

EVERGREEN PERINATAL EDUCATION
FOUNDATIONS FOR BEST PRACTICE IN LACTATION CARE

AGENDA DAY ONE
8:00-5:00

Lunch will be at 12:15
Fifteen minute breaks in morning and afternoon.

Introductions and overview of course

Talking to Mothers about Breastfeeding

- Making breastfeeding an expectation
- Looking at “culture”
 - Respect for human biology
 - Respect for women and their bodies
 - Breastfeeding promotion to teen moms
- What works?
- Dealing with the tough questions

Prenatal Breastfeeding Risk Assessment

- Identifying potential problems during prenatal care
- Prenatal treatment of flat and inverted nipples

Why it Matters What We Feed Babies

- Species-specificity of mammal milks
- Human milk and the immune system
- Critical components of human milk

Getting Feedings Started with Evidence-based Care

- Evaluating birth practices
 - Labor routines
 - Medications
 - Newborn recovery
- Skin to skin care and breastfeeding responses
 - Postpartum practices
 - Making feeding a priority