



Lactation & Breastfeeding Course

Welcome to Signature Doula's Doula and parent friendly Lactation & Breastfeeding course.

This course is specifically designed for doulas, according to the doula scope of practice and code of ethics. This course meets Dona requirements.

Not only will you gain informational and practical intelligence, you will be taught by one of Africa's greatest lactation consultants.

Laura Sayce:



Laura Sayce is a Lactation consultant (IBCLC), Doula and mom of two girls. She has been working in private practice in the birth world since 2008 after the birth of her first; she discovered her passion for birth and babies. Laura has a passion for helping moms discover how amazing breastfeeding can be when it all comes together. Laura also has an Honours degree in Animal sciences which has helped her see and understand how nature is capable of much more than we give it credit for.



This course is an introduction to breastfeeding; and focuses on providing a Doula information that will help her to support clients with breastfeeding and other types of feeding. We look at how our own beliefs can impact the way we provide support and how to focus on science as an information source. We also look into the world of breastmilk and what it provides a newborn as well as why is beneficial. We explore what normal breastfeeding looks like, challenges moms may face as well as suggestions you can make to assist her to overcome these challenges. We also cover the other professionals we can refer to and when to do this. On completion of this course you will receive a certificate of attendance and an exceptional understanding of breastfeeding.

Estuné Maritz – Specialist Doula and SME on pregnancy, birth, breastfeeding and Infant Hydrotherapy.

11 Years' of experience.

Owner, founder and Director of Signature Doula

Tutor – Antenatal, Birth & Postpartum Doula & infant Hydrotherapy





Estuné Maritz is a specialist doula and has been practicing as a doula for 11 years. She has been raised by a midwife and has in-depth knowledge about pregnancy, birth, breastfeeding & infant hydrotherapy. Estuné believes in ethical birth and that everyone has the right to birth how they want to. She ensures that the information given to students is of high quality and facts based. Estuné is the proud owner of Africa's first online doula training institution – Signature Doula.

What you can expect from this course

This is a doula specific lactation & breastfeeding course. It truly is the first of its kind, making you an exclusive student!

This course has been developed carefully and thoughtfully to be cost effective, user friendly, engaging and extremely informative. Our goal is to assist doulas in their businesses and self-developmental journey, while rendering business developmental skills and assistance.

By joining this course, will you not only know how to assist clients during their breastfeeding journeys and difficulties effectively, but you will know how to and when to refer clients when necessary.



This course is in OBET format (**Outcomes Based Education and Training**) which means the following:

- Structured Curriculum
- Self-learning
- Self-development
- Self-study
- At-own-pace learning
- Learner centred
- Learners are assessed according to their achievements and strongholds
- Mastery of subject and not an accumulation of credits
- Increases knowledge
- Developing skills
- Positively influencing attitudes
- Focuses on providing opportunities for learning
- Material is in the form of online textbooks, assessments, tasks and quizzes.

OBE embodies the idea that the best way to learn is to first determine what needs to be achieved. Once the end goal (product of outcome) has been determined the strategies, processes, techniques and other ways and means can be put into place to achieve the goal.

All handbooks, activities, content, video material and learner assistance will be available online.

You will be added to a WhatsApp group for student discussion and informational support. Students will also gain access to weekly zoom meeting with various lactation consultants and breastfeeding experts. During these meetings, students will be able to learn in a group format while given the opportunity to ask questions and make suggestions.

The content of this course is controlled by a drip system – meaning that a new section will be released each week, upon student enrolment.

There is a series of sections, this will enable students to complete the theoretical part of the course within a few weeks. This period of time excludes practical activities and quizzes.



Course Benefits

Upon enrolment students will:

- Receive exclusive information
- Best, up to date knowledge and information
- Video material
- Online handbooks
- 15% off all Signature doula courses
- Listed on the Signature doula website
- Added to a WhatsApp support group
- Weekly zoom meetings
- Maximum exposure to expert advice, opinions and knowledge
- Receive a T-shirt

Curriculum

Basics of breastfeeding

*How antenatal education impacts breastfeeding

◦ discussing breastfeeding goals, realistic expectations of the breastfed baby, resources for information on breastfeeding, where to find support once baby arrives



How the involvement of the partner can increase breastfeeding success rate

Understanding breastmilk

- living substance, changing to meet babies needs, nutrition and microbes it provides baby and why these are important, how formula differs, colostrum vs mature milk, *foremilk and hindmilk

The first latch

- breastcrawl, importance of uninterrupted skin to skin, showing mom her colostrum (and why this is important, helping a mom get comfortable, best position for feeding and why, what to do if baby won't latch or if baby can't latch eg NICU, communicating with hospital staff

Helping mom latch baby from day 2 onwards

- teaching mom how to latch baby, assessing if a latch is correct, importance of a deep latch



Feeding positions

- *Teaching mom how to tell baby is getting enough milk
 - different ways to assess baby is getting enough milk, indicators that are not accurate, understanding how milk supply works

Hand expressing and pumping

- which type of pump may be best for mom, effective pumping techniques
- *Supporting a mom through challenges

When latching is painful

- *Other causes of nipple pain
- *What mom can do if baby can't or won't latch

Increasing milk supply

- *Moms with fast flow and how they can manage this
- *Managing engorgement/ blocked ducts
- *Use of nipple shields



Weight gain for breastfeeding babies

- tips to get baby gaining better
- *Top ups
- Can be breastmilk, how to avoid the bottle

When to refer

- and who to refer to eg lactation consultant, physio, chiro etc

Emotional support for the breastfeeding mom

- *Ways to encourage a mom
- *Navigating family and culture
- *Be careful of your words

Sharing information

- how much information to give, different learning styles

Follow on care

- *Supporting the mom who wants to give up



Requirements

- *Must be a certified doula
- *18 years of age
- *Must have an ID
- *Other Qualifications: NONE

Course selection process

This course has a limited student intake per month. Only 12 students will be selected for this course.

You will have to complete a series of steps before you can enrol in this course:

Step:1

Complete the registration form and email it to signaturedoula.info777@gmail.com

Step:2

Schedule your virtual selection test (R70)



Step 3:

Sign and email legal documents

Step 4:

Receive invoice, send proof of payment

Step 5:

You will be personally enrolled by Estuné Maritz

Pricing & Payments

This course has only a one-time payment option.

R 1800-00

Next intake

12 October 2020