**Infant Feeding Team**

**Secondary Education Programme**

Unlike in Scotland, Infant Feeding is not currently part of the mandatory curriculum in England, however it is desperately needed as England’s breastfeeding rates are some of the lowest in the world.

“The Benefits of Breastfeeding” is a tailor-made scheme of work developed by a qualified teacher, trained on breastfeeding and supported by the Infant Feeding Lead for Sheffield Family Hubs and Start for Life. The sessions have been designed to **link with the Biology and PSHE curriculum** in order to deliver a cross-curricular package.

We offer a range of **free education packages** depending on what would be most suitable for your **KS3 students** and your school setting. Whether you want a one-off session or all four sessions on offer, we deliver the sessions to your students, providing all the resources and working around your timetable.

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| **Education for Students** | |
| **Biology 1**  Skin-to-skin and a healthy microbiome  **(1 hour 30 minutes)** | Humans are mammals, infants are born with the instinct to breastfeed. Discuss the benefits of skin-to-skin contact and how it helps develop a healthy microbiome and healthy immune system. |
| **Biology 2**  Human milk and baby’s development  **(1 hour 30 minutes)** | The science behind human milk; the anatomy of the breast and the components of breastmilk. In addition to the health benefits of breastfeeding for mum and baby. |
| **PSHE 1**  Economic and Environmental Impact  **(1 hour 30 minutes)** | Discuss the economic benefits of breastfeeding, looking at the cost of infant feeding for 6 months. Look at how breastfeeding and the healthy start scheme (if eligible) can help reduce the impact of food insecurity.  Consider the environmental impact of infant feeding, and how infant feeding can be impacted, e.g. flooding, and travel. |
| **PSHE 2**  Changing Attitudes  **(1 hour 30 minutes)** | Look at how advertising influenced the popularity of cow’s milk formula. Discuss and challenge our culture’s perceptions of breastfeeding.  Consolidate learning from Biology session to produce a print advert to educate about the benefits of breastfeeding. |



We can also deliver a **fun and friendly information session to families** either during the school day, e.g. during a coffee morning, or after school, depending on what would be most suitable for the families of your students.

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| **Education for families** | |
| **Why does breastfeeding matter?**  **(1 hour)** | This session is aimed at people who want more information about feeding their baby, whether they’re pregnant or just thinking about having a baby in the future.  It has been designed for the whole family, e.g. partners, grandparents, aunties, uncles- whoever will be supporting a pregnant person and their baby.    Attendees will:   * Find out about the facts and myths of feeding and caring for a baby. * Discuss issues, such as the cost, convenience, and environmental impact of infant feeding, in an interactive way * Find out more about the Infant Feeding service, Family Hub groups/services and support available during pregnancy and once baby is born. |

Working collaboratively with ‘Breastfeeding in Sheffield’, we can offer **free training** to support your school to **become a breastfeeding friendly workplace**. This training can be delivered in staff meetings, twilights or during inset days.

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| **Training for Schools (provided in collaboration with ‘Breastfeeding in Sheffield’)** | |
| **Becoming a Breastfeeding Friendly Workplace/Public Space**  (1 hour 15 minutes) | Support your staff and community by becoming one of Sheffield’s ‘Breastfeeding Friendly’ venues. Training includes:     * Why breastfeeding matters * The benefits of breastfeeding for baby, mum/birthing parent and society * The benefits of becoming a breastfeeding friendly workplace * How to create a ‘Breastfeeding Friendly’ venue * How to become a breastfeeding friendly employer |

If you would like more information about the Infant Feeding education package or want your school to join our trail blazing team, then **please email** [**lauren.mysiw@sheffield.gov.uk**](mailto:lauren.mysiw@sheffield.gov.uk)