

## Professional “Peiyue” (Breastfeeding) Certificate Course 2022

### Course Objectives:

Participants who have completed this course and passed the examination are expected to have acquired the appropriate attitude and adequate knowledge and skills to...

- Respect postnatal mothers' decisions on how to feed their babies and effectively communicate with the mothers and their families
- Support postnatal mother to breastfeed, both technically and emotionally
- Assist mothers to decide when their babies need a feed and whether they are adequately fed, through observing babies' signs of hunger and satiety as well as the stool patterns
- Assist mothers to prevent and detect early signs of common breastfeeding issues (e.g. breast engorgement, blocked ducts etc.)
- Assist mothers to seek medical advice should they encounter problems during breastfeeding (e.g. mastitis, low milk supply etc.)
- If necessary, assist mothers to handle their expressed breastmilk, sterilize the breast pump and use proper utensils (e.g. a cup) to feed their babies expressed breastmilk

### Course highlights :

Milk supply mechanism	Demonstration of hand expression
How to manage mother-baby separation	Milk expression technique & usage
Proper suckling and attachment	Signs of effective breastfeeding
Common breastfeeding problems (Sore nipple, blocked ducts, flat or inverted nipple, low supply)	Dietary tips for postnatal mothers (“moon-sitting”)
Introduction of lactagogue (method) / lactation acupuncture	Introduction to common Chinese herbs for postnatal mothers (“moon-sitting”)
Breastfeeding twins & triplets/ Preterm Babies	Supplementation of milk
Communication skills	Returning to work

Teaching methods: Lectures, Group Discussions, Practicum

Language: Cantonese and Chinese

### Trainers :

1. Ms Lam Chi Oi Christine [RN, RM, BHS(Nsg), MMid, IBCLC, WHO Breastfeeding Counsellor, Trainer of WHO/UNICEF BF Counselling Course]
2. Ms Siu Sau Mei Esther [RN, RM, GDNurs, MMid, IBCLC, WHO Breastfeeding Counsellor, Trainer of WHO/UNICEF BF Counselling Course]
3. Ms Yeung Lee Man Julia [RN, RM, BNurs, MPH, IBCLC, WHO Breastfeeding Counsellor, Trainer of WHO/UNICEF BF Counselling Course]
4. Ms Ip Sek Lan Iris [RN, RM, BN, Dip in Women’s Health Studies, IBCLC, Trainer of WHO/UNICEF BF Counselling Course]
5. Ms Tse Ka Man Carmen [Registered Chinese Medicine Practitioner, MSc in Stroke and Clinical Neurosciences (CUHK), BCM & BSc (Hons) in Biomed Sci (HKBU), Cert Course in Reproductive Medicine & Assisted Reproductive Technology (CUHK, O&G), Cert Course in Maternal & Infant Nutrition (CUHK, O&G)] (Breastfeeding Mothers)
6. Ms Wong Nga Wai Agnes [RN, BN, Pgd Epidemiology and Biostatistics, MPH, IBCLC, Pgd HSM, Trainer of WHO/UNICEF BF Counselling Course]
7. Ms Chan Yim Fan [RN, RM, Master of Health Admin, IBCLC, Mentor of Basic Breastfeeding Training Program for Nurses (HA)]

Participants who have completed the whole course (20 hours in total) and passed the examination will be presented with a "Certificate of Passing" by the Organizers. The qualified participants may quote “Professional “Peiyue” (Breastfeeding) Certificate Course (2022)” on their name cards. The list of qualified participants will be uploaded onto the website of the Organizers for three years.