

Two-Day Lactation Conference Excellence in Care with Molly Pessi

Two Sessions provided by Evergreen Perinatal Education and
Providence Regional Medical Center Everett

[November 8, 2018 & November 9, 2018](#)

Or

[November 29, 2018 & November 30, 2018](#)

8:00 a.m.—5:00 p.m.

Course will be held at Everett Community College, Jackson Conference Center
Parking voucher will be emailed before the event

- **Early Registration Fee: \$150.00**
- **After September 15th: \$200.00**

Registration is limited, so reserve your spot today!

Questions?

Tracy Scoville via email at tracy.scoville@providence.org , or

Becky Weiderstrom via email at becky.weiderstrom@providence.org

International Board of Lactation Consultant Examiners, Provider Number: CLT108-4 15 CERP's (13 L & 2 E) (For IBCLC's only)

15 instructional hours on the IBLCE Exam Blueprint (for preparation for first IBLCE exam)

Commission on Dietetic Registration, 15 CPE hours, Category II (For RDs only)

Provider approved by California Board of Registered Nursing, Provider Number: CEP 14127 15 contact hours (For RNs only)

Click date to Register

DAY ONE AGENDA

Introductions and overview of course

Talking to Mothers about Breastfeeding (Steps 1 - 3)

- Making breastfeeding an expectation
- Looking at “culture”
- Breastfeeding promotion to teen moms
- What works?

Getting Feedings Started with Evidence-Based Care (Step 4)

- Connecting prenatal care with hospital practices
- Evaluating birth practices
- Labor routines
- Skin to skin care and breastfeeding responses
- Postpartum practices
- Making feeding a priority

The Influence of Care on Breastfeeding Outcomes

- Helping mothers understand breast milk production
- Hormones of Milk Production
- Prolactin
- Oxytocin – the most potent of female hormones

Positioning & Latch (Step 5a)

- The first feedings
- There are many ways to breastfeed
- Assessment of a feeding - LATCH score practice

Preterm and Late Preterm Babies (Step 5b)

- Innovative care
- Preventing problems
- Maximizing milk supply

DAY TWO AGENDA

Why it Matters What We Feed Babies (Step 6)

- Species-specificity of mammal milks
- Confirmed benefits of breastfeeding for mother and baby
- Outcomes of Breastfeeding vs. Formula Feeding
- Components of human milk
- Why not just give a bottle of formula? Human milk and the immune system
- When is supplementation appropriate?
- International Code of Marketing of Breast Milk Substitutes

Other Policies that Support Breastfeeding (Steps 7-9)

- The importance of keeping babies close
- Safe sleep criteria
- When mothers request nursery care
- Understanding feeding cues
- Feeding babies who continue to be sleepy
- What’s the problem with pacifiers?

Preventing Problems When Families Leave the Hospital (Step 10)

- Feeding alerts for parents to know
- Sore nipples, engorgement, infection
- Providing support for families post-partum
- Knowing your resources

Does This Make a Difference?

- Results of changing hospital practice
- Getting on the same page
- Looking at our professional lives
- What women and babies need/want from us

WORKSHOP LEARNING OBJECTIVES

1. Discuss the importance of hospital policies that support exclusive breastfeeding.
2. List the minimum requirements established for hospital staff breastfeeding education.
3. Describe barriers to effective communication with women about feeding their babies.
4. Discuss the effects of culture on breastfeeding outcomes.
5. Identify teaching points appropriate for prenatal classes and interactions with pregnant women.
6. List birthing routines that may influence breastfeeding success.
7. Discuss hospital birth policies and procedures that support exclusive breastfeeding
8. Discuss the rationale of skin-to-skin care for mother and baby
9. Describe the anatomy and physiology of lactation and the process of breastfeeding.
10. Describe how our care influences milk production
11. Describe the basic elements of correct positioning and latch
12. Perform a breastfeeding LATCH score
13. Identify the hallmarks of milk transfer and effective breastfeeding.
14. Identify the special needs of babies born too early
15. List ways for mothers to maximize breast milk production
16. Describe the importance of human milk for human babies.
17. List possible negative effects of feeding babies breast milk substitutes.
18. Discuss some marketing tactics used by commercial baby food industries.
19. Identify acceptable medical reasons for supplementation of breast fed babies.
20. Evaluate the current AAP recommendation about infant sleep
21. List several possible responses when women request formula, nighttime nursery care.
22. Describe infant feeding cues.
23. Discuss ways to assist new mothers and their babies when early breastfeeding is challenging or difficult.
24. Discuss the rationale of restricting pacifier use in the early weeks of breastfeeding.
25. Describe management techniques for breast and nipple problems.
26. Develop a care plan to help a mother with nipple pain, engorgement, and/or infection
27. Discuss the importance of ongoing protection and support for mothers to continue breastfeeding beyond the early weeks.
28. Discuss the research that demonstrates the success of implementing the Ten Steps to Successful Breastfeeding.
29. Describe how “Best Practice” provides satisfaction for childbearing women and the professionals who care for them.