Session Plan – Early initiation of breastfeeding in emergencies

# Session Aim

To enable participants to support the early initiation of exclusive breastfeeding within maternity services during emergencies.

# Learning Objectives

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

* State key newborn interventions to protect and support maternal and newborn health and nutrition status
* Describe the possible impact of emergencies on the practice of early initiation of exclusive breastfeeding
* Describe the Ten Steps to Successful Breastfeeding that should be integrated into maternity services during emergencies
* Identify barriers and solutions to implementing interventions to support early initiation of breastfeeding during emergencies

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| **Expected Duration:** 120 minutes**Recommended Number of Facilitators:** 1 - 2 **Preparation:**  Purchase and prepare the demonstration materials in advance. Details are included in the table below. | **Materials:** | |
|  | PowerPoint  Participant Handout 1. Infographic: Early Initiation of Breastfeeding in Emergencies  Activity Materials: 1. Obstetric Violence in Greece  Training Aid: 1. Demonstration  Video: 1. Early Initiation of Breastfeeding 2. Centre of Excellence for Breastfeeding  6 Flip Chart  3 clear bottles, 3 labels, red liquid (e.g., grenadine syrup) |

# Session overview

| **Section title** | **Time** | **Training methodology** | **Facilitator(s) name** | **Material / Resources** | **Preparation** |
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| **INTRODUCTION** | 5’ | Presentation and discussion |  | Slides 1- 4 |  |
| **KEY NEWBORN HEALTH & NUTRITION INTERVENTIONS** | 30’ | Presentation  Discussion  Demonstration |  | Slides 5 – 17  Flipchart  Training Aid: Demonstration | Slide 12: Prepare the demonstration materials  Slide 17: Add national guidance and standards, if available |
| **THE IMPORTANCE OF EARLY INITIATION OF BREASTFEEDING IN EMERGENCIES** | 20’ | Presentation  Discussion  Use of video |  | Slides 18 - 23  Video: Early Initiation of Breastfeeding |  |
| **IMPACT OF EMERGENCIES** | 15’ | Discussion  Use of examples |  | Slides 24 -29  Activity Material: Obstetric Violence | Slide 26: Print 2 copies of the activity materials |
| **KEY STEPS TO SUPPORT EARLY INITIATION OF BREASTFEEDING** | 10’ | Presentation  Use of video |  | Slides 30 – 35  Video: Vietnam Centre of Excellence for Breastfeeding |  |
| **BARRIERS AND SOLUTIONS** | 39’ | Presentation  Discussion  Group work: barriers and solutions |  | Slides 36 – 41  Participant Handout: Infographic: Early Initiation of Breastfeeding  6 Flipchart | Slide 40: Decide how you will split the participants into 6 groups. Prepare 6 flipchart papers with headings. |
| **FURTHER READING** | 1’ | Presentation |  | Slide 42 |  |
| **SPECIAL CARE (Supplementary Slides)** | N/A |  |  | Slides 44 - 45 | Familiarise yourself with these extra slides in case of questions; if the material is particularly relevant to the training context, consider including them in the planned training session. |