



This outline provides guidance for an educator at a High 5 for Mom & Baby facility to confidently lead a skills fair class at their hospital.

Class Outline

- Welcome and Objectives (10 min.)
- Skill Rotation #1 (60 min., 20 per station)
Skin-to-Skin Contact | Position & Latch on | Hand Expression, Breast Pump Use, & Hands-on Pumping
- Break 10 minutes
- Skill Rotation #2 (60 min., 20 per station)
Alternative Feeding Methods | Counseling Skills, Rooming In | Formula Preparation
- Teaching Techniques (30 min.)
- Community Support, Wrap Up, Q&A (10 min.)

OBJECTIVES

1. Describe at least 2 ways using skin to skin contact immediately after delivery will improve breastfeeding success.
2. List the steps needed to achieve the asymmetrical latch.
3. Role-play hand expression and discuss three ways that it can help a new mom establish and maintain a robust milk supply.
4. Explain two times when an alternative feeding method might be needed for an infant, demonstrating how to apply this in the clinical setting.
5. Demonstrate at least 2 ways you can help facilitate rooming-in for new parents in the hospital.
6. Name three critical steps in preparation of infant formula.
7. Identify at least 2 adult learning styles and how to incorporate them into your teaching.

Supplies

- Baby
- Table and blanket
- Fabric breast
- Pump kit
- NG tube and syringe
- Cup
- Plastic spoon
- Nipple shield
- Bottle
- Door magnet-ribbon
- Can of formula
- Glass measuring cup
- Notebook for originals of handouts
- Sheet protectors



Skill Station #1: Skin-to-Skin Contact (Step 4)

- Tools needed: baby, table with blanket
- Handouts:
 - Carolina Global Breastfeeding Institute Skin-to-Skin Care: A Guide for Healthcare Professionals <https://sph.unc.edu/cgbi/resources-access-maternity-postpartum>
 - Really? Really. Campaign Skin-to-Skin <http://reallyreally.org/index.html#skin-to-skin>

Skill Station #2: Positioning and Latch on (Steps 2, 5, 6, 8)

- Tools needed: baby, fabric breast, table with blanket
- Handouts:
 - LER Checklist for Essentials of Positioning and Latch On <https://www.lactationtraining.com/resources/handouts-parents?task=document.viewdoc&id=22>

Skill Station #3: Hand Expression, Breast Pump Use and Hands-on Pumping (Steps 2, 5, 6, 8)

- Tools needed: pump kit, fabric breast
- Handouts:
 - LER Hand Expression of Breastmilk <https://www.lactationtraining.com/resources/handouts-parents?task=document.viewdoc&id=31>
 - LER Selecting a Breast pump <https://www.lactationtraining.com/resources/handouts-parents?task=document.viewdoc&id=3>



Skill Station #4: Alternative Feeding Methods (Steps 5, 6, 8, 9)

- Tools needed: NG tube and syringe, cup, plastic spoon, nipple shield, bottle
- Handouts:
 - LER Alternative Feeding Methods <https://www.lactationtraining.com/resources/handouts-parents?task=document.viewdoc&id=181>

Skill Station #5: Counseling Skills, Rooming in (Steps 2, 3, 5, 7, 10)

- Tools needed: door magnet-ribbon
- Handouts:
 - LER Five Keys to Successful Breastfeeding <https://www.lactationtraining.com/resources/handouts-parents?task=document.viewdoc&id=38>

Skill Station #6: Formula Preparation (Step 5)

- Tools needed: can of formula, baby, bottle, glass measuring cup
- Handouts:
 - CDC Infant Formula Preparation <https://www.cdc.gov/nutrition/downloads/prepare-store-powered-infant-formula-508.pdf>
 - High 5 for Mom & Baby Guide to Safe Formula Feeding/Paced Bottle Feeding <https://i.high5kansas.org/hi5rs/Safe-Formula-Feeding-Guide.pdf>