



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## COURSE SYLLABUS

### Professional Laboratories 2

2526-2-I0102D023

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#### Aims

##### **Knowledge and understanding**

To consolidate theoretical knowledge acquired during training on the benefits of breastfeeding, international guidelines (e.g., WHO, UNICEF), the physiological and psychological dynamics of breastfeeding, and the main social and cultural barriers.

To understand the principles of effective communication and helping relationships in the maternal and child health context.

##### **Applying knowledge and understanding**

To apply the acquired knowledge in clinical practice and educational settings, in order to effectively support mothers with breastfeeding.

To use communication and relational tools to adapt to individual and cultural situations, promoting informed choices.

##### **Making judgments**

To develop the ability to critically assess breastfeeding-related situations and propose appropriate interventions while respecting the mother's autonomy.

To identify and manage potential ethical or communication-related conflicts, promoting a respectful, evidence-based approach.

##### **Communication skills**

To communicate in an empathetic, clear, and effective manner with mothers, family members, and members of the multidisciplinary team.

To demonstrate active listening, mediation, and support skills that are essential for encouraging informed and confident breastfeeding decisions.

##### **Learning skills**

To develop a reflective attitude and a commitment to the continuous improvement of theoretical, practical, and relational competencies.

To be able to independently update one's knowledge based on scientific evidence and best practices related to breastfeeding.

## Contents

The student will be able to put into practice what he/she has learnt in the theoretical teaching on breastfeeding through simulations, case discussions, exercises on dummies and models.

The exercises and work in small groups will be guided by the presence of the tutor who will favour the development of practical and relational skills.

## Detailed program

### *Basic knowledge of breastfeeding*

- Benefits of breastfeeding for the baby and the mother
- Milk production mechanisms: hormones and reflexes
- Factors that influence the initiation of breastfeeding

### *Common myths and misconceptions*

- Widespread false beliefs (e.g., breast milk is not nutritious, breastfeeding every 3 hours)
- How to respond accurately and reassuringly to mothers' questions

### *The midwife's role in listening and support*

- Importance of presence, active listening, and empathy
- Basic elements of effective communication with mothers
- How to encourage without judgment

### *Difficulties and practical responses*

- How to recognize signs of poor latch
- Common issues: sore nipples, engorgement, low milk supply
- When a pediatric consultation is needed

### *Context and supportive relationships*

- The importance of the family and social environment
- The role of the partner, grandparents, and support networks
- How to create a breastfeeding-friendly environment

### *Breastfeeding in particular situations*

- Premature or medically challenged infants
- Mothers returning to work
- Breastfeeding and breast pump use: basic practical aspects

### *Useful resources and guidance*

- Where to find accurate and up-to-date information
- When and why to refer to a lactation consultant
- Introduction to the International Code of Marketing of Breast-milk Substitutes

## **Prerequisites**

none

## **Teaching form**

Trainings on models; simulations in small groups with the presence of the tutor who will promote the development of the practical and soft skills.

## **Textbook and teaching resource**

S.Pairman, S. K. Tracy, H. Dahlen, L. Dixon, P. Peart, B. Pulis, Midwifery Preparation for Practice, Elsevier Health Sciences, 2023, 5nd edition.

## **Semester**

1-2 semester

## **Assessment method**

attendance

## **Office hours**

on appointment

## **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION | GENDER EQUALITY

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