

# NURS 5002 CLINICAL PRACTICE: INFANT AND CHILD NUTRITION AND FEEDING

## Credit Points 10

**Coordinator** Suza Trajkovski ([https://directory.westernsydney.edu.au/search/name/Suza Trajkovski/](https://directory.westernsydney.edu.au/search/name/Suza%20Trajkovski/))

**Description** This subject focuses on infant feeding including breast feeding as a significant social and cultural process not just an issue of physiology and nutrition. The theoretical component of this subject will focus on the age-appropriate nutrition of infants and young children linked to developmental stages and the role the child and family health professional in supporting families manage associated issues. All areas of early nutrition will be covered including breastfeeding, use of breast-milk substitutes, introduction of solids and toddler nutrition. The knowledge gained in this subject will be consolidated through virtual clinical placement.

**School** Nursing & Midwifery

**Discipline** Mothercraft Nursing and Family and Child Health Nursing

**Student Contribution Band** HECS Band 1 10cp

Check your fees via the Fees ([https://www.westernsydney.edu.au/currentstudents/current\\_students/fees/](https://www.westernsydney.edu.au/currentstudents/current_students/fees/)) page.

**Level** Postgraduate Coursework Level 5 subject

**Equivalent Subjects** NURS 7012 - Clinical Practice Infant and Child Nutrition and Feeding

## Restrictions

4713 Master of Child and Family Health (Karitane), 4714 Graduate Diploma in Child and Family Health (Karitane) or 4715 Graduate Certificate in Child and Family Health (Karitane).

## Learning Outcomes

After successful completion of this subject, students will be able to:

1. Apply evidenced based knowledge of the nutritional requirements for lactation, and for normal growth and development of infants and young children.
2. Evaluate the context of breastfeeding, formula feeding, weaning and infant feeding in Australia for child health outcomes and behaviours.
3. Comment on the value of breastfeeding and breast milk with pregnant and new mothers, fathers, and families to support the initiation of breastfeeding.
4. Interpret the World Health Organisation (WHO) code for the marketing of breast milk substitutes to evaluate their use and prevalence.
5. Utilise the socioecological approach to undertake a holistic assessment of nutritional needs of the family using a partnership approach with parents to support healthy eating patterns and nutritional requirements in infancy and early childhood.

## Subject Content

Module 1 Socio-cultural context of infant and child nutrition and feeding

- The social cultural and political and economic factors that influence breastfeeding and feeding young children and families
- Women's experiences of breastfeeding and infant feeding decisions
- Nutritional needs of pregnant women and women who are lactating

Module 2 Breastfeeding and infant feeding decisions

- Anatomy of the breast and physiology of lactation
- Positioning and attachment
- BFHI and Strategies that are effective in the promotion and support of breastfeeding
- Management of common breastfeeding problems such as sore nipples and nipple trauma, engorged breasts, mastitis, insufficient supply, feeding premature infants
- Support and referral services for infant feeding difficulties

Module 3 Nutritional requirements and feeding practices in children

- Nutritional needs of infants and young children
- Introducing solids and family meals
- Strategies to assist parents with children who are 'fussy' eaters
- Nutritional problems in infants and children (anaemia, malnutrition, failure to thrive)
- Nutritional needs of pregnant women and women who are lactating
- Strategies to encourage healthy lifestyles and diets in families

## Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Type	Length	Percent	Threshold	Individual/ Group Task	Mandatory
Critical Review	Presentation x 3 Infographics – 250 words for each image reflecting societal attitude on breastfeeding (20%) and Critical Analysis 1,500 words (40%)	60	N	Individual	N
Essay	1,500 words	40	N	Individual	N
Professional Task	20 hours	S/U	Y	Individual	Y

Teaching Periods

## **Spring (2025)**

**Online**

**Online**

**Subject Contact** Rachel Gregory-Wilson (<https://directory.westernsydney.edu.au/search/name/Rachel%20Gregory-Wilson/>)

View timetable ([https://classregistration.westernsydney.edu.au/odd/timetable/?subject\\_code=NURS5002\\_25-SPR\\_ON\\_2#subjects](https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=NURS5002_25-SPR_ON_2#subjects))