

## BfN Helpers Course

### BfN Registered Breastfeeding Helpers

Helpers is the name of our peer support course. It gives those undertaking the training a nationally recognised qualification with the Open College Network. The course is delivered by a registered and accredited BfN tutor. Courses run with 10-12 participants with 12 weekly training sessions, followed by monthly supervision and on-going learning. Successful completion of the course qualifies women to work as Breastfeeding Helpers. Experience is gained by supporting new mothers in drop-in groups, the maternity unit and home visiting (with additional supervision). Volunteering as a BfN Registered Breastfeeding Helper has additional benefits as it enables women to add a recognised qualification to their CV, benefiting future job applications and providing a route into further/higher education. The course is designed to be accessible for all women including those with no formal qualifications.

### Course content:

- basics of breastfeeding management including helping a mother achieve a more comfortable latch and hand expression
- reflection on personal experience
- an introduction to listening skills
- an introduction to group work
- the role of BfN and other breastfeeding support
- sources of breastfeeding information
- the role of research
- introduction to measures needed to protect infant feeding from commercial interests and non-evidence based interventions.

It may be possible for interested female workers on community programmes who are not mothers or did not breastfeed their children to attend the course with the understanding that the course is aimed at mothers who have breastfed. These workers will not qualify as a Breastfeeding Helper (Peer Supporter) but will receive a certificate of attendance and the course materials.

The cost of purchasing Peer Support Programmes will vary according to individual requirements and specifications. They range from PCT wide schemes to stand-alone courses which include nine months supervision and on-going training.

**Please contact us to discuss your training needs.**

### For more information:

- visit [www.breastfeedingnetwork.org.uk/training](http://www.breastfeedingnetwork.org.uk/training)
- email [training@breastfeedingnetwork.org.uk](mailto:training@breastfeedingnetwork.org.uk)
- call our admin line on: **0844 412 0995**

peer  
support  
programmes

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**BfN** The Breastfeeding Network

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available  
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# Purchasing

## BfN Peer Support Programmes

**Breastfeeding Network (BfN) Peer Support Programmes** are available for commissioning as a package or as individual training courses.

BfN Peer Support Programmes take a systematic approach to tackling low breastfeeding prevalence rates within a community. We will provide commissioners with a business plan to tackle local challenges. To implement the plan we will recruit women from within the community and offer them training and opportunities to volunteer under supervision. Two levels of training are offered giving BfN Helpers the opportunity to progress to become BfN Registered Breastfeeding Supporters. Peer Support Programmes should be managed by a BfN Co-ordinator with support workers. The result is a sustainable group of volunteers from within the community who can challenge societal ambivalence and provide skilled support for breastfeeding in person and cover the local area via our dedicated telephone service.

The programme will achieve:

- increased prevalence of breastfeeding at six weeks
- increased breastfeeding initiation rates
- nationally recognised qualifications for trainees
- excellent, well evaluated and enjoyable course for young mothers
- improving future job and volunteering opportunities for mothers as well as providing sustainable local peer support.

We have experience of running successful peer support programmes in a variety of communities e.g. Tower Hamlets in East London, Islington, Blackpool and Reading.

## BfN Training

BfN training is open to all women who have breastfed their babies. It enables them to gain skills, knowledge and experience to support breastfeeding in their communities.

There are two stages of training: the first stage is the peer supporter course to become a **BfN Registered Breastfeeding Helper**. Helpers work in a variety of different ways: in BfN Breastfeeding Centres, other drop-in groups, in hospitals, schools and in antenatal classes.

With additional supervision they can visit mothers in their own homes, within strictly controlled safe boundaries.

The second stage of training enables women to become **BfN Registered Breastfeeding Supporters**. This training further develops skills to work independently and to take part in offering phone support on our dedicated telephone Supporterline and the National Breastfeeding Helpline.

All BfN volunteers receive regular supervision and ongoing training to maintain evidence-based best practice.

### Training for Health Professionals and Other Groups

Training packages can be adapted to meet local needs and can be delivered to all frontline staff including pharmacists and GPs. Training is based on the principles of the UNICEF Baby Friendly Initiative.

# The Breastfeeding Network

## Raising Standards

- The Breastfeeding Network aims to maintain high standards. Our courses comply with the relevant recommendations set out in the National Institute for Health & Clinical Excellence (NICE) guidance.
- Our courses are also in line with standards set by UNICEF Baby Friendly Initiative.
- BfN is a member of the British Association for Counselling and Psychotherapy and an associate member of the Telephone Helplines Association.
- We require all our volunteers to have an enhanced CRB/CRBS check.
- We have a child protection policy and safe home visiting guidelines in place.
- Our courses are Open College Network accredited including external moderation which ensures quality and consistency across the UK.
- All our courses are evaluated.
- BfN volunteers work within a Code of Conduct.
- BfN volunteers attend regular supervision and complete on-going learning to fulfil re-registration requirements.

peer  
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