



# unitar

United Nations Institute for Training and Research

## Unitar Online Catalogue

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### CIFAL York - Breastfeeding Education Initiative

#### People

Deadline: 20 Nov 2024

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Type:	Other
Location:	Web-based
Date:	25 Sep 2024 to 20 Nov 2024
Duration:	3 Days
Programme Area:	Decentralize Cooperation Programme
Website:	<a href="https://www.unitar.org/sustainable-development-goals/people/our-portfolio/global">https://www.unitar.org/sustainable-development-goals/people/our-portfolio/global</a>
Price:	\$0.00
Event Focal Point Email:	adcifal@yorku.ca
Partnership:	CIFAL York, UNITAR, CIFAL Newcastle, Caribbean Regional Midwives Association , Asociata SAMAS , Nightingale Initiative for Global Health , 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

The key goals and objectives of the webinar series are:

- Understanding the concept of responsive feeding and its importance in supporting optimal infant growth and development.
- Identify the cues and signals infants use to communicate hunger, satiety, comfort and other needs during feeding.

- Explore the role of responsive feeding in promoting healthy eating habits and preventing feeding related issues later in life.
- Understand the importance of establishing consistent feeding routines for infants in promoting their overall health and well-being.
- Gain insight into the various reasons why infants cry, including hunger, discomfort, fatigue, and illness.
- Explore strategies for responding to infant cries in a sensitive and effective manner, including techniques for soothing and comforting distressed infants.
- Understand the background of mastitis, including its definition, prevalence, and incidence worldwide.
- Identify risk factors associated with mastitis occurrence in breastfeeding mothers.
- Explore the emotional and psychological impact of mastitis on breastfeeding mothers.
- Learn strategies to provide psychological support and encouragement to breastfeeding mothers affected by mastitis.
- Learn about evidence-based treatment options for mastitis, including pharmacological and nonpharmacological approaches.

- Gain insights into the impact of mastitis on the composition and diversity of human milk microbiota.
- Learn about emerging trends and advancements in understanding the microbiological aspects of mastitis and their implications for clinical practice.
- Understand the unique challenges faced by HIV-positive women in making decisions about breastfeeding.
- Recognize the importance of individualized counselling and education in empowering HIV positive women to make informed choices regarding infant feeding practices.
- Identify the specific barriers and challenges faced by refugee mothers in initiating and sustaining breastfeeding.
- Learn culturally sensitive approaches to provide support and assistance to refugee mothers in overcoming breastfeeding challenges.
- Understand the importance of skin-to-skin contact and kangaroo mother care in promoting breastfeeding success among premature infants.
- Identify practical techniques for implementing skin-to-skin contact and kangaroo mother care in neonatal care settings.
- Gain insights into the experiences of breastfeeding mothers who have overcome postpartum depression.
- Appreciate the importance of sharing stories of triumph and resilience to inspire and empower breastfeeding mothers facing similar challenges.

## LEARNING OBJECTIVES

The key goals and objectives of the webinar series are:

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- Appreciate the importance of sharing stories of triumph and resilience to inspire and empower breastfeeding mothers facing similar challenges.

## CONTENT AND STRUCTURE

Session 1:

LOOK & LATCH: RESPONSIVE FEEDING AND UNDERSTANDING FEEDING CUES

Session 2:

BEYOND MILK: BREASTFEEDING AND MASTITIS

Session 3:

BEYOND THE BASICS: BREASTFEEDING AND VULNERABLE GROUPS

## METHODOLOGY

Experts in the field present case studies from their work on their chosen topic. The presentations are followed by a moderated Q&A session to discuss what has been presented with those in attendance.

## TARGETED AUDIENCE

- Educators and those in related fields.
- Parents who are breastfeeding

- Public health policy makers
- Nurses
- Midwives
- Doctors