



Australian
Breastfeeding
Association
For Health Professionals

11451NAT Diploma of

Breastfeeding Management

Upgrade your knowledge and skills to support breastfeeding mothers and babies

The Australian Breastfeeding Association has a long tradition of providing high-quality, evidence-based breastfeeding education for health professionals.

Nationally recognised accredited course

The 11451NAT Diploma of Breastfeeding Management is a nationally recognised accredited course.

Designed with your needs as a health professional in mind, this course will help you further develop your skills and knowledge in lactation support.

We offer a range of **flexible study options** to support you to successfully complete this course, including distance education. Learners need to participate online in some workshops on the days they are run.

Course content

The 11451NAT Diploma of Breastfeeding Management offers a unique opportunity for you to build your skills and knowledge in the following areas:

- the anatomy and physiology of human lactation
- management of common breastfeeding problems
- providing counselling to support breastfeeding
- infant and maternal nutrition during lactation
- protecting and supporting breastfeeding
- evaluation of human lactation research

'I think this course is wonderfully run and is very user friendly.'

Verified 2026 learner

'I felt extremely supported throughout this program.'

Verified 2026 learner

'I have felt well supported and have received clear evidence based information that has helped me feel more confident moving forward into a lactation support position'

Verified 2026 learner

To find out more contact training@breastfeeding.asn.au

Learn more and view the pre-course information booklet

aba.asn.au/diploma



Delivered by experts

The course is delivered by a team of experts from the Australian Breastfeeding Association and invited guest presenters.

The course requires completion of 12 units of study (10 core and 2 elective units). This is achieved by combining self-directed study, online workshops and assessments for each unit.

Workshop location

Workshops are held online. Units may be clustered for delivery at workshops.

Continuing professional development

Continuing professional development (CPD) hours will be applied for.

Course structure

Core units

- NAT11451001** Take lactation histories and conduct breastfeeding assessments
- NAT11451002** Create environments to protect, promote and support breastfeeding
- NAT11451003** Provide breastfeeding support within a legal and ethical framework
- NAT11451004** Manage breastfeeding situations and problems
- NAT11451005** Facilitate infant and maternal nutrition during lactation
- NAT11451006** Communicate effectively with clients to support breastfeeding
- NAT11451007** Provide counselling to support breastfeeding
- NAT11451008** Facilitate culturally appropriate breastfeeding counselling
- NAT11451009** Counsel clients to manage life changes associated with breastfeeding
- NAT11451010** Use critical appraisal skills to evaluate human lactation research

Elective units currently offered: select two

- NAT11451011** Facilitate breastfeeding for clients with medical conditions*
- NAT11451012** Evaluate and counsel on the use of breastmilk substitutes
- NAT11451013** Use infant sleep and settling methods that support the breastfeeding relationship
- NAT11451014** Provide pharmacological information and breastfeeding support to clients
- NAT11451015** Support infant and young child feeding outcomes in emergency situations

Learners are encouraged to choose elective units that are relevant for their work situation or areas of professional interest. The two elective units may be chosen in set combinations. See the pre-course information booklet for more information.

*Unit offered by recognition of prior learning (RPL) only.



To find out more contact
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The Australian Breastfeeding Association supports the World Health Organization (WHO) *International Code of Marketing of Breast-milk Substitutes* (1981) and subsequent World Health Assembly (WHA) resolutions.



The Australian Breastfeeding Association is a registered training organisation and receives funding from the Australian Government. Details are current at the time of printing. RTO: 21659

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