



Experience to be gained by BfN Breastfeeding Supporters during the probationary period.

In order to gain the breadth and depth of experience required to work confidently and safely as a fully-qualified breastfeeding supporter, you are expected to complete a set amount of voluntary work supporting mothers. This also help us to help more families.

You are expected to do **at least 48 units** of BfN Supporting before completion of the probationary period. **At least 24 of these units must be Supporterline or National Breastfeeding Helpline units. Half of the helpline units can consist of time on web-chat.**

Please complete a monthly log of your experience and discuss with your supervisor during supervision to allow for learning and reflection,.

A **unit** of BfN Supporting is:

- 2 hours on Supporterline or NBH being available to answer calls or web-chat. These does not need to be consecutive hours. Each hour counts as half a unit as long as at least one call/ chat has been taken during the hour.
- Writing a response to 1 email question sent to the BfN website.
- Visiting 1 mother at home (excluding friends and family).
- Running or helping to run a breastfeeding drop-in centre (approx 2 hours plus preparation and tidying away).
- Giving information and/or support to mums at a Child Health Clinic or antenatal clinic (approx 2 hours plus preparation and tidying away).
- Supporting mothers in hospital postnatal or antenatal wards (excluding friends and family) (approx 2 hours).
- Teaching an antenatal class about breastfeeding.
- Giving a talk about breastfeeding.
- Attending a meeting as a BfN Supporter (e.g. MSLC, health trust, Children's Centre, planning meeting).
- Half a day helping to organize a BfN study day/set up a centre etc.
- Half a day developing new BfN resources e.g. leaflets, information for website.

Other activities as agreed between you and your Supervisor.

To talk to a mum who knows about Breastfeeding call National Breastfeeding Helpline 0300 100 0212

Calls to 0300 numbers cost no more than calls to UK numbers starting 01 and 02 and will be part of any inclusive minutes that apply to your provider and call package.

Record of experience gained during probationary period

Name: _____

Month: _____

Units of experience	Details of number of calls, work done/experience gained this month and time involved	No of units this month
2 hours on Supporterline or NBH available to answer calls		
2 hours on NBH available to answer web-chat		
Write 1 email response to a question sent to the BfN website		
Visit 1 mother at home (excluding friends and family)		
Run or help to run 1 breastfeeding drop-in session (approx 2 hours plus prep. and tidying away)		
Give information and/or support to mums at 1 Child Health Clinic or antenatal clinic (approx 2 hours plus prep. and tidying away)		
Teach 1 antenatal class about breastfeeding		
Give 1 talk about breastfeeding		
Attend 1 meeting as a BfN Supporter (e.g. MSLC, health trust, Children's Centre, planning meeting)		
½ day helping to organize a BfN study day/set up a centre etc		
½ day developing new BfN resources e.g. leaflets, information for website		
Other units as agreed between the Supporter and her Supervisor		
	Total units completed this month:	
	Total units completed since qualification (target at least 48 units):	
	Total NBH web-chat units: up to 12 units or 24 hours	
	Of which, total Supporterline/ NBH units completed since qualification: target at least 24 units or 48 hours [including web-chat]	

Log of experience during probationary period; April 2013, updated May 2014 to reduce the hours of a helpline unit.