

Outpatient Breastfeeding ChampionSM Webinar

presented by



IABLE

Institute for the Advancement
of Breastfeeding &
Lactation Education

with instructor

Lindsay Moore-Ostby, MD, IBCLC

Saturdays, January 9, 16, February 13 & 20, 2021

9:00 am – 1:00 pm EST Each Day

This Training will be Conducted Online

Register at <https://lacted.org/shop/healthnet202101>

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 continuing nursing education activity was approved by the Wisconsin Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. 15 nursing credits are awarded to Registered Nurses.

IBCLC: This course has been allocated 15 (L) Continuing Education Recognition Points (CERPs) by IBLCE. CERPs approval #CLT117-04.

RD: The Commission on Dietetic Registration has awarded Prior Approval of 15 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 training will be held from 9:00 am - 1:00 pm EST on Saturdays, January 9, 16, February 13, & 20, 2021. You will be able to log into the webinar beginning at 8:50 am. We plan to start promptly at 9:00 am.

Webinar

The training will be conducted online. You will receive an invitation with a link and instructions about a week before the course.

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.

Instructor

Lindsay Moore-Ostby, MD, IBCLC

Lecture Notes

A PDF document containing pictures of all of the slides in the PowerPoints is available. Your host has printed copies for you to use. A link to this document is also included in the confirmation email you received when you registered for the course.

After you register, this document is also available when you [login at the IABLE website: https://lacted.org/my-account](https://lacted.org/my-account). You can login to your dashboard using the email or username and password that you used when you registered for the course. An email with login instructions was sent upon registration. After logging in, your lecture notes can be downloaded by clicking "My Account" and then "Downloads."

The screenshot shows the IABLE website's Members Dashboard. At the top left is the IABLE logo (Institute for the Advancement of Breastfeeding & Lactation Education) and a navigation menu with links for HOME, TEACH, EVENTS, IMPACT, JOIN, and MEMBERS DASHBOARD. Below the navigation is a 'Members Dashboard' header with a welcome message: 'Welcome to IABLE Resources library!'. On the left side, there is a 'Dashboard' sidebar with a 'My Account' link highlighted by a red box. Below this sidebar is a table with columns: Product, Downloads remaining, Expires, and Download. The table contains one entry: 'One Day Primary Care Provider Breastfeeding Training - Las Cruces, NM'. The 'Expires' column for this entry shows 'September 4, 2020'. A red arrow points from the 'Downloads' link in the sidebar to the 'Download' button in the table, which is labeled 'LECTURE NOTES'.

Product	Downloads remaining	Expires	Download
One Day Primary Care Provider Breastfeeding Training - Las Cruces, NM		September 4, 2020	LECTURE NOTES

Curriculum Booklet

A full color curriculum booklet will be provided to you for the course by your clinic host. 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. A small section of the curriculum book contains activities for the OBC course, so please have the curriculum book available during the entire course.

IABLE Membership

The Institute for the Advancement of Breastfeeding and Lactation Education is a non-profit membership organization dedicated to building and supporting Breastfeeding-Knowledgeable Medical Systems and Communities. We provide a number of resources to our members. These include our Triage Tools, Breastfeeding Education Handouts, Video Library and email-based Discussion Group. Upon completion of your course you will receive a 3-year membership to IABLE. Your certificate will be available after you complete an online evaluation after the course.

Please see the agenda on the next page.

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

Outpatient Breastfeeding ChampionSM Course

Live Online – Agenda

Saturdays, Jan. 9, 16 and Feb. 13, 20, 2021

9am-1pm EST

Jan. 9th

- 9:00-10:30 - Session 1 – Components of Breastmilk, Risks of not Breastfeeding, Contra-indications, Prenatal Counseling, Counseling the Mother
- 10:30-10:45 - Break
- 10:45-1:00 - Session 2 – Anatomy of Lactating Breast, Physiology of Milk Production, Positioning and Defining a Feeding

Jan. 16th

- 9:00-10:45 - Session 3 – Getting off to a Great Start, Support the First Week
- 10:45-11:00 - Break
- 11:00-1:00 - Session 4 – Sore Nipples and Breasts in the Lactating Woman

Feb. 13th

- 9:00-10:45 - Session 5 – Slow Weight Gain, Low Milk Supply
- 10:45-11:00 - Break
- 11:00-12:00 - Session 5 – Slow Weight Gain, Low Milk Supply
- 12:00-1:00 - Session 6 – Non-latching Baby, Baby who is Fussy at breast, Complementary Feeding, Weaning

Feb. 20th

- 9:00-10:00 - Session 6 – Non-latching Baby, Baby who is Fussy at breast, Complimentary Feeding, Weaning
- 10:00-11:00 - Session 7 – Manual Breast Expression, Breast Pumps, Milk Storage, Return to Work
- 11:00-11:15 - Break
- 11:15-11:45 - Pump Demonstration
- 11:45-1:00 - Session 8 - Maternal Medications and Breastfeeding, Cases in Counseling Breastfeeding Mothers

