

**OBRC's
Making Breastfeeding Easier
Training Agenda**

TOPIC	TIME
Introduction: Parent Testimonial Video	800 – 815
Health Impact of Breastfeeding	815 - 930
BREAK	930 - 940
Coaching and Counseling	940 - 1100
BREAK	1100-1110
Initiating Breastfeeding	1110 - 1200
LUNCH	1200 - 1230
Exclusive Breastfeeding	1230 - 1400
BREAK	1355 - 1405
Challenges	1405 - 1440
Supplementation	1440 - 1510
BREAK	1510-1520
When Breastfeeding Hurts	1520 - 1545
Putting It Into Practice/Evaluation	1545 - 1610
Baby-Friendly Environments	1610 - 1630