

EVERGREEN PERINATAL EDUCATION
FOUNDATIONS FOR BEST PRACTICE IN LACTATION CARE

AGENDA DAY THREE
(8:00-5:00)

Lunch 12:15

15 minute morning and afternoon breaks

Breast and Nipple Pain

Sore nipples

Infections

What to say when women want to quit breastfeeding

Common Questions

Does a mother's diet affect her milk/the baby?

What can I eat?

Food allergies, intolerances

Colic

Maternal medication & breastfeeding

Caffeine, alcohol

Antidepressants

Is this medicine OK?

Preterm and Late Preterm Babies

Innovative care

Preventing problems

How to feed, What to feed?

Maximizing milk supply

Helping families when they go home

Tools and Techniques of the Trade

Breast pumps

Alternative feeding methods

Nipple shields

Pacifiers

Hand Expression of Milk

Breast and Nipple Pain (Cont.)

Engorgement

Plugged ducts