

## Agenda

### Making Breastfeeding Easier for NICU Families

*Hosted by: The Oklahoma Breastfeeding Resource Center*

*Taught by: Rebecca Mannel, MPH, IBCLC, FILCA*

TOPIC	MINUTES	TIME
INTRODUCTION: What do you know about breastfeeding?	10 mins	8:30 – 8:40
IMPORTANCE OF HUMAN MILK FEEDINGS	30 mins	8:40 – 9:10
PRENATAL/EARLY POSTPARTUM COUNSELLING	30 mins	9:10 – 9:40
SKIN TO SKIN/KANGAROO CARE	25 mins	9:40- 10:05
<b>BREAK</b>	<b>15 mins</b>	<b>10:05 – 10:20</b>
MILK PRODUCTION	60 mins	10:05 – 11:20
MILK EXPRESSION TECHNIQUES	40 mins	11:20 – 12:00
<b>LUNCH</b>	<b>30 mins</b>	<b>12:00 – 12:30</b>
PASTEURIZED DONOR HUMAN MILK	45 mins	12:30 – 1:15
TRANSITION TO DIRECT BREASTFEEDING	45 mins	1:15 – 2:00
<b>BREAK</b>	<b>15 mins</b>	<b>2:00 – 2:15</b>
LACTATION CARE IN THE NICU	15 mins	2:15 – 2:30
OKLAHOMA BREASTFEEDING HOTLINE DEMO	10 mins	2:30 – 2:40
CASE SCENARIOS/COMPETENCIES	40 mins	2:40 – 3:20
BABY-FRIENDLY NICU?	25 mins	3:20 – 3:45
KEY TAKEAWAYS	15 mins	3:45 – 4:00
Evaluation & Certificates	5 mins	4:00 – 4:05
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