

Breastfeeding Basics and Beyond Agenda

DAY #1	DAY #2
9:00 – 9:30 What do you know about breastfeeding	8:30 – 9:30 Review from Day One
9:30 – 10:30 Health Impact of Breastfeeding	9:30 - 9:35 Break
10:30-10:45 Break	9:35 – 10:25 Optimal Breastfeeding Care in the Hospital
10:45 – 12:15 Prenatal Issues	10:25 – 10:35 Break
12:15 – 1:15 Lunch	10:35 – 11:45 Other Breastfeeding Challenges
1:15 – 2:20 Initiating Breastfeeding	11:45 – 12:45 Lunch
2:20 – 2:30 Break	12:45 – 1:35 Supplementation
2:30 – 2:50 Exclusive Breastfeeding	1:35 – 1:50 When Breastfeeding Hurts
2:50 – 3:15 Hand Expression	1:50 – 2:00 Break
3:15 – 3:25 Break	2:00 – 2:10 Oklahoma Breastfeeding Hotline Demo
3:25 – 4:15 Mechanical Expression	2:10 – 2:30 Getting Partners Involved
4:15 - 4:30 Review Competency Form	2:30 – 3:10 Putting It Into Practice, Part 1
	3:10 – 3:30 Baby-Friendly Environments
	3:30 – 4:00 Putting It Into Practice, Part 2