

BfN Registered Volunteers

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

There are two stages of training. On completing the first stage you will become a BfN Registered Helper (peer supporter) and can volunteer in a variety of different ways: in BfN Breastfeeding Centres or other drop-in groups, in hospitals, schools and in antenatal classes. You may be able to visit mums who live near you. After the second stage of training you become a BfN Registered Supporter gaining skills to work independently and taking part in offering phone support on Supporterline.

All BfN volunteers receive regular supervision and ongoing training to maintain the quality of their work.

BfN offers independent support and information via:

BfN Supporterline 0300 100 0210

Supporterline is a national telephone helpline, which connects parents, no matter where they live in the UK, to their nearest BfN Registered Volunteer. If the volunteer is unable to answer the call please try again later. The line is open from 9.30am to 9.30pm every day and is also used as a resource by health professionals.

National Breastfeeding Helpline 0300 100 0212

This is operated by BfN together with the Association of Breastfeeding Mothers giving wider coverage across the UK, including an option to speak to a volunteer in Welsh. The line is open from 9.30am to 9.30pm every day.

BfN Drugline 0844 412 4665

Provides telephone support for mothers or healthcare professionals who may have a query about the safety of a drug/medication taken during breastfeeding. The BfN Drugline is run by volunteers in addition to their paid work. There is an answering machine if no-one is available to take your call at the time. Calls will be returned as soon as possible. If you have not heard back within 48 hours please call again as difficulties can be experienced in understanding phone numbers left. Information sheets on a variety of commonly asked questions are available on the website:

www.breastfeedingnetwork.org.uk/drugs-in-breastmilk.html

Questions can also be sent by email to drugsinformation@breastfeedingnetwork.org.uk

Drugline volunteers have an additional code of conduct and have specific insurance for this service. Wendy Jones, who supervises the operation of Drugline, is also a pharmacist.

BfN Supporterline in Bengali/Sylheti 0300 456 2421

A national telephone helpline connecting callers to a BfN Registered Volunteer who speaks Bengali/Sylheti. It operates 9.30am to 9.30pm 7 days a week.

BfN Breastfeeding Centres

In some parts of the country, there are BfN Breastfeeding Centres where mums can meet others. Registered Breastfeeding Supporters, Breastfeeding Helpers and Health Professionals can provide individual help with breastfeeding, facilitate group discussion, deliver talks and take forward ideas on local initiatives.

Help us make a difference

Did you know that 1 in 3 mothers who start breastfeeding are not able to get beyond the first 6 weeks? Almost all of these mothers wanted to breastfeed for longer.

Take part in our training so you can help make a difference.

The Breastfeeding Network is an independent voluntary organisation offering support and information to breastfeeding women and those involved in their care.

For further information on training see our website:

www.breastfeedingnetwork.org.uk/training

contact us at training@breastfeedingnetwork.org.uk or telephone our admin line on: 0844 412 0995



PO Box 11126 Paisley PA2 8YB

Supporterline 0300 100 0210

9.30 am to 9.30 pm every day.

Calls to 0300 numbers cost no more than calls to UK numbers starting 01 and 02 and will be part of any inclusive minutes that apply to your provider and call package

www.breastfeedingnetwork.org.uk

The Breastfeeding Network is a Company Limited by Guarantee Registered in Scotland Company No 330639

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The Breastfeeding Network

Training

“Training to be a Breastfeeding Supporter was one of my best decisions ever. It’s been incredibly rewarding and moving to support other mums who choose to breastfeed their babies. A side effect of the thorough and interesting training is the feeling of achievement and value I’ve experienced”
(BfN Breastfeeding Supporter)

“Excellent course, interesting, informative and up-to-date!”
(Health Visitor on 2-session course designed for PCT)

“It was brilliant! Really informative, great fun and a relaxed atmosphere”

“Excellent course – well-structured, well-organised, learning broken-down into manageable sections”
(End of Helpers course evaluation)

Training

to support breastfeeding mothers

The Breastfeeding Network has developed training opportunities which aim to be open to all women who have breastfed their babies and which enable women to gain skills, knowledge and experience to support breastfeeding in the community.

Breastfeeding Network tutors also provide training for Health Professionals. This training may be open to anyone, male or female, including those who have no breastfeeding experience.

If you have breastfed and feel positively about breastfeeding you can train to become a Breastfeeding Helper (peer supporter) and help other mothers to breastfeed.

Breastfeeding Helpers

This is our peer support course giving learners a nationally recognised qualification, which along with the work experience and up-to-date references could help with future job applications or as a route into further education.

Successful completion of this course qualifies women to work as Breastfeeding Helpers, (BfN peer supporters).

There are a minimum of 12 sessions, which cover the skills needed to support women in the local community.

- basics of breastfeeding management
- 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

Breastfeeding Supporter

Having completed the Breastfeeding Helper course plus sufficient breastfeeding experience to meet the course requirements, including a period of exclusive breastfeeding, you may apply to continue on to Breastfeeding Supporter training. This is the 'gold standard' training required to qualify and register as a Breastfeeding Supporter.

It involves around 20 sessions, usually one per fortnight. Once qualified, probationary supporters are required to undertake some voluntary supporting work.

All aspects of training introduced in the Breastfeeding Helpers course are covered in more depth. During the course you will develop a portfolio of assignments as evidence of your developing skills and you complete a personal, reflective diary. The assignments can be completed in a variety of ways to suit your learning needs. All BfN courses are aimed at being accessible to all, including those with special educational needs e.g. dyslexia, or those for whom English is not a first language.

The Breastfeeding Network also offers training courses to enable its own Registered Breastfeeding Supporters to train as tutors and supervisors.

Raising standards

- The Breastfeeding Network aims to keep standards high, which is why our courses are in line with the recommendations set out in the National Institute for Health and Clinical Excellence (NICE) guidance
- Our courses are in line with UNICEF Baby Friendly Initiative standards
- 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 check
- We have a child protection policy and safe home-visiting guidelines in place
- Our courses are Open College Network accredited which includes external moderation ensuring 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

How much does training cost?

Individuals

The BfN aims to make our training courses accessible to all mothers. For this reason, the BfN seeks funding to help provide training in areas where there is sufficient interest. We do require all trainees to be newsletter subscribers and charge a small fee to cover course materials if no funding for training is available. Please ring or email to find out more.

Commissioning BfN Peer Support Programmes

Breastfeeding Helpers and Breastfeeding Supporter courses may be purchased by, for example, PCTs and Local Authorities Children's Centres or local NHS organisations. BfN tutors are often able to travel to provide the training on-site and develop local capacity, ensuring the programme is sustainable.

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.

Fees for purchasing training vary according to individual course requirements. Please contact us to discuss your organisation's training needs. For more information:-

visit www.breastfeedingnetwork.org.uk/training

email training@breastfeedingnetwork.org.uk

call our admin line on: **0844 412 0995**

by post **Breastfeeding Network, PO Box 11126, Paisley PA2 8YB**

Advisors to The Breastfeeding Network

Sue Ashmore, Programme Director, UNICEF UK Baby Friendly Initiative, London

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