

EVERGREEN PERINATAL EDUCATION
DEMONSTRATING COMPETENCY IN BREASTFEEDING CARE

A 5- to 8-hour Workshop

*in coordination with Excellence in Care with the Ten Steps
Baby Friendly Hospital Education*

AGENDA

Talking to breastfeeding families

- Practicing the necessary scripts in different feeding situations
- Coming up with the “one-liners” when feeding questions arise

Talking to families who need or choose to use bottles and formula

- Bottle feeding like a breastfeeder
- Safe bottle feeding
- Mixing infant formula

Observe and practice helping new mothers position their babies for feeding

- Evaluate a baby’s position and attachment at the breast
- Difficult latch situations
- Alternative feeding

Hand expression of milk

- An expectation of care
- The how-to of maximizing milk supply