

User guide to Unicef UK e-learning system (Litmos)

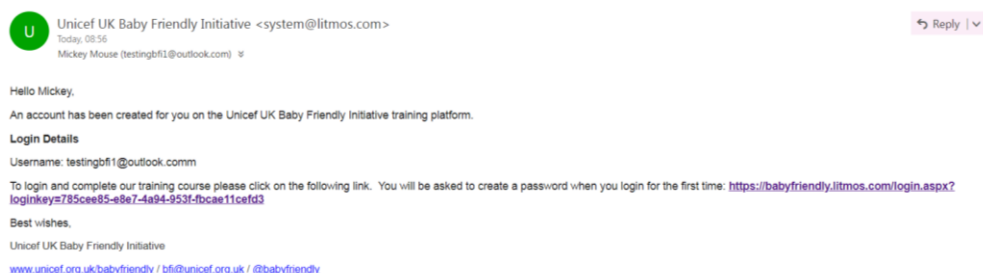
Welcome to the Unicef UK e-learning training– you will access this via a learning management system called Litmos. The following guide will explain how to login and access the training.

The process will start in one of two ways

1. You have been added to the system by an administrator and receive an email

Your username will listed (this should usually be your email address).

E-learning login information - Unicef UK Baby Friendly Initiative



To proceed, click the link in the email

2. You are given a code to use to sign up yourself

To sign up, go to <https://babyfriendly.litmos.com/self-signup/>

You will be asked to enter you First Name, Last Name, Email address and a code

Please use the code provided to you by your training administrator/infant feeding co-ordinator. This will ensure you are signed up to the correct account.

A screenshot of a web form titled 'Online Courses Self Sign Up'. Below the title is the instruction 'Register to access courses by entering the code provided to you'. The form contains five input fields: 'First Name:', 'Last Name:', 'Email:', 'Confirm Email:', and 'Code:'. A green 'Register' button is at the bottom right.

If you have entered a correct code, you'll see a confirmation message to show you have successfully registered, and it will prompt you to check your email. You should receive an email to notify you that you have been added to the system.

To proceed, click the link in the email

From either method of starting, once you click the link in the email, you'll be taken to a page to [create a password and confirm your contact details](#)



Hello Mickey Mouse

1. Confirm your name

* is required field

Please make sure that we have your first and last names correct.

First Name*

Mickey

Last Name*

Mouse

Section 1 – Enter your First Name and Last Name

2. Create a password

Next time you login you will use the following username and password

Username: testingbf1@outlook.comm

Password*

Your password must be at least 6 characters long

Confirm password*

Confirm your password by entering it again

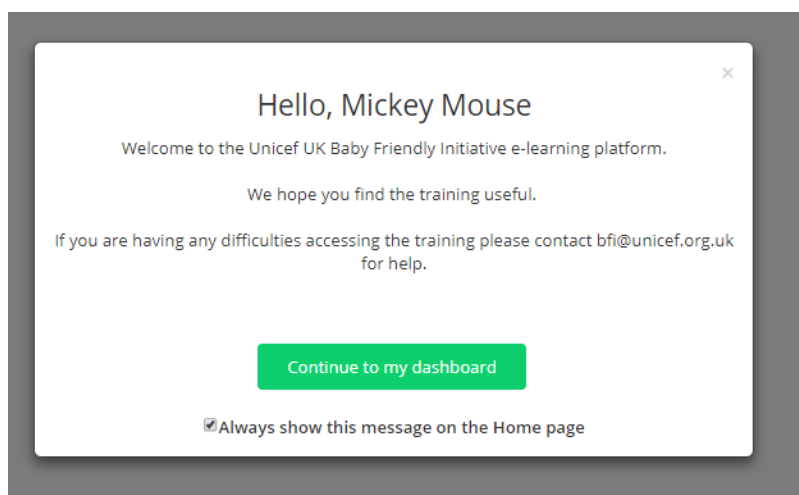
Section 2 – Create your password

3. Additional information

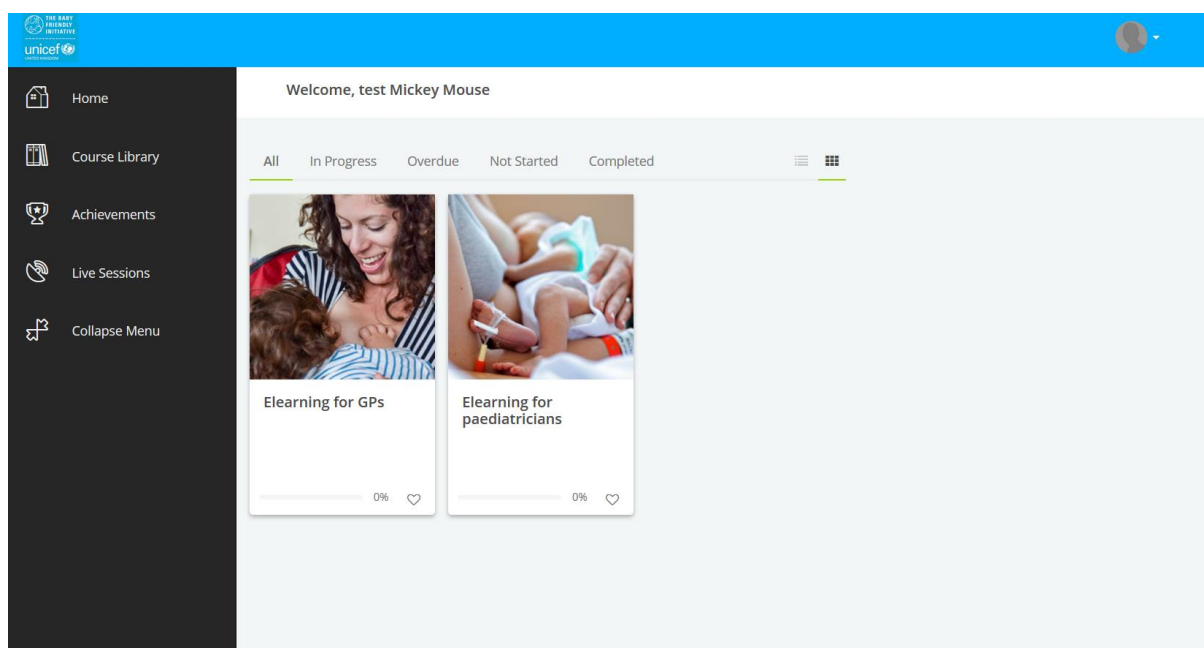
Job title

Section 3 – Optional – you can enter any additional information, but this isn't required

Then click the green **continue** button. You'll now be logged in and you'll see the following welcome message



Click the green **continue to my dashboard** button and you'll see any training courses that have been assigned to you. Click on the course to begin.

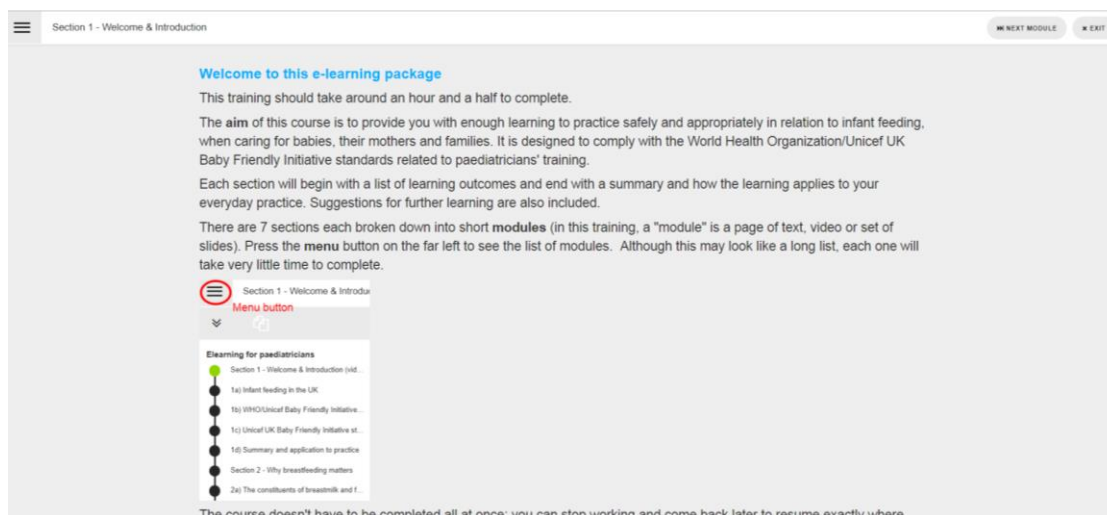


The courses are broken down into short pieces of content called modules. The course doesn't have to be completed all at once; you can stop working and come back later to resume exactly where you left.

Course content/troubleshooting

During the course you will see different types of content; text with images, slides and videos. There are examples below of how these should look. Please ensure you have sound enabled during video clips (you may wish to use headphones). If you are having trouble viewing the content, please check your system requirements and contact bfi@unicef.org.uk with any queries.

Text with images



Slides (remember to click the arrow on the right to proceed through the slide deck)

1c) Unicef UK Baby Friendly Initiative standards

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The Unicef UK Baby Friendly Initiative standards

Unicef UK has designed evidence based standards for maternity, neonatal, health visiting and children's centres services to follow, as well as university midwifery and health visiting programmes.

All services have to produce policies and guidelines that support the standards, and then educate all staff according to their role to a level that will allow them to implement the standards effectively.

The following slides outline the maternity and neonatal standards as these are the most relevant to your practice.

Click the arrow to the right to progress to the next slide.



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Videos (either within a text page, or as a full screen video)

View the video below to get a quick overview of the UK context.

Video: Call to Action on Infant Feeding in the UK

Baby Friendly Initiative | Call to Action

IT'S MORE THAN JUST FOOD

SUPPORTS LOVING RELATIONSHIPS
BRAIN DEVELOPMENT

PROTECTS AGAINST
CANCER
OBESITY
DIABETES
INFECTIONS
SUDDEN INFANT DEATH



20) The constituents of breastmilk and formula

Formula	Breastmilk
VITAMINS & MINERALS	TRANSFER FACTORS
FATS	IMMUNOGLOBULINS
CARBOHYDRATES	VITAMINS & MINERALS
PROTEIN	FATS
WATER	CARBOHYDRATES
	PROTEIN
	WATER

The video 3 minutes long explains the constituents of breastmilk and formula.

System requirements for using Litmos

- An Internet connection
- Web browser:
 - Internet Explorer 8+
 - Firefox 2+
 - Safari on Mac 1.2+
 - Google Chrome
- Javascript and Cookies enabled
- Flash Player 9+
- While not a requirement, Litmos is best viewed using a minimum screen resolution of 1024x768