



Outpatient Breastfeeding ChampionSM Course Agenda

Tuesdays, June 4th, 11th, 18th, 25th, 2024

8:30am-12:30pm EST

June 4, 2024

8:30-10:30am	Session 1	Components of Breastmilk, Risks of not Breastfeeding, Contra-indications, Prenatal Counseling, Counseling the Lactating Parent
10:30-10:45am	Break	
10:45-12:30pm	Session 2	Anatomy of Lactating Breast, Physiology of Milk Production, Positioning and Defining a Feeding

June 11, 2024

8:30-10:15am	Session 3	Getting off to a Great Start, Support the First Week
10:15-10:30am	Break	
10:30-12:15pm	Session 4	Sore Nipples and Breasts during Lactation

June 18, 2024

8:30-10:30am	Session 5	Slow Weight Gain, Low Milk Production
10:30-10:45am	Break	
10:45-11:15am	Session 5	Slow Weight Gain, Low Milk Production
11:15-12:15pm	Session 6	Non-latching Baby, Baby who is Fussy at breast, Complementary Feeding, Weaning

June 25, 2024

8:30-9:00am	Session 6	Non-latching Baby, Baby who is Fussy at breast, Complementary Feeding, Weaning
9:00-10:15am	Session 7	Manual Breast Expression, Breast Pumps, Milk Storage, Return to Work
10:15-10:30am	Break	
10:30-11:00am	Demo	Pump Demonstrations
11:00-12:30pm	Session 8	Medications During Lactation, Cases in Counseling Lactating Parents

