

**Oklahoma Breastfeeding Resource Center (OBRC)  
BREASTFEEDING BASICS & BEYOND 2-DAY COURSE**

<u>Day 1</u>	<u>Day 2</u>
9:00 – 9:30    What Do You Know About Breastfeeding	8:30 – 9:40    Milk Production
9:30 – 10:30    Health Impact of Breastfeeding	9:40 - 9:50    Break
10:30-10:45    Break	9:50 – 10:40    Optimal Breastfeeding Care in the Hospital
10:45 – 12:15    Prenatal Issues: Myths Risk Factors Communication	10:40 – 10:50    Break
12:15 – 1:15    Lunch	10:50 – 11:45    Other Breastfeeding Challenges
1:15 – 2:15    Initiating Breastfeeding Key elements of position and latch Skin to skin contact	11:45 – 12:45    Lunch
2:15 – 2:30    Break	12:45 – 1:30    Supplementation
2:30 – 3:00    Exclusive Breastfeeding	1:30 – 2:00    When Breastfeeding Hurts
3:00 – 3:30    Hand Expression	2:00 – 2:10    Break
3:30 – 3:40    Break	2:10 – 2:30    Getting Dads Involved
3:40 – 4:30    Mechanical Expression	2:30 – 3:00    Baby-Friendly Environments Workplace support
	3:00 – 4:00    Putting It into Practice: Case discussions Keep It Simple: Top 3 Things Mom Should Know
	Post-Test/Evaluation