

Making Breastfeeding Easier

I.	Introduction	800 - 815
II.	Health Impact of Breastfeeding <ul style="list-style-type: none">• Small group review of current research• Contraindications	815 - 930
BREAK		930 - 940
III.	Coaching and Counseling <ul style="list-style-type: none">• Prenatal Concerns/myths• Maternal risk factors – lactation acuity• Skills check – communication role play	940 - 1100
IV.	Initiating Breastfeeding <ul style="list-style-type: none">• Skin to skin, position/latch• Skills check – key elements of position/latch	1100 - 1200
LUNCH		1200 - 1230
V.	Exclusive Breastfeeding (EBF) <ul style="list-style-type: none">• Signs of adequate intake, feeding frequency• Milk expression techniques• Skills check – hand expression/pump use	1230 - 1400
BREAK		1400 - 1415
VI.	Challenges <ul style="list-style-type: none">• Sleepy babies, hypoglycemia, jaundice, difficulty latching• Late preterm babies, medications	1415 - 1515
VII.	Supplementation <ul style="list-style-type: none">• Medical indications for supplementation• Methods of supplementing• Skills check – cup feeding	1515 - 1545
VIII.	When Breastfeeding Hurts <ul style="list-style-type: none">• Nipple pain• Engorgement• Mastitis/candidiasis	1545 - 1600
IX.	Baby-Friendly Environments <ul style="list-style-type: none">• Best practice is good for all babies	1600 - 1615
X.	Putting It Into Practice/Evaluation <ul style="list-style-type: none">• Case studies in small groups• What do you want your moms to know?	1615 - 1630