



Syllabus & Learning Objectives

Recertification Bundle

Foundations for Best Practice in Lactation Care [24 Lecture Course]

Talking to Pregnant Persons about Feeding their Babies: *Breastfeeding/Chestfeeding Promotion*

- Identify national and international healthcare organisations that have included breastfeeding/chestfeeding as part of their strategic health plan
- Describe how the personalising of breastfeeding/chestfeeding can interfere with effective communication with lactating persons about feeding their babies
- Discuss how control in healthcare can be a barrier to providing effective breastfeeding/chestfeeding care
- Describe the difficulties of breast/chest health promotion in a sexual breast culture
- Identify teaching points appropriate for prenatal classes and interactions with pregnant persons
- Discuss the importance of the healthcare provider's words and actions in influencing pregnant and lactating persons and women in feeding decisions

Prenatal Assessment for Breastfeeding/Chestfeeding: *What to Look for in the Physical Exam, Respect for Persons and their Bodies*

- Discuss times when breastfeeding/chestfeeding promotion may be contraindicated
- Describe the basic sequence of early breast/chest development
- Describe the expected breast/chest development that occurs during pregnancy
- Describe important things to look for in a prenatal breast/chest assessment
- Discuss how breast/chest surgeries may impact breastfeeding/chestfeeding potential
- List helpful prenatal interventions for nipples that may be challenging for breastfeeding/chestfeeding

The Wonders of Human Milk: *Why it Matters What We Feed Babies*

- Describe the importance of species specific mammal milks in the survival and health of the human infant
- Describe the differences in milk of “nesting” mammals and “carrying or following” mammals
- List differences in early milk and more mature human milk
- Discuss the variations found in the fat components of human milk
- List two protective proteins in human milk
- Discuss one reason for high lactose content in human milk



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- Describe how the carbohydrate complex contributes to protecting the newborn from harmful pathogens
- List one recommended supplement for breastfed infants in the first six months

Looking at “Culture”: *The Impact on Infant Feeding and Those Who Support Lactating Persons and Women Through the Process*

- Discuss the effects of a changing culture on breastfeeding/chestfeeding outcomes
- Identify the reasons for the shift from a breastfeeding culture to a bottle feeding culture
- Discuss how control from the health system changed feeding and parenting practices
- Discuss how assumptions about one’s culture can influence the care of young persons
- Discuss things that individuals can do to reduce inequities in healthcare access

Human Milk and the Development of the Immune System: *Consequences of Formula Feeding*

- Discuss why the human infant is protected against many pathogens/germs immediately after birth
- Describe how human milk helps in the development of the infant’s immune system
- Consider the impact of antibiotics and birth method on the infant microbiome
- Discuss the consequences of formula company marketing
- List possible risks to babies who are fed artificial milks
- List possible health risks to women and post-birth persons who don’t breastfeed/chestfeed

Getting Families Started Breastfeeding/Chestfeeding: *Evidence-Based Care*

- Describe the predictable patterns exhibited by newborns when they are positioned on their birthing parent’s and woman’s abdomen immediately following birth
- List the birthing routines that may negatively influence breastfeeding/chestfeeding success
- Discuss the rationale of skin-to-skin care for parent and baby
- List the most common causes of hypoglycaemia in newborns
- Discuss the impact of narcotics and anaesthesia on parental and newborn behaviours
- Discuss hospital birth policies and procedures that support exclusive breastfeeding/chestfeeding
- Describe helpful techniques in providing skin-to-skin care for newborns in the operating room following Caesarean birth



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Positioning Babies at the Breast/Chest: *Evidence or Opinion?*

- Discuss the negative effects of breastfeeding dogma when helping parents feed their babies
- Describe some helpful ways to achieve effective positioning and latch
- Describe ways to help a parent feed multiple babies
- Observe key points when assessing positioning and latch
- Identify the hallmarks of early milk transfer and effective breastfeeding/chestfeeding
- Perform a breastfeeding/chestfeeding LATCH score

Normal Infant Feeding Patterns and Growth and Development: *The First 3 Months*

- Discuss expected newborn behaviours in the first 24 hours of life
- Identify early feeding cues in term infants
- Help coordinate successful breastfeeding/chestfeeding in the first hours and months of life
- Discuss how research numbers about breastfeeding can cause confusion when applied to an individual parent-baby dyads
- Create effective scripts when families ask specific questions about early feeds
- Identify developmental milestones for infants 0-3 months old
- List activities that can help to soothe a crying infant
- Discuss parenting difficulties that arise from the conflict between infant and pregnant/lactating persons/maternal biology and the messages of modern culture

The Anatomy & Hormones of Milk Production: *The Influence of Early Care*

- Identify the internal anatomy that is the mammary gland
- Describe the primary effects of prolactin in pregnancy and postpartum milk production
- Describe the primary effects of oxytocin on persons and women throughout their lifetime
- Describe how our care influences milk production
- Discuss the theory of milk storage capacity
- Discuss the implications when milk is not regularly removed from the breast/chest



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Challenging Feedings: *Good Problem Solving*

- Explain when it may be appropriate to provide “hands-on” help with breastfeeding/chestfeeding
- List things to do when a baby is sleepy or disorganised at the breast/chest
- List strategies for helping a parent breastfeed/chestfeed when they have inverted nipples
- Discuss the importance of infant oral anatomy on breastfeeding/chestfeeding success
- Discuss why a cleft lip alone creates fewer breastfeeding/chestfeeding difficulties than a cleft palate
- Describe the role of the cheeks in normal suck
- Describe the importance of the tongue in breastfeeding/chestfeeding
- Identify the hallmarks of a problematic tongue-tie

Tools of the Trade

- Discuss the appropriate use of breast pumps
- Provide several tips for the use of various supplemental tube devices at the chest/breast
- Describe some positive and negative results of cup feedings for supplementing the breastfed/chestfed infant
- Describe some helpful tips when using a nipple shield
- Discuss the rationale of restricting pacifier use in the early weeks of breastfeeding/chestfeeding

Early Clinical Challenges: *Physiologic Pain and Beyond*

- List the most common causes of early nipple pain
- Describe some common markers of poor latch when observing a feeding
- Develop a care plan to help a parent with nipple pain
- Discuss ways to keep persons chestfeeding/breastfeeding when they want to give up



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Caring For Babies Who are Born Early: *Breastfeeding/Chestfeeding the Preterm, Very Preterm Infant*

- Discuss the immaturity of all human infants
- Discuss how human milk and skin-to-skin care can specifically help the preterm infant
- List ways to maximise milk volumes in parents of preterm babies
- Discuss the principles of “Hands-on Pumping”
- List expectations of feeding progression for very preterm infants
- List two reasons for adding fortifiers to breast/human milk
- Discuss the use of donor milk in the NICU
- Discuss the advantages of using test weights to determine breastfeeding/chestfeeding progress
- Design a possible feeding plan for families of preterm infant

Late Preterm (34-37 weeks) and Early Term (37-38 weeks) Infant: *Now Official “Early Term” Somewhere Between Term and Late Preterm Infants*

- Define what is meant by "late preterm"
- Discuss risks associated with late preterm births
- Describe a plan for caring for late preterm infants
- Describe ways to enhance breastfeeding/chestfeeding success for the parent of a late preterm infant

Lactating Persons and Women Who Return to Work or are Separated from their Babies: *Challenges and Solutions*

- Describe some of the challenges of breastfeeding/chestfeeding and working outside the home
- List some helpful tips for managing breastfeeding/chestfeeding when persons work outside the home
- Discuss the importance of legislation in providing support for working breastfeeding/chestfeeding persons
- Discuss the collection and storage of human milk



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Common Questions about Medications/Drugs During Lactation

- Identify helpful resources for parents and professionals to find information on medications for breastfeeding/chestfeeding persons
- Discuss basic considerations when evaluating the use of medications for breastfeeding/chestfeeding parents
- Identify helpful information when discussing cold medications and breastfeeding/chestfeeding
- Identify helpful information when discussing radiopaque dyes and breastfeeding/chestfeeding
- Identify helpful information when discussing antidepressants and breastfeeding/chestfeeding
- Identify helpful information when discussing birth control and breastfeeding/chestfeeding
- Identify helpful information when discussing addictive drugs and breastfeeding/chestfeeding

Working Our Way Through the Mastitis Spectrum: *Non-infectious, Chronic inflammation, Infection*

- Describe the causes of pathologic engorgement
- Recommend helpful ways to relieve breast/chest engorgement
- List the most common causes of inflammatory mastitis
- Describe the symptoms and treatment of inflammatory mastitis
- Discuss the most likely causes and treatment of infectious mastitis
- Discuss possible approaches to breast/chest phlegmon, abscess, and galactocele
- Describe the most likely reasons a parent or infant might have a candida infection

Safe Sleep: *The Conflict Between Biology and Culture*

- List the cultural messages about infant sleep that make parenting more complicated and difficult
- Discuss the research that has been used to support current recommendations on infant sleep
- Evaluate the current American Academy of Pediatrics recommendations for infant sleep
- List the components of safe sleep for newborns



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Caring for the Infant with Hyperbilirubinaemia: *What Role Does Breastfeeding/Chestfeeding Play?*

- Discuss some of the negative consequences when a baby has hyperbilirubinaemia
- List some possible common and uncommon causes of hyperbilirubinaemia
- Provide helpful feeding information when families have a baby who requires phototherapy
- Explain how ineffective breastfeeding/chestfeeding can lead to hyperbilirubinaemia

Growth & Development: *Babies 3-6 Months Old*

- Identify developmental milestones for infants three to six months of age
- List developmental milestones in this age that are precursors to readiness for starting solids
- List challenges of breastfeeding/chestfeeding the three to six-month-old baby

Insufficient Milk Volumes & Slow Gaining Infants: *Which Comes First? Intake or Supply?*

- List the early signals that should alert parents to potential breastfeeding/chestfeeding problems
- List the most likely causes of poor milk production in the first weeks
- Discuss the normal changes in milk volumes over the first year
- Discuss the expected daily weight gain for an exclusively human milk fed infant in the first three months
- Develop a feeding plan for an infant who is not gaining adequate weight
- Discuss counselling strategies when helping a new parent who is not making adequate milk

Relationships with a Breastfeeding/Chestfeeding Persons: *Families, Partners Infant Feedings, Postpartum Adaptation*

- Discuss the potential impact of breastfeeding/chestfeeding on family relationships
- Discuss the important role of partners in caring for lactating parents and babies
- Provide some helpful information to assist families in their new postpartum relationship
- Identify some early symptoms of postpartum depression/anxiety
- Describe the importance of finding a social community for postpartum persons



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Common Questions about Nutrition During Lactation

- List common misconceptions about nutrition for postpartum breastfeeding/chestfeeding families
- Provide helpful information on vitamin and mineral supplements for lactating persons
- Discuss why over-consumption of water may reduce milk production
- List three of the most common allergens
- List appropriate times to refer breastfeeding/chestfeeding parents to a registered dietitian

Breastfeeding/Chestfeeding Six Months & Beyond: *The Biological Ending of Breastfeeding/Chestfeeding*

- Identify typical developmental milestones of infants beyond the first six months
- Provide evidence-based information to families about introducing solid foods to their child
- Discuss the challenges persons face when they breastfeed/chestfeed past the cultural norm
- Provide helpful information to persons who breastfeed/chestfeed through a pregnancy
- Discuss the importance of ongoing protection and support for all parents who continue breastfeeding/chestfeeding beyond the early months
- behaviours that will help the family reach them

Lactation Support and the LGBTQAI+ Community

- Identify the needs unique to the LGBTQAI+ community
- Understand the terminology and gender-inclusive language
- Describe the challenges commonly experienced by the LGBTQAI+ community
- Explore the physiology of male-bodied lactation
- Discuss some protocols for induced lactation and increasing milk supply
- Practice communication skills that foster safety and trust
- Evaluate forms and information for gender-inclusivity
- Outline the steps to create a welcoming clinical environment



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The Hormones of Milk Production

- Appreciate the complexity
- Discuss the progression of development
- Discuss the process of Secretory Differentiation/Lactogenesis Stage 1
- List several hormones involved
- Describe the process of Secretory Activation/Lactogenesis Stage 2
- Describe the stages of early postpartum milk production
- Consider the importance of receptor sites
- Explain the primary function of prolactin on postpartum milk production
- Discuss the unique function of oxytocin on breastfeeding/chestfeeding success
- Discuss the ongoing process of milk production

Advanced Update and Certification Strategies [12 Lectures]

Breastfeeding/Chestfeeding/Bodyfeeding Promotion and Social Marketing – Prenatal Care

- Organisational policy-making
- Marketing of Breastmilk Substitutes: The International Code
- The Baby-Friendly Hospital Initiative
- Evidence for breastfeeding/chestfeeding promotion
- Deterrents to chestfeeding/breastfeeding support
- Importance of prenatal education
- Culture's influence on breastfeeding/chestfeeding promotion and care

Development of the Parental Breast/Chest: Foetal through Pregnancy

- Hormones of Breast Development
- Secretory Differentiation (Lactogenesis Stage I)
- Parental internal and external anatomy

Birth and Early Feedings

- Labour medications, hospital practices
- Preventing complications- hypoglycaemia



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- Secretory Activation (Lactogenesis Stage II), Delays in milk volume increase
- Physiology of milk production, Prolactin receptor theory

Early Patterns of Feeding

- How often do babies eat?
- How much do babies eat?
- Latch and positioning for first feedings (anything new?)
- Take Charge- is there a place for this?
- Infant oral anatomy- (suck, dysfunctional, challenging feedings, infant reflexes)

Mammal Milk

- Components of human milk
- Vitamin D supplementation
- Human milk and the immune system
- Differences in human, bovine and other milks

Parental and Infant Pathology

- Failure to thrive, poor weight gain
- Anticipated milk production, weight gain
 - Assessment process
 - Parental endocrine pathology

Hyperbilirubinaemia and Breastfeeding/ChestfeedingBodyfeeding

- Hyperbilirubinaemia, metabolic disease

Breast/Chest and Nipple Pain

- Infections
- Vasospasm
- Engorgement
- Plugged Ducts



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Parental Nutrition and Infant Allergies

- Eating for life, not breastfeeding/chestfeeding
- Cultural galactagogues
- Allergies and food intolerances

Medications, Drugs and Pollutants

- Principles of medications and drugs
- Principles of environmental pollutants in human milk

Feeding the Preterm

- What is “best practice” for preterm care?

Getting Ready

- What gets in your way?
- Exam Prep Resources
- Resources for CERPs for recertification

Practice Exams

4-Hour Mock Exam

Good luck!