

EVERGREEN PERINATAL EDUCATION
BEST PRACTICE: MANAGING EARLY BREASTFEEDING CHALLENGES
A One-Day, Intensive Workshop

TOPICS INCLUDED IN THIS PROGRAM

8:00 am-5:00 pm

Commitment to Breastfeeding

- Why does it matter? - Species specificity
- Making breastfeeding an expectation
 - Communicating without a turnoff
 - Honest education, expectations

Getting Breastfeeding Started

- Evaluating Birth Practices
 - Labor Routines
 - Medications
 - Newborn Recovery

Care That Makes Sense for Good Breastfeeding Outcomes

- Setting the stage
 - Postpartum practices and infant outcomes
 - Skin to skin care and breastfeeding responses
 - Making feeding a priority while ensuring infant and maternal safety
 - How our care influences milk supply
- What about cesarean birth?
 - Have we examined practices?
 - Tradition versus "best practice"

Positioning Babies at the Breast

- Basis for successful breastfeeding
- Common sense approach to helping mothers with first feedings
- LATCH score practice

Motivated to Make it Matter

- Keep it short and simple
- Looking at what's important
 - Learning to feed
 - Milk production
 - Maternal confidence

Caring for the Late Preterm/Early Term Baby

- Lowering the risks through excellent nursing care

- Ensuring adequate milk supply – for the mother, for the baby
- Application of same principles when feeding preterm infant
- Alternative feeding methods?
- Use of nipple shield?

Does All of This Make a Difference?

- Implementation of "best practice"
- What women want and need from us