



Outpatient Breastfeeding ChampionSM Course Agenda

Mondays, April 7th and 14th, 2025

University of Florida

Day 1 – Monday, April 7th, 2025

8:00-10:00am	Session 1	Components of Breastmilk, Risks of not Breastfeeding, Contra-indications, Prenatal Counseling, Counseling the Lactating Parent
10:00-10:15am	Break	
10:15am-12:00pm	Session 2	Anatomy of Lactating Breast, Physiology of Milk Production, Positioning and Defining a Feeding
12:00-1:00pm	Lunch	
1:00-2:45pm	Session 3	Getting off to a Great Start, Support the First Week
2:45-3:00pm	Break	
3:00-4:45pm	Session 4	Sore Nipples and Breasts in the Lactating Parent

Day 2 – Monday, April 14th, 2025

8:00-10:00am	Session 5	Slow Weight Gain, Low Milk Production
10:00-10:15am	Break	
10:15-10:45am	Session 5	Slow Weight Gain, Low Milk Production
10:45am-12:15pm	Session 6	Non-latching Baby, Baby who is Fussy at breast, Complementary Feeding, Weaning
12:15-1:00pm	Lunch	
1:00-2:15pm	Session 7	Manual Breast Expression, Breast Pumps, Milk Storage, Return to Work
2:15-2:45pm	Session 7	Pump Demonstration
2:45-3:00pm	Break	
3:00-4:30pm	Session 8	Medications During Lactation, Cases in Counseling Lactating Parents

