



## Breastfeeding 101: The Basics

### Agenda:

In-person or online:

- 8:00 – 8:30 Registration
- 8:30 – 8:45 Introductions
- 8:45 – 10:15 **Making Milk: The Basics** (90 mins.)
- 10:15 – 10:30 BREAK
- 10:30 – 11:30 **Getting Milk: Infant Latch & Positioning** (60 mins.)
- 11:30 – 12:00 **Return to Work/ School** (30 mins.)

### Outline & Objectives:

Session	Objectives	Time
<p><b>Making Milk: The Basics</b></p> <ul style="list-style-type: none"> <li>• Importance of breastfeeding to Infants and Mothers               <ul style="list-style-type: none"> <li>○ Physical Health</li> <li>○ Mental Health (ACEs, PPD, etc.)</li> </ul> </li> <li>• Contraindications</li> <li>• How milk is made               <ul style="list-style-type: none"> <li>○ Breast anatomy &amp; physiology</li> <li>○ Lactogenesis after birth; Colostrum, Transitional Milk, Mature Milk</li> <li>○ Maintaining milk supply (including nighttime feeding)</li> </ul> </li> <li>• Causes for decreased milk supply               <ul style="list-style-type: none"> <li>○ Maternal - Physiological</li> <li>○ Infant - Poor milk transfer</li> <li>○ Breastfeeding management                   <ul style="list-style-type: none"> <li>▪ Pacifiers</li> <li>▪ Scheduled feedings</li> <li>▪ Separation (work/school)</li> <li>▪ Early introduction of solids</li> </ul> </li> <li>○ Medications (birth control) and pregnancy</li> </ul> </li> <li>• Increasing milk supply</li> </ul>	<ul style="list-style-type: none"> <li>• List 4 reasons for a decreased milk supply.</li> <li>• Sketch basic breast anatomy including external and internal anatomy.</li> </ul>	90 minutes

<ul style="list-style-type: none"> <li>○ Increase frequency of feedings/milk expression</li> <li>○ Reduce pacifier or solid foods</li> <li>○ Prescription medication options</li> <li>○ What doesn't work – teas, cookies, herbs</li> </ul>		
<p><b>Getting Milk: Infant Latch &amp; Positioning</b> (60 mins.)</p> <ul style="list-style-type: none"> <li>● Infant intake <ul style="list-style-type: none"> <li>○ Physiological normal volumes at different ages</li> <li>○ Assessing adequate intake</li> </ul> </li> <li>● Various positions</li> <li>● Effect latch <ul style="list-style-type: none"> <li>○ Asymmetrical latch</li> <li>○ Signs of a good latch</li> </ul> </li> <li>● Reasons for poor latch and how to address <ul style="list-style-type: none"> <li>○ Engorgement</li> <li>○ Frequent bottles or pacifiers</li> <li>○ Infant illness</li> <li>○ Position preference</li> <li>○ Infant anatomic and motor issues</li> </ul> </li> <li>● Tips on counseling the breastfeeding family</li> </ul>	<ul style="list-style-type: none"> <li>● Identify 3 characteristics of a good latch.</li> <li>● Propose 4 ways to manage engorgement.</li> </ul>	60 minutes
<p><b>Return to Work/ School</b></p> <ul style="list-style-type: none"> <li>● Federal laws (Break Time, Pregnancy Discrimination, Title IX)</li> <li>● Talking with employer</li> <li>● Check list for success</li> <li>● Getting a breast pump</li> <li>● Choosing a childcare provider and communications</li> </ul>	<ul style="list-style-type: none"> <li>● Devise a back to school/work plan for breastfeeding families using checklist for success.</li> <li>● List 3 resources to help families navigate going back to work/school while breastfeeding.</li> </ul>	30 minutes
<b>TOTAL TIME</b>		<b>180 minutes</b> <b>3 hours</b>