

# Supporting breastfeeding within the Community

Expert conversations on Breastfeeding  
Promotion and Education



**Webinar Learning Series**

3 events, September, October, November 2024



## 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 step 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

# 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.

September 25

## 1. Look & Latch: Responsive feeding and understanding feeding cues

**Agenda – The following topics will be discussed during this session:**

- Responsive feeding and Infant development
- Establishing feeding routines
- Challenges in Recognizing Feeding Cues
- Tears Tell Tales: Understanding the Messages Behind Infant Cries

The Overall objective is to equip participants with the knowledge and skills necessary to recognize, interpret, and appropriately respond to infant feeding cues, fostering a supportive feeding environment that promotes optimal nutrition, growth, and emotional well-being in infants.

## 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.

## Speakers

**Professor Rafael Pèrez-Escamilla and Mrs. Moenie Der Kleyn**

**Responsive feeding and Infant development**

**October 30**

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

**Agenda – The following topics will be discussed during this session:**

- Epidemiology of Mastitis (background, prevalence & incidence)
- Psychology of Mastitis: How Mastitis impacts breastfeeding
- Management of Mastitis (prevention, risk factors, complications, treatment),
- Microbiology of Mastitis: Effects of mastitis on Human Milk Microbiota

The overall objective will be to educate participants about mastitis, including its causes, symptoms, prevention, and management strategies, empowering them to effectively support breastfeeding mothers in preventing and addressing mastitis to ensure the continuation of successful breastfeeding journeys.

## Learning Objectives

- 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 non-pharmacological 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.

## Speakers

### Dr Maria Carmen Collado

**Microbiology of Mastitis: Effects of Mastitis on Human Milk Microbiota**

### Professor Michael Abou-Dakn

**Epidemiology of Mastitis: Background, Prevalence & Incidence**

### Professor Michael Abou-Dakn

**Management of Mastitis: Prevention, Risk Factors, Complications & Treatment**

**November 20**

## Beyond the Basics: Breastfeeding and Vulnerable Groups

**Agenda – The following topics will be discussed during this session:**

- Supporting Decision-Making: Counselling and Education for HIV-Positive Women Considering Breastfeeding
- Building Bridges: Supporting Survivors of Domestic Violence on Breastfeeding Initiation and Duration
- Skin-to-Skin Contact and Kangaroo Mother Care: Enhancing Breastfeeding Success in Premies
- Celebrate Progress: Stories of Triumph and Resilience from Breastfeeding Mothers Overcoming Postpartum Depression

The overall objective will be to explore the unique challenges and barriers faced by vulnerable groups in initiating and sustaining breastfeeding, and to develop strategies and interventions to provide tailored support and advocacy for these populations.

## Learning Objectives

- 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.

## Speakers

### **Mrs. Andrea Jordan**

**Celebrate Progress: Stories of Triumph and Resilience from Breastfeeding Mothers  
Overcoming Postpartum Depression**

### **Professor Andrea O'Reilly**

**Building Bridges: Supporting Survivors of Domestic Violence on Breastfeeding Initiation and  
Duration**

### **Dr Chang Yen-li Chain**

**Supporting Decision-Making: Counselling and Education for HIV-Positive Women Considering  
Breastfeeding**

### **Professor Silke Mader**

**Skin-to-Skin Contact and Kangaroo Care: Enhancing Breastfeeding Success in Premies**

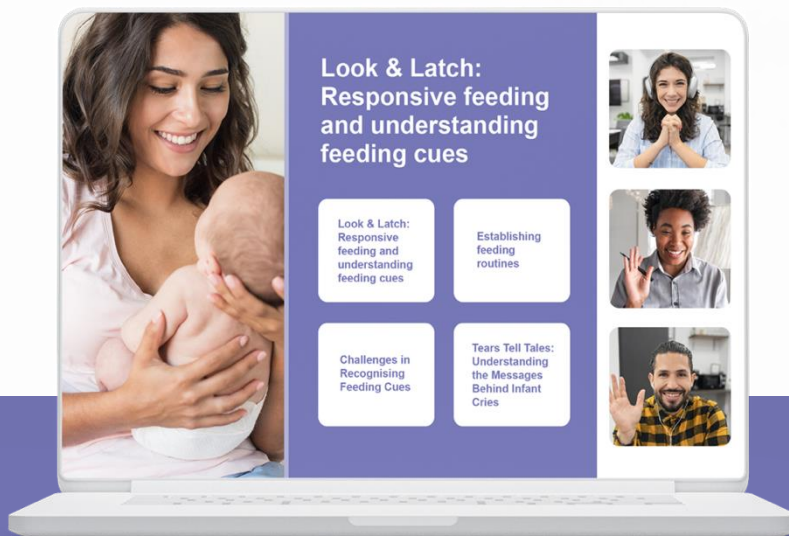
# Earn a Certificate!

[Register here](#)



**An official UNITAR Certificate of Participation will be available to participants who successfully complete the Certificate requirements (optional)**

The webinar series will be hosted via the CIFAL York Zoom platform and is open to all. To participate in the event, you must [register here](#). The webinars will start with welcome remarks, followed the panel discussion and concluded with a moderated Q&A session.



[Register here](#)



# SUSTAINABLE DEVELOPMENT GOALS



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Geneva 2 Switzerland [unitar.org/bfei](http://unitar.org/bfei)  
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Breastfeeding  
EDUCATION INITIATIVE

## Academic Partners



## Supporting Partners

