



Outpatient Breastfeeding ChampionSM Course

West Virginia, June 3rd, 10th and 17th, 2025

June 3rd, 2025

8:00-9:30am	Session 1 – Components of Breastmilk, Risks of not Breastfeeding, Contraindications, Prenatal Counseling, Counseling the Mother/Lactating Parent
9:30-9:45am	Break
9:45-10:15am	Finish Session 1
10:15-11:15am	Session 2 – Anatomy of Lactating Breast, Physiology of Milk Production, Positioning and Defining a Feeding
11:15-11:30am	Break
11:30am-12:15pm	Finish Session 2
12:15-1:30pm	Session 3 – Getting off to a Great Start, Support the First Week

June 10th, 2025

8:00-8:30am	Finish Session 3
8:30-9:15am	Session 4 – Sore Nipples and Breasts in the Lactating Woman
9:15-9:30am	Break
9:30-10:30 am	Finish Session 4
10:30-11:15am	Session 5 – Slow Weight Gain, Low Milk Production
11:15-11:30am	Break
11:30am-1:15pm	Finish Session 5
1:15-1:30pm	Session 6 – Non-latching and Fussy Infant, Complementary Feeding, Weaning

June 17th, 2025

8:00-9:15am	Finish Session 6
9:15-9:45am	Session 7 – Manual Breast Expression, Breast Pumps, Milk Storage, Return to Work
9:45-10:00am	Break
10:00-10:45am	Finish Session 7
10:45-11:15 am	Pump Demonstration
11:15-11:30am	Break
11:30am-1:00pm	Session 8 – Medications During Lactation, Cases in Counseling Parents
