

Breastfeeding ChampionSM Training for Outpatient Breastfeeding Supporters*



presented by



With

Allison Laverty Montag IBCLC

Sponsored
by



Public Health
Prevent. Promote. Protect.

**Winnebago County
Health Department**

Mondays

October 16, 23, 30 & Nov 6, 2017

8:00-12:00 p.m. each day

Location:

Wittman Regional Airport

525 W. 20th Ave

Oshkosh, WI 54902

\$125/ per person

Early bird pricing of \$110 on or before Sept. 30!

A Limited # of Scholarships are Available (50% off)

Register at https://themilkmob.org/wi_oshkosh_201710/

Following the Breastfeeding Champion Training the Participants Will Be Able to Meet the Following Objectives:

- Identify the nutritional and immunologic properties of breastfeeding and the risks of artificial milk.
- Discuss care plans for common breastfeeding problems, such as sore nipples, poor weight gain, and latch difficulties.
- Use in-person and telephone breastfeeding triage tools that aid in increasing positive breastfeeding outcomes.

Continuing Education Credits

RN: This continuing nursing education activity was approved by the Wisconsin Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. 13.9 contact hours are awarded to Registered Nurses.

IBCLC: This course has been allocated 12.75 (L) Continuing Education Recognition Points (CERPs) by IBLCE. CERPs approval # CLT117-04.

RD: Maintain a copy of the agenda and certificate of attendance for CPEs for your Professional Development Portfolio.

Learner Outcomes – Learners will...

Attendees will achieve a greater understanding of basic breastfeeding skills as measured by 80% of attendees feeling more confident in ability to counsel breastfeeding mothers and families after participating in this training.

Cancellation Policy: Full refund up to 2 weeks before course. 50% refund for less than 2 weeks before course.

* This training program is beneficial for RNs, medical office staff, physicians and other providers, pharmacists, public health nurses, doulas, midwives, home visitors, WIC peer counselors, nutritionists, LLL Leaders, health professional students and others who help mothers breastfeed.

The Breastfeeding ChampionSM Curriculum



1

- Special Properties of Human Milk
- The EnteroMammary Pathway
- Risks of Not Breastfeeding
- Contraindications to Breastfeeding
- Healthy People 2020 Breastfeeding Objectives
- Breastfeeding Demographics
- Barriers to Breastfeeding
- Prenatal Counseling

2

- Anatomy and Physiology
- Positioning for Breastfeeding
- Infant Latch
- Defining a Feeding
- Feeding Frequency and Duration
- Infant and Maternal Signs of Adequate Milk Intake

3

- Breastfeeding in the Immediate Postpartum Period
- Lactogenesis II
- Supporting Dyads during the First Week Postpartum
- The Intn'l Code of Marketing of Breastmilk Substitutes
- Engorgement
- Maternal Infant Separation
- The Baby Friendly Hospital Initiative
- Hospital Discharge & Follow Up

4

- Sore Nipples- The Most Common Causes
- Proper Positioning and Latch to Prevent and Resolve Sore Nipples
- Common Reasons to Refer to a Lactation Consultant for Nipple Pain
- Managing Nipple Sores
- Breast Swelling and Engorgement
- Manual Expression of Breasts
- Infant Biting
- Pump Trauma
- Nipple Piercing
- Causes of Breast/Nipple Pain

5

- Reasons for Insufficient Infant Weight Gain
- Triage Tool to Assess whether Baby is Transferring Enough Milk
- Infant Weight Checks
- The Sleepy Baby
- Triaging the Mother Who is Worried About her Milk Supply
- Maternal Low Milk Supply
- Pre/Post Feed Weights
- Supplementing the Breastfed Baby
- Prematurity
- Night Time Feedings

6

- The Non-Latching Baby
- Infant-Led Latch
- The Baby who Prefers One Side
- Risks of Nipple Shields
- Pacifiers and Nursing Infants
- Infant Fussiness at the Breast
- Weaning
- Induced Lactation and Relactation

7

- Milk Expression
- Breast Pumps
- Fitting Breast Shields
- Operating and Cleaning a Breast Pump
- Storage of Expressed Breastmilk
- Use of Expressed Breastmilk
- Returning to Work and Breastfeeding

8

- Maternal Medications and Breastfeeding
- Alcohol and Breastfeeding
- Tobacco Use and Breastfeeding
- Safe Over-the-Counter Medications During Breastfeeding
- Starting Solids (Complementary Foods)
- Communication and Counseling the Breastfeeding Mother

The Milk Mob is a nonprofit membership organization dedicated to the expansion of breastfeeding education for a broad range of health professionals who work with nursing mothers and babies. All enrollees who complete the course will be offered a complimentary 3 year membership.

The Milk Mob is Looking for Individuals to Teach our Breastfeeding ChampionSM Course

If you are an experienced IBCLC with teaching experience, and you love to teach breastfeeding basics to other breastfeeding supporters, this is your opportunity to increase breastfeeding knowledge in your community, and to receive payment for it!

Prerequisite: Instructor candidates must submit an application for pre-approval. Attendance at a two day Breastfeeding Champion Training is required before attending our Instruct-the-Instructor course.

For more information, please visit www.themilkmob.org.