



Strengthening breastfeeding counselling across Europe

A free online learning programme for students and healthcare professionals

AT A GLANCE

-  **20-hour** free online course
-  **6 modules**
-  **Free access**
-  For **students** and **healthcare professionals**
-  In line with **WHO/UNICEF** Baby-Friendly standards
-  Designed for **pre-service** and **in-service** education
-  Adapted for use across **Europe**



WHY THIS MATTERS

Breastfeeding **improves health** for both mothers and children, including a lower risk of non-communicable diseases and health inequalities.

Despite this, many families do not achieve their breastfeeding goals due to insufficient support. **Healthcare professionals play a critical role** in providing effective breastfeeding counselling.

WHAT THE COURSE OFFERS



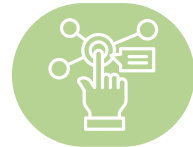
Evidence-based content



Case-based learning



Expert video lectures



Interactive assessments

BACKGROUND

- ✓ Builds on the Norwegian course *Amme-læring*.
- ✓ Developed through multidisciplinary collaboration with international experts in breastfeeding and lactation.
- ✓ Content includes use and adaptation of existing WHO materials.

IMPACT

- ✓ Supports the development of breastfeeding counselling competencies
- ✓ Several European countries plan to implement the course further
- ✓ Further adaptaion including translation and subtitling video content to different European languages will be available and will enhance accessibility.

 Publicly funded

 Aligned with the WHO International Code of Marketing of Breast-milk Substitutes

ACCESS THE COURSE

Scan the code to start learning!

