



## Outpatient Breastfeeding Champion<sup>SM</sup> Course Agenda

Thursdays, January 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, February 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, & 29<sup>th</sup>, 2024

7:00am – 9:00am CST

### **Jan 11, 2024**

7:00-9:00am	Session 1	Components of Breastmilk, Risks of not Breastfeeding, Contra-indications, Prenatal Counseling, Counseling the Lactating Parent
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### **Jan 18, 2024**

7:00-9:00am	Session 2	Anatomy of Lactating Breast, Physiology of Milk Production, Positioning and Defining a Feeding
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### **Jan 25, 2024**

7:00-9:00am	Session 3	Getting off to a Great Start, Support the First Week
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### **Feb 1, 2024**

7:00-9:00am	Session 4	Sore Nipples and Breasts during Lactation
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### **Feb 8, 2024**

7:00-9:00am	Session 5 part 1	Slow Weight Gain, Low Milk Production
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### **Feb 15, 2024**

7:00-7:45am	Session 5 part 2	Slow Weight Gain, Low Milk Production
7:45-9:00am	Session 6	Non-latching Baby, Baby who is Fussy at breast, Complementary Feeding, Weaning

### **Feb 22, 2024**

7:00-8:30am	Session 7	Manual Breast Expression, Breast Pumps, Milk Storage, Return to Work
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### **Feb 19, 2024**

7:00-8:00am	Session 8	Medications During Lactation, Cases in Counseling Lactating Parents
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