

# Outpatient Breastfeeding Champion<sup>SM</sup> Webinar

*presented by*



**IABLE**

Institute for the Advancement  
of Breastfeeding &  
Lactation Education

*with instructors*

**Lindsay Moore-Ostby, MD and Sarah Wall RN, IBCLC**

**Tuesdays, May 4, 11, 18, & 25<sup>th</sup>, 2021**  
**9:00 am – 1:00 pm EST Each Day**

**This Training will be Conducted Online**

Register at <https://lacted.org/shop/obc202105in>

## **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.

**Cancellation Policy: Full refund minus a \$35 fee up to 2 weeks before course.  
50% refund for less than 2 weeks before course.**

\* 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 Tuesdays, May 4, 11, 18, & 25, 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 course will be conducted online. You will receive an invitation with a link and instructions upon registration and a reminder email 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.

## **Instructors**

Lindsay Moore-Ostby MD  
Sarah Wall RN, IBCLC

## **Lecture Notes and Webinar 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.

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

Tuesdays, May 4, 11, 18 & 25, 2021. 9am-1pm EST

### May 4

9:00-10:15	Session 1	Components of Breastmilk, Risks of not Breastfeeding, Contra-indications, Prenatal Counseling, Counseling the Mother
10:15-10:30	Break	
10:30-12:30	Session 2	Anatomy of Lactating Breast, Physiology of Milk Production, Positioning and Defining a Feeding

### May 11

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

### May 18

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

### May 25

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	Demo	Pump Demonstration
11:45-1:00	Session 8	Maternal Medications and Breastfeeding, Cases in Counseling Breastfeeding Mothers

