

EVERGREEN PERINATAL EDUCATION
FOUNDATIONS FOR BEST PRACTICE IN LACTATION CARE

AGENDA DAY TWO
8:00-5:00

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

Positioning and Latching Babies at the Breast

- Basis for successful breastfeeding
- There are many ways to breastfeed
- Positioning multiple babies
- Assessment of a feeding
 - LATCH score practice

Normal Patterns of Early Breastfeeding

- How much milk does a newborn need?
- How often should a newborn eat?
- Expectations for early feedings

The ABCs of breastfeeding
Making 15 Minutes Matter

Internal Anatomy & Hormones of Lactation: Looking Inside the Breast

- Understanding how milk is made

Challenging Early Feedings

- Getting more aggressive about feedings - The “Take Charge” routine
- Flat and inverted nipples
- The sleepy or hysterical baby
- Infant oral anatomy issues
- A closer look at suck