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Evidence-based Care for Breastfeeding Mothers: A Resource for Midwives and Allied Healthcare Professionals

Maria Pollard

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Breastfeeding is a major public health issue. Breast milk provides all the nutrients a baby needs for their first six months. Research studies also show that breastfeeding doesn't just help to protect infants from infection, but has other benefits such as reducing obesity and can help protect mothers from some diseases in later life.

Breastfeeding rates are low, however, and women need the support of their midwives and health visitors when beginning breastfeeding and throughout their child's infancy. Based on the UNICEF UK BFI *Best Practice Standards for Higher Education Institutions*, this accessible textbook addresses all 18 outcomes to ensure that students are equipped with the essential knowledge and skills to effectively promote and support breastfeeding mothers, including:

- anatomy and physiology;
- essential skills and good practice guidance;
- dealing with common problems;
- public health considerations;
- babies and mothers with special needs;
- complementary feeding.

Suitable for both undergraduate students and practitioners undertaking continuing professional development, *Evidence-based Care for Breastfeeding Mothers* is designed to aid learning. Each chapter includes specific learning outcomes linked to the Baby Friendly standards, key fact boxes, clinical scenarios and activities.

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