



Nurturing Mothers Mentor Position Description

A NURTURING MOTHERS MENTOR:

1. Works with mothers to manage breastfeeding challenges.
2. Facilitates gatherings where mothers can come together to discuss mothering, breastfeeding and nurturing. These may be informal or include a topic related to NMBAA core values.
3. Facilitates antenatal preparation either individually or in a structured class.
4. Refers mothers for ongoing assistance if needed using relevant resources.
5. Supports other mentors in their role, ensuring each mentor has the resources and support to mentor other mothers.
6. Works within the framework of the guiding documents and ethical principles.
7. Uses positive language as described in the language guide when talking to mothers in her mentor role.

Requirements	Essential	Desirable
Completion of the NMM Training Course	✓	
Demonstration of described competencies	✓	
Agreement to participate in ongoing learning activities as deemed necessary by the BAA Board	✓	
Agreement to abide by Guiding Documents ¹	✓	
Remain a paying member of BAA	✓	
Recommendation by a member in good-standing within BAA	✓	
Commitment to participate in volunteering activities ² at least 6 times per year	✓	
Familiarity with all BAA Factsheets and their latest revisions	✓	



Experience and Knowledge	Essential	Desirable
Breastfeeding to natural term weaning		✓
Biologically normal infant sleep and behaviour	✓	
The impact of marketing on infant feeding and parental decision-making		✓
Appropriate referral pathways for mother and baby and accompanying resources	✓	
Skills and abilities	Essential	Desirable
Ability to speak and write fluently in English	✓	
Ability to provide information and support to mothers in a non-judgemental fashion	✓	
Ability to provide an effective assistance with attachment to the breast and supportive positioning	✓	
Ability to organise and manage volunteering commitments independently		✓
Ability to work effectively as part of a team	✓	
Excellent interpersonal and communication skills	✓	
Ability to work with people from different cultures sensitively	✓	
Ability to keep the confidentiality of the mothers and their families	✓	
IT skills including Word, online meeting platforms such as 'Zoom' email and internet use	✓	
Ability to maintain records and write simple reports	✓	

¹ Position Statement, Language Guide, BAA Fact Sheets, Constitution, Ethical Principles, Position Description, Disciplinary Procedure.

² For example, counsel a mother or another volunteer, contribute to the Facebook discussions, run a group gathering or antenatal class, participate in a training activity.