

Outpatient Breastfeeding ChampionSM Course

presented by



IABLE

Institute for the Advancement
of Breastfeeding &
Lactation Education

with instructors

Rima Strassman MD, FABM and Heidi Koch RN, IBCLC

Friday - Saturday, August 6 – 7th, 2021

8:30 am - 5:00 pm EST Each Day

Location:

**Baby and Me Center
1425 Eighth Ave, Suite 1
Bethlehem, PA 18018**

Register at <https://lacted.org/slunh202108>

Participants Will Be Able to Meet the Following Learning Outcome:

Attendees will gain knowledge and confidence in evidence-based care for common lactation questions and concerns.

Continuing Education Credits

RN: This nursing continuing professional development education activity was approved by the Wisconsin Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. A maximum of 14.5 contact hours are awarded to Registered Nurses for successful completion.

IBCLC: This course has been allocated a maximum of 14.5 (L) Continuing Education Recognition Points (CERPs) by IBLCE. CERPs approval #CLT117-04.

RD: The Commission on Dietetic Registration has awarded Prior Approval of a maximum of 14.5 CPEUs for Activity No. 159678. Suggested Performance Indicator 9.4.2 Selects and uses appropriate content and teaching methods to meet individual needs.

* This training program is beneficial for RNs, medical office staff, physicians and other providers, pharmacists, public health nurses, doulas, midwives, home visitors, WIC peer counselors, nutritionists, LLL Leaders, health professional students and others who help mothers breastfeed.

Event Details

Schedule

The course will be held from 8:30am – 5:00pm EST on Friday and Saturday, August 6-7, 2021. Please arrive at 8:20am to sign in and get comfortable for the day's activities. We plan to start promptly at 8:30am.

Location

Baby and Me Center
1425 Eighth Ave, Suite 1
Bethlehem, PA 18018

Parking

There is plenty of parking available at and around the building.

Misc

Please bring a doll or a stuffed animal to practice latch and positioning on the first day of the Outpatient Breastfeeding Champion Training Course.

A room to pump will be available.

Meals

Breakfast and lunch will be provided. Please bring a bottle for water.

Instructors

Rima Strassman MD, FABM and Heidi Koch RN, IBCLC

Lecture Notes and Resources

We have setup a web page to provide downloadable lecture notes, worksheets, an agenda, and other details about the event. You will receive a link to this page in your email upon registration. It will also be linked from your IABLE Account orders page. We recommend printing the lectures and worksheets for taking notes during the course.

Curriculum Booklet

A full color curriculum booklet will be provided for the course and mailed to the address provided during registration. This booklet does not substitute for the PowerPoint lecture notes. It is designed to be used as a desk reference, for individuals who are providing telephone support, or for those who provide home visitation.

Please see the agenda on the next page.

If you have any questions, please [contact us via our website](#).



Outpatient Breastfeeding ChampionSM Course Agenda

Fri. – Sat., August 6-7, 2021. 8:30am-5:00 pm EST

August 6

8:30-10:00	Session 1	Components of Breastmilk, Risks of not Breastfeeding, Contra-indications, Prenatal Counseling, Counseling the Mother
10:00-10:15	Break	
10:15-12:15	Session 2	Anatomy of Lactating Breast, Physiology of Milk Production, Positioning and Defining a Feeding
12:15-1:00	Break	
1:00-3:00	Session 3	Getting off to a Great Start, Support the First Week
3:00-3:15	Break	
3:15-5:00	Session 4	Sore Nipples and Breasts in the Lactating Woman

August 7

8:30-10:15	Session 5	Slow Weight Gain, Low Milk Supply
10:15-10:30	Break	
10:30-11:30	Session 5	Slow Weight Gain, Low Milk Supply
11:30-12:15	Session 6	Non-latching Baby, Baby who is Fussy at breast, Complementary Feeding, Weaning
12:15-1:00	Break	
1:00-1:45	Session 6	Non-latching Baby, Baby who is Fussy at breast, Complimentary Feeding, Weaning
1:45-3:00	Session 7	Manual Breast Expression, Breast Pumps, Milk Storage, Return to Work
3:00-3:15	Break	
3:15-3:45	Demo	Pump Demonstration
3:45-5:00	Session 8	Maternal Medications and Breastfeeding, Cases in Counseling Breastfeeding Mothers

