

Breastfeeding: Foundations for Perinatal Health Workers...AGENDA

9:00 – 9:40 am **Introductions and participants' experience with breastfeeding/lactation** Bringing awareness to your own experiences and biases as well as those of other professionals before you help families

9:40 – 10:00 am **The role of the doula and other helpers in supporting breastfeeding** Defining the scopes of practice

10:00 – 10:30 am **Got human milk? Why breastfeeding and human milk matters** Composition of human milk, artificial baby milk and considering donor milk as an option. The effect of alcohol and medications on breastfeeding.

10:30 – 11:15 am **Aligning the stars for success: prenatal planning** The case for a prenatal breastfeeding class and engaging partners in supporting breastfeeding. How birthweight, early colostrum expression, nursery/NICU stays, pacifiers and early supplementation with formula can affect the future of breastfeeding.

11:15 – 11:30 am **BREAK & SNACKS**

11:30 am – 12:30 pm **Navigating challenges: support, advocacy and connecting to other care providers**
Common breastfeeding problems possible remedies and when to refer to someone else.

12:30 – 1:30 pm **LUNCH**

1:30 – 2:30 pm **The first hours: support strategies for breastfeeding on day one** Positions, latch, timing of feedings, skin-to-skin (practical experiences with real babies and parents for demonstrations and practicing support)

2:30 – 3:30 pm **The first week: nurturing the breastfeeding relationship** What parents need to know, how helpers can help and hinder, setting up a circle of support for our clients, babywearing, sleep, finding support groups (online and person-to-person) and setting up meals and other help. (again, includes practical experiences with real babies and parents for demonstrations and practicing support)

3:30 – 3:45 pm **BREAK & SNACKS**

3:45 – 4:45 pm **Staying strong after the newborn period: providing longer-term breastfeeding and lactation support** The normal course of breastfeeding, planting the seed for longer-term breastfeeding, choosing a breastpump, hand expression, milk storage and back-to-work considerations.

4:45 – 5:15 **The impact of culture, family, friends and other social aspects on breastfeeding rates and access to support** How words, foods, environment, physicians, sleep and Facebook can negatively or positively affect new moms.

5:15 – 5:45 pm **Improving your client's perinatal experience** Talking about gear, choosing the best care providers, providing our clients with power to make their own decisions and take steps to get help.

5:45 – 6:00 pm **Last Questions, Closing Inspirational Words and Evaluations**