

EVERGREEN PERINATAL EDUCATION
FOUNDATIONS FOR BEST PRACTICE IN LACTATION CARE
Objectives

1. List ways to provide effective breastfeeding promotion
2. Describe two things to look for in a prenatal breastfeeding risk assessment
3. List three benefits of human milk for human infants
4. List two possible risks to babies who are fed other mammal milks
5. List two marketing tactics used by the commercial baby food industries
6. List two birthing routines that may influence breastfeeding success
7. Discuss the rationale of skin to skin care for mother and baby
8. Describe in simple terms the anatomy of the breast
9. Describe the primary effects of prolactin and oxytocin on milk production
10. Describe the basic elements of correct positioning and latch
11. Perform a breastfeeding LATCH score
12. Discuss early breastfeeding patterns of term newborns.
13. Discuss what to say when women request formula, nighttime nursery care
14. Explain when it may be appropriate to provide “hands-on” help with breastfeeding
15. Discuss the importance of infant oral anatomy on breastfeeding success
16. Describe ways to enhance breastfeeding success for the mother of a premature or late preterm infant.
17. List ways for mothers to maximize breastmilk production
18. Discuss the principles of “Hands-on Pumping”
19. Explain symptoms and treatments for nipple pain, engorgement, or breast infections encountered by breastfeeding mothers.
20. Provide helpful information to common questions on maternal nutrition and medications
21. Discuss the parenting difficulties that arise from the conflict between infant and maternal biology and the messages of modern culture
22. List possible causes of poor maternal milk production.
23. List possible causes of inadequate intake in exclusively breastfed infants.
24. List the early signals that should alert parents to potential breastfeeding problems
25. Explain how ineffective breastfeeding can lead to hyperbilirubinemia.
26. Identify developmental milestones for infants zero to six months of age.
27. List the cultural messages about infant sleep that makes parenting more complicated and difficult
28. Discuss 3 practical tips about the use of feeding devices.
29. Describe one method of hand expression of breastmilk.
30. Discuss the potential impact of breastfeeding on family relationships.
31. Identify characteristics in postpartum women that suggest this time is one of grief as well as joy.
32. Describe some of the challenges of breastfeeding and working outside the home
33. Identify unanswered questions about human lactation and breastfeeding.
34. Discuss the research that demonstrates breastfeeding success when hospitals implement the Ten Steps to Successful Breastfeeding.
35. Identify typical developmental milestones of infants beyond the first six months.
36. Discuss ways to support women who breastfeed past the cultural norm.