



IABLE
Institute for the Advancement
of Breastfeeding &
Lactation Education
Lacted.org

Core Content of Breastfeeding and Lactation Medicine

January 20th-24th, 2026

Webinar

Central Standard Time

Day 1 - January 20th, 2026

9:15-9:45am	Welcome and Introductions	
9:45-10:30am	Breast Anatomy	1. Identify anatomic breast changes during pregnancy 2. Describe congenital variations of breast development
10:30-11:30am	Lactational Physiology	1. Describe the hormonal control of lactation 2. Explain the impact of lactation on maternal physiology and bone density
11:30-11:45am	Break	
11:45am-12:45pm	Components of Breastmilk, Risks of not Breastfeeding	1. Describe at least 3 components of breastmilk that provide immunologic protection from illness 2. Describe modes of immunologic protection afforded by breastmilk
12:45-1:45pm	Lunch	
1:45-3:00pm	Latch, Positioning, and Exam of Dyad	1. Describe the infant exam pertaining to breastfeeding 2. Describe how to do a breast exam 3. Explain proper latch and positioning 4. Identify nutritive vs nonnutritive sucking 5. Explain how to collect a breastmilk culture
3:00-3:15pm	Break	
3:15-4:30pm	The Immediate Postpartum Period	1. Identify key practices that facilitate breastfeeding within the first hour after birth 2. Describe the physiological triggers leading to secretory activation 3. Explain the impact of skin to skin on lactation and maternal/infant health 4. Identify how common newborn conditions can impact breastfeeding initiation

4:30-5:00pm	Breastfeeding Policies	1. Recite the 10 steps of Baby Friendly Hospital Initiative To support breastfeeding 2. Outline population characteristics associated with breastfeeding rates 3. Explain relative contraindications to breastfeeding for the infant and the lactating parent 4. Describe the purpose and importance of The International Code of Marketing of Breastmilk Substitutes
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Day 2 - January 21st, 2026

9:15-10:15am	Cases in the Management of Immediate Postpartum Challenges	1. Describe the evaluation and management of an infant who stops nursing early postpartum 2. Explain optimal breastfeeding management of a late preterm infant early postpartum 3. Outline a feeding plan for a parent with a history of breast reduction
10:15-10:30am	Break	
10:30-11:30am	Pump Technology, Devices, and Milk Storage	1. Describe physiological differences between hand expression and pump expression 2. Explain basic principles of operating breast pumps. 3. Identify differences between various pumps 4. Outline how to fit breast shield size 5. Explain key techniques of breastmilk expression and milk storage
11:30am-12:00pm	Overproduction of Milk	1. Describe infant symptoms and maternal symptoms of hyperlactation 2. Describe behavioral management strategies to decrease milk production 3. List substances that can decrease milk production
12:00-1:00pm	Lunch	
1:00-2:15pm	Low Milk Production	1. Recite reasons for low milk production associated with prenatal breast development, intrapartum events and postpartum factors 2. Identify behavioral means of increasing milk production 3. Describe indications for using herbs or prescription medications to increase milk production
2:15-2:45pm	Supplementation Methods	1. Describe pros and cons of 4 devices used for supplemental feeding 2. Describe how timing of supplemental feeding can impact infant breastfeeding behavior over time 3. Describe 2 strategies to decrease excess supplementation
2:45-3:00pm	Break	

3:00-4:00pm	Cases in Low Milk Production	1. Identify signs and symptoms of low glandular tissue 2. Describe the work up for lack of secretory activation
4:00-4:45pm	Breastfeeding Management in the First Week Postpartum	1. Describe signs of adequate milk intake in the first 3 days postpartum 2. Identify interventions that support the lactating dyad when there is a delay in lactation in the first week postpartum

Day 3 - January 22nd, 2026

9:30-10:30am	Challenging Cases during the First Week Postpartum	1. Describe evaluation and management of nipple wounds in the first week postpartum 2. Describe reasons why a term infant does not transfer milk sufficiently postpartum 3. Outline early postpartum management of overproduction
10:30-10:45am	Break	
10:45-11:45am	Differential Diagnosis of Sore Nipples/Breasts	1. Explain the role of engorgement in breast/nipple pain 2. Outline appropriate treatment for nipple trauma 3. Describe the presentation and management of nipple vasospasm 4. Explain underlying causes and presentation of nipple/areolar dermatitis during lactation
11:45am - 12:45pm	Case Discussion of Sore Nipples/Breasts	1. Identify the role of hyperlactation in chronic breast pain 2. Explain the management of nipple dermatitis 3. Describe management of recurrent mastitis
12:45-1:45pm	Lunch	
1:45-3:15pm	Breast Masses, Imaging, Abscess Management	1. Describe management of benign breast lesions during lactation 2. Identify common nipple masses/lesions that can occur during lactation 3. Describe recommendations for imaging a breast mass during lactation
3:15-3:30pm	Break	
3:30-4:45pm	Peripartum Mental Health	1. Describe strategies for screening for peripartum mood and anxiety disorders 2. Describe how peripartum mood and anxiety disorders impact breastfeeding and lactation behaviors 3. Explain non pharmacologic and pharmacologic management strategies for peripartum mood and anxiety disorders

Day 4 - January 23rd, 2026

9:30-11:00am	Breastfeeding the Infant with Health Problems	1. Explain the pros and cons of breastfeeding a child in respiratory distress 2. Identify 3 challenges the breastfeeding dyad faces when a child has significant health problems 3. Describe management of breastfeeding for infants with chylothorax
11:00-11:15am	Break	
11:15am-12:15pm	Medications	1. Describe 3 principles of lactation pharmacokinetics 2. Recite 2 reliable sources of information for medication use while breastfeeding 3. List 3 substances that are contraindicated while breastfeeding
12:15-1:00pm	Pump Demos	1. Explain how to operate the basic functions of most breast pumps 2. Identify optimal pump vacuum pressures
1:00-2:00pm	Lunch	
2:00-3:00pm	Prenatal Counseling	1. List 3 ways to incorporate antenatal and prenatal breastfeeding support in a busy clinical practice 2. Identify risk factors warranting prenatal anticipatory guidance for breastfeeding
3:00-3:15pm	Break	
3:15-4:15pm	Back to Work/School	1. Identify 3 common challenges in maintaining lactation when back to work 2. Understand principles of sustaining milk production over time when separated from infant 3. Explain how creating and using a large freezer stash can undermine feeding goals
4:15-5:00pm	Infant Musculoskeletal Issues that Affect Breastfeeding	1. Explain infant exam symptoms and signs that may indicate musculoskeletal problems affecting feeding

Day 5 - January 24th, 2026

9:30-10:45am	Breastfeeding Management of the NICU Infant	1. Explain how human milk feeding in the NICU reduces the risk of short-and long-term morbidities in premature infants 2. Describe 3 ways to help a NICU parent protect their milk production
10:45-11:00am	Break	
11:00am-12:00pm	Fortification of Human Milk	1. Describe indications to fortify human milk for NICU patients 2. Explain indications for fortification of human milk among NICU graduates

		3. Outline a strategy to wean from human milk fortification in the outpatient setting
12:00-1:15pm	Ankyloglossia	1. Describe the normal function of the tongue during breastfeeding 2. Describe 4 symptoms of ankyloglossia for mother/infant dyad 3. Identify anatomy of the lingual frenulum 4. Recognize limitations in research regarding ankyloglossia 5. Discuss current controversies regarding ankyloglossia and frenotomies
1:15-2:15pm	Lunch	
2:15-2:45pm	Infant Feeding Problems	1. Identify 3 infant anatomic or functional issues, other than ankyloglossia, that may interfere with breastfeeding 2. Discuss strategies to assist infants with anatomic issues to succeed at breastfeeding 3. State current knowledge of the upper lip frenulum and its role in breastfeeding 4. Identify 3 suggestions for dealing with breast or bottle refusal
2:45-3:45pm	Induction of Lactation	1. List major topics to discuss when counseling an individual who desires induction of lactation 2. Describe typical protocols for induction of lactation 3. Identify key aspects of breastfeeding support for a parent who induces lactation
3:45-4:00pm	Break	
4:00-5:00pm	Tandem Nursing and Weaning	1. Describe common reasons for premature weaning 2. Describe weaning strategies 3. Describe strategies to help an older child wean 4. Identify health issues related to breastfeeding during pregnancy 5. Explain strategies for tandem nursing