



## Breast Milk and Lactation

### Course Description

This course will enable the bedside clinician to care for the lactating mother and breastfeeding infant on basic and advanced levels. Breast milk value, supporting the mother with basic lactation care and assisting the infant with breastfeeding practice will be presented. Mothers with babies in the NICU require some different support. These topics include stimulating milk supply, partnering in care at the bedside and maintaining breast milk supply with planning for discharge.

### Program Learning Outcomes

*This program prepares the learner to:*

- Integrate basic knowledge of breast milk when educating families.
- Identify the newborn or mother at risk of not being successful with lactation.
- Discuss the consequences to not providing breast milk for mother and infant.
- Relate differences for the breastfeeding mother with an infant in the NICU.

### Agenda

*Sign-in begins at 7:30 am.* The day includes a one-hour lunch (on your own), as well as a morning and afternoon break of 15 minutes each. The order of lectures presented and break times may vary according to speaker preference.

#### 8:00 am to 4:30 pm

0800 **Benefits of Breast Milk**  
Composition of Breast Milk

0930 **Break**

0945 **Basics of Breastfeeding**  
Positioning | Latch | Care of Breast Tissue

1030 **Common Issues with Lactating**  
Mother | Infant

1200 **Lunch**

1300 **NICU Infant Needs**  
Initiating Milk Supply | Kangaroo Care | Maintaining Milk Supply | Starting Breast Feeds | Feed Progression

1445 **Break**

1500 **NICU Infant Needs (cont.)**  
Donor Human Milk | Discharge Prep with Breastfeeding | Troubleshooting Difficulties with Maintaining Breastfeeds

1630 **Adjourn**

# Accreditation

## RN/LPN/LVN/Other: 7 Contact Hours

MED-ED, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (**ANCC**).

MED-ED, Inc. is an approved provider by the following State Boards of Nursing: **Florida**/FBN 50-1286, **Iowa**/296, **California** #CEP10453.

If your profession is not listed, we suggest contacting your board to determine your continuing education requirements and ask about reciprocal approval. Many boards will approve this seminar based on the accreditation of the boards listed here.

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