our webinar series will cover the following topics:

1. Look & Latch: Responsive feeding and understanding feeding cues
2. Beyond Milk: Breastfeeding and Mastitis
3. Beyond the Basics: Breastfeeding and Vulnerable groups

## LEARNING OBJECTIVES

### Webinar 1: **Look & Latch: Responsive feeding and understanding feeding**

#### Learning Objectives

1. Understanding the concept of responsive feeding and its importance in supporting optimal infant growth and development.
2. Identify the cues and signals infants use to communicate hunger, satiety, comfort and other needs during feeding.
3. Explore the role of responsive feeding in promoting healthy eating habits and preventing feeding-related issues later in life.
4. Understand the importance of establishing consistent feeding routines for infants in promoting their overall health and well-being.
5. Gain insight into the various reasons why infants cry, including hunger, discomfort, fatigue, and illness.
6. Explore strategies for responding to infant cries in a sensitive and effective manner, including techniques for soothing and comforting distressed infants.

### Webinar 2: **Beyond Milk: Breastfeeding and Mastitis**

#### Learning Objectives

1. Understand the background of mastitis, including its definition, prevalence, and incidence worldwide.
2. Identify risk factors associated with mastitis occurrence in breastfeeding mothers.
3. Explore the emotional and psychological impact of mastitis on breastfeeding mothers.
4. Learn strategies to provide psychological support and encouragement to breastfeeding mothers affected by mastitis.

5. Learn about evidence-based treatment options for mastitis, including pharmacological and non-pharmacological approaches.
6. Gain insights into the impact of mastitis on the composition and diversity of human milk microbiota.
7. Learn about emerging trends and advancements in understanding the microbiological aspects of mastitis and their implications for clinical practice.

### Webinar 3: **Beyond the Basics: Breastfeeding and Vulnerable Groups**

#### Learning Objectives

1. Understand the unique challenges faced by HIV-positive women in making decisions about breastfeeding.
2. Recognize the importance of individualized counselling and education in empowering HIV-positive women to make informed choices regarding infant feeding practices.
3. To equip healthcare providers with the knowledge, skills, and tools necessary to deliver trauma-informed breastfeeding support to survivors of domestic violence
4. Understand the importance of skin-to-skin contact and kangaroo mother care in promoting breastfeeding success among premature infants.
5. Identify practical techniques for implementing skin-to-skin contact and kangaroo mother care in neonatal care settings.
6. Gain insights into the experiences of breastfeeding mothers who have overcome postpartum depression.
7. Appreciate the importance of sharing stories of triumph and resilience to inspire and empower breastfeeding mothers facing similar challenges.

## CONTENT AND STRUCTURE

### **Webinar Format:**

Moderator:

Welcome & Overview of BFEI:

Remarks by CIFAL York:

Moderator: Introduction of 1st Speaker

Topic 1:

**Video** interview with Midwife & Client : Caribbean Regional Midwives Association (CRMA)

Moderator: Introduction of 2nd Speaker

Topic 2:

**Video** interview with Midwife & Client : Nightingale Initiative for Global Health (NIGH)

Moderator: Introduction of 3rd Speaker

Topic 3:

**Video** interview with Midwife & Client : SAMAS (Health for Mothers and Babies) Romania

Topic 4:

**Quiz: via QR Code**

Question and Answers

## METHODOLOGY

### **Webinar Format:**

Moderator:

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Moderator: Introduction of 3rd Speaker

Topic 3:

**Video** interview with Midwife & Client : SAMAS (Health for Mothers and Babies) Romania

Topic 4:

**Quiz: via QR Code**

Question and Answers

## TARGETED AUDIENCE

Target Audience: Health care professionals, mothers and families, policy makers and civil society organisations.