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# Community Breastfeeding Mentoring workshops are an effective method to support breastfeeding

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# The importance of improving breastfeeding rates

Health benefits for infants include:

- reduced risk of infection, asthma and atopic disease and sudden infant death syndrome
- improved cognitive development
- protection against obesity, hypertension and some chronic diseases in later life.



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## The importance of improving breastfeeding rates (cont.)

Health benefits to mothers include:

- improved bonding with their infant
- accelerated recovery from childbirth and progress towards a healthy body weight.
- reduced risk of some cancers.

*2013 Infant Feeding Guidelines and National Breastfeeding Strategy 2010 – 2015*

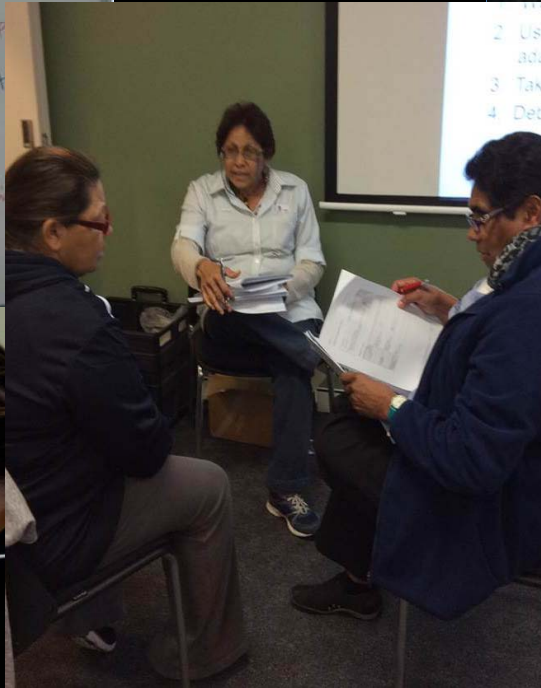
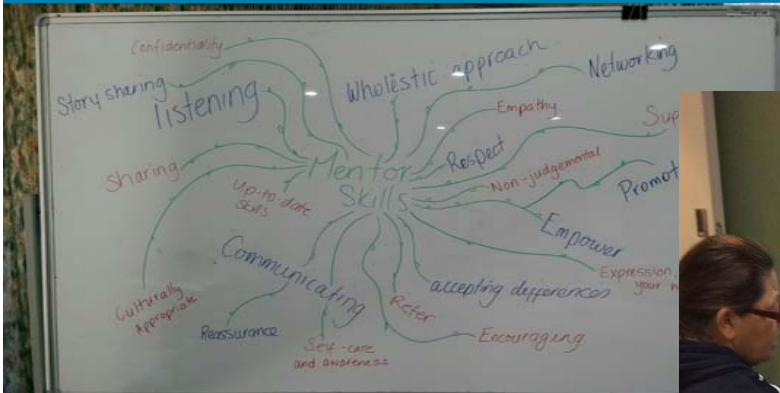


- 22094VIC Course in Community Breastfeeding Mentoring - a nationally recognised short course
- Is delivered over 2 days facilitated by 2 trainers to a maximum of 15 participants
- Covers 2 main areas:
  - Essential and clear information about breastfeeding
  - Mentoring communication skills
- Uses interactive small-group learning activities



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# Interactive learning activities





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## Community Breastfeeding Mentoring Workshops held in 2014

- In 2014 ABA delivered 12 customised CBMs to 152 participants that included:
  - Aboriginal Health Practitioners
  - Midwives
  - Child health nurses
  - Allied health professionals working with Aboriginal and Torres Strait Islander communities
  - Community support workers
  - Community members



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## Community Breastfeeding Mentoring Workshops held in 2014 (cont.)

- 6 were funded by Rural Health Continuing Education Stream Two grant funding from the Department of Health and were held in:
  - Moree, Armidale and Narrandera NSW
  - Cairns QLD
  - Mildura VIC
  - Albany WA



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## Evaluation of these 6 workshops

- Feedback was collected in 2 stages
  - 1<sup>st</sup> stage immediate workshop feedback
  - 2<sup>nd</sup> stage at least 1 month post workshop





## Summary of feedback - immediate

- Overall very positive feedback about the effectiveness of the workshop
- Interactive activities always rated the most valuable learning experience
- Immediate feedback always rates the second day as better



Participants described real changes in their confidence, work practices and knowledge. They saw this as:

- their role as an Aboriginal health worker had ‘value’
- being better ‘informed’ and ‘equipped’ advocates
- making a ‘real impact’ at the community level
- creating a ‘team’ of health workers



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## Workplace feedback from CBM workshops

*'I just wanted to feedback that we have had an increase in our KPI for term babies discharged from hospital and for the first time we have met our KPI of 75% for 2 consecutive quarters July to Dec. In 2013 we were sitting around 70% for the year and have gradually started creeping up in 2014.*

*I have no doubt that the two courses you ran here in August and September has contributed to the increase in numbers of Aboriginal Women Breastfeeding, so please pass on this very pleasing result and our thanks to Vicki and Laura.'*