



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

**Day 1- Wednesday, January 7<sup>th</sup>, 2026; 8:00am-4:45pm CST**

**Day 2- Wednesday, January 14<sup>th</sup>, 2026; 8:00am-4:30pm CST**

### **Day 1- Wednesday, January 7<sup>th</sup>, 2026**

|                 |           |                                                                                                                                |
|-----------------|-----------|--------------------------------------------------------------------------------------------------------------------------------|
| 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- Wednesday, January 14<sup>th</sup>, 2026**

|                 |           |                                                                                |
|-----------------|-----------|--------------------------------------------------------------------------------|
| 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            |

