

# **Lactitude**

Practical breastfeeding  
Training Sessions for health providers

## **To train and advise health providers**

Since 1992, UNICEF and WHO have highlighted ten conditions allowing the best possible start in breastfeeding as well as its pursuit. 15 000 maternity wards around the world have since adopted and applied these rules and methods.

Testimony from one of them: 'giving all staff members the necessary competencies to put this politic in place.'

### **Targeted personnel**

Any health care facility staff member coming into contact with mothers, babies and toddlers:

- Within maternity wards, neonatology and pediatric departments
- Within WIC
- Within daycare
- During consultations.

### **Training sessions**

Initial education for health care providers varies widely. Some curricula contain very little breastfeeding information. Therefore, professionals have different answers and approaches concerning these issues when confronted with inquiring women. Knowledge is improving and regular updates about it and its practices are necessary.

### **Consultancies**

Places that have already adopted support policies in support of breastfeeding may seek a consultant to further their quality quest (Baby Friendly Hospital Initiative of orther).

### **Benefits from these actions**

Professionals convey accurate and quality information.  
The functioning of the department is optimized.  
Mothers are satisfied.

## Services offered by Lactitude

### Evaluation, audit, follow up and consultancies

- **Audits:** evaluation before and after training, preparation for certification
- **Assistance and counseling:** in the certification approach, in the setting up of new practices and organization.
- **Customized follow up/feedback:** methodological tools, provision of international scientific studies, information about available materials.

### Interventions during conferences or professional meetings

- Presentation of the latest worldwide novelties in regards to breastfeeding
- Presentation of the state of art on some specific matters.
- Animation of workshops

### Practical breastfeeding training sessions

- On or off-site
- General training sessions
- Theme days (breast pain, nipple pain, complements, premature children, back to work, etc)

#### Interactive training sessions

- Role-play for trainees
- Workshops
- Adaption to the specific needs of a service unit.
- Adaption to educational and experience level of trainees

#### Linked to research

- Our training sessions integrate the most recent data concerning breastfeeding.
- Wide international documentation: magazines, brochures, movies, reference work.
- Documentation watch (Internet)
- Translations (studies and articles)

#### Documented

- Important illustrations for each theme
- Evolving documentation adapted to each trainee
- Possibility of consultation of the entire documentation at Lactitude Headquarters.

## **A specialized trainer**

Charlotte Bodeven has been dedicated to practical breastfeeding training for over 20 years.

### **A certified consultant**

- An International Board Certified Lactation Consultant
- Member of the International Lactation Consultant Association (ILCA)
- Trained to educational methods for adults (CNAM)
- Numerous trainings to update knowledge and improve skills (Paris VI, WHO in Geneva, Mediator International, etc)

### **Continuing education abroad**

Her knowledge and skills are perfected by many regular international conferences in Europe and in the United States (ILCA, LLLI, etc).

These conferences present the most recent scientific research concerning breastfeeding and their application within services.

### **Training experiences**

Trainer in maternities, pediatric and neonatology. Over 350 days of training sessions since 1991.