



Association of Breastfeeding Mothers

ABM BFC Training Modules

Module 1

- 1a – How Breastfeeding Works
- 1b – Positioning and Attachment and **Observation** (<6mo)
- 1c – Diversity and Inclusion
- 1d - Reflection

Module 2

- 2a – Breast and Nipple Problems
- 2b – Counselling Skills
- 2c – **Practical Assessment 1** (Positioning and Attachment)
- 2d – Practice Call 1

Module 3

- 3a – The Importance of Breastfeeding
- 3b – Factors that Support or Hinder Breastfeeding
- 3c – The Environmental Impact of Infant Feeding
- 3d – The WHO Code

Module 4

- 4a - Newborn Baby Behaviour, Crying, Colic and Reflux, and Responsive Feeding
- 4b - Sleep and Night-time Breastfeeding
- 4c - Breast Refusal
- 4d - **Practice Call 2**

Module 5

- 5a – Expressing and Storing Breastmilk
- 5b – Combination Feeding
- 5c – Introducing Solid Food
- 5d – Breastfeeding an Older Baby and **Observation** (>6mo)

Module 6

- 6a – Milk Supply
- 6b – Relactation and Induced Lactation
- 6c – **Practical Assessment 2** (Hand Expressing and Breast Compressions)
- 6d – Practice Call 3

Module 7

7a – Drugs in Breastmilk
7b – Mental Health
7c – Safeguarding and **Safeguarding Course Certificate**
7d – Becoming a Breastfeeding Counsellor

Module 8

8a – Premature Babies
8b – Twins and Multiples
8c – Pregnant and Tandem Breastfeeding
8d – **Practice Call 4**