



# Beyond the Basics of Breastfeeding for NICU and PICU Healthcare Professionals

Friday February 13<sup>th</sup>, 2026

11:00am - 1:15pm CST

## Agenda

|                 |                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                  |
|-----------------|---------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 11:00am-11:30am | Why Milk Matters                                              | <p>Objectives:</p> <ol style="list-style-type: none"> <li>1. Identify the consistent and stable nutritional composition of human milk</li> <li>2. Explain the importance of providing human milk for ill infants including those with congenital heart disease and congenital anomalies.</li> <li>3. Describe the nutritional differences between mother's own milk and pasteurized donor human milk.</li> </ol> |
| 11:30am-12:00pm | Low and High Milk Production                                  | <ol style="list-style-type: none"> <li>1. Describe common risk factors for low milk production among NICU mothers.</li> <li>2. Identify medications that can reduce milk production.</li> <li>3. Explain risks associated with over production among mothers who exclusively pump.</li> </ol>                                                                                                                    |
| 12:00-12:15pm   | Break                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| 12:15-1:00pm    | Psychosocial factors that impact lactation among NICU parents | <ol style="list-style-type: none"> <li>1. Describe social factors among NICU parents that can negatively impact lactation.</li> <li>2. Identify the role of milk donation in bereavement care.</li> <li>3. Explain the impact of breastmilk on symptoms of newborn neonatal opioid withdrawal syndrome.</li> <li>4. Describe the ways lactation can occur across diverse gender identities.</li> </ol>           |
| 1:00pm-1:15pm   | Breastmilk fortification                                      | <ol style="list-style-type: none"> <li>1. Describe indications to fortify human milk for a NICU patient.</li> <li>2. Explain indications and strategies to wean from fortification.</li> </ol>                                                                                                                                                                                                                   |