Session Plan - RELACTATION, WET NURSING AND DONOR HUMAN MILK IN EMERGENCIES

# Session Aim

# To enable participants to understand key aspects of managing non-breastfed and partially breastfed children and to identify and operationalise contextually appropriate interventions to provide safer alternatives to infant formula.

# Learning Objectives

By the end of this session participants will be able to:

* Explain why it is important to first explore infant feeding options other than breastmilk substitutes
* Identify alternative feeding options to breast milk substitutes that minimise risk for non-breastfed and partially breastfed infants and assess their contextual appropriateness and feasibility for a given emergency context
* Design and operationalise interventions to facilitate alternative feeding options for non-breastfed and partially breastfed infants in emergencies

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| **Expected Duration:** 120 minutes**Recommended Number of Facilitators:** 1 – 3 (depending on expertise of available facilitators) **Preparation:**  Contextualization is necessary for the session. Details are included in the table below. Well in advance, consider the acceptability of using “wet nursing” terminology, understand local wet nursing attitudes and practices. Determine whether milk banks are operational or feasible in the training context. | **Materials:** | |
|  | PowerPoint  Handout:  1. Wet Nursing Article  Activity Materials: 1. Case Scenario  Posters: 1. Drip Drop 2. Cup Feeding 3. Increasing milk supply 4. Skin to skin  Video: 1. Anjuman in Bangladesh 2. Relactation Overview  3. Drip Drop Method 4. Donor Human Milk - Vietnam Case Study  Flipchart |

# Session overview

| **Section title** | **Time** | **Training methodology** | **Facilitator(s) name** | **Material / Resources** | **Preparation** |
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| **INTRODUCTION** | 20’ | Cases study and discussion  Use of video  Presentation |  | Slides 1 – 7  Video: Anjuman in Bangladesh  Activity Material: Case Scenario |  |
| **RELACTATION** | 60’ | Facilitation with questions to the group  Use of video  Presentation  Case study from Jordan  Group activity to reflect how to support mothers/ caregivers in successful relactation |  | Slides 8 – 22  Video: Relactation Overview  Video: Drip Drop Method  Flipcharts  4 Posters: Posters Cup Feeding; Increasing Milk Supply; Skin to Skin; Drip Drop | Slide 13: Check if the video on the slide is launching well. If not, use the offline version available.  Slide 21: Decide how the participant will be split into 3 groups. |
| **WET NURSING** | 25’ | Presentation and discussion  Individual activity |  | Slides 23 – 28  Participant Handout: Wet Nursing Article  Flipchart (Slide 28 – HIV Transmission Risk Calculation) | Slides 23 – 28: Consider whether it is appropriate and culturally sensitive to use “wet nursing” terminology within the training context. While in some locations wet nursing is seen as very positive, in other locations (e.g., the USA) the term is linked with considerable intergenerational trauma and should be avoided. (See Slide 24 for further detail)  Slide 25: Develop a basic understanding of wet nursing attitudes and practices within the training context  Slide 26: Read the full publication: <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0222980>  Slide 28: Prepare a flipchart with the HIV Transmission Risk Calculation (3% HIV prevalence) |
| **DONOR HUMAN MILK** | 12’ | Presentation  Use of video  Case study |  | Slides 29 - 34  Video: Donor Human Milk – Vietnam Case Study | Slides 29 – 33: Establish whether milk banks are operational and/or whether the conditions for their safe management exist; if not, condense this section.  Slide 33 – Contexualise with information on human milk bank in the training location, if available. |
| **FURTHER READING** | 3’ | Presentation |  | Slide 35 | Add contextually relevant resources, if available |