

BFHI Workshop

BFHI Sensitization at Doorsteps (2-4 Hours)



A. Workshop/ Interview with Mothers, Nurses, Doctors, Administrators

(Format similar to Social Advocacy: Session 3.5)

1. Introduction

1.1. Importance of Maternity Services:

1.2. What is BFHI?

1.3. Antenatal Counselling

1.4. Postnatal Counselling:

Problem	Knowledge and Skills inclusive of Counselling Skills
No Milk \ Less Milk	Why less milk in first few days, quantity of colostrum and stomach capacity, How to wake up a sleepy baby, Early feeding cues, Weight , Frequency in first few days
Cracked Nipple	Attachment
Positioning and Holding the baby	Positioning and Baby holding Skills
Engorgement, Mastitis, Breast Abscess	Expression etc.

2. Recommendations for IYCN

3. Four Myths of Breastfeeding

3.1 Lactating mother should avoid some foodstuffs

3.2 Mother should strictly breastfeed in sitting position

3.3 Feed on both sides during one breastfeed

3.4 If baby cries excessively, it implies that breastmilk is insufficient

4. Four myths about complementary feeding

5. Four Special Issues: Initiation of Breastfeeding (Breast Crawl), Support after Discharge, Caesarean Mothers, NICU Babies

B. Round:

Antenatal OPD, Postnatal Wards, Labour Room, NICU, Pantry, Human Milk Bank

C. Review of written material

Policy, Antenatal Card, Antenatal / Postnatal Counselling Contents, Discharge Card, File, Posters, Wall Messages

D. Completing the BFHI Assessment Form (Appendix 10)

Fill in duplicate, hand over 1 copy to hospital administrator, retain the second copy for records