



# Learning Objectives

## Foundations for Best Practice in Lactation Care

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### Talking to Pregnant Women about Feeding their Babies: *Breastfeeding Promotion*

1. Discuss how breastfeeding is an important part of the bigger picture of maternal-child health
2. Identify national and international healthcare organisations that included breastfeeding as part of their strategic health plan
3. Discuss the importance of policies that support exclusive breastfeeding
4. Describe how the personalising of breastfeeding can interfere with effective communication with women about feeding their babies
5. Discuss how control in healthcare can be a barrier to providing effective breastfeeding care
6. Describe the difficulties of breast health promotion in a sexual breast culture
7. Identify breastfeeding teaching points appropriate for prenatal classes and interactions with pregnant women
8. List two effective programs to help pregnant women learn about breastfeeding
9. Discuss the importance of the healthcare provider's words and actions in influencing women in feeding decisions
10. Discuss times when breastfeeding promotion may be contraindicated

### Prenatal Assessment for Breastfeeding: *What to Look for in the Physical Exam*

11. Describe the basic sequence of early breast development in the human foetus
12. Discuss some changes in the breast that occur during puberty and pregnancy
13. Describe important things to look for in a prenatal breast assessment
14. Discuss how breast surgeries may impact breastfeeding potential
15. Discuss the implications of breast or nipple size on breastfeeding success
16. List helpful prenatal interventions for nipples that may be challenging for breastfeeding
17. Discuss equipment that might be helpful for smooth or inverted nipples

### The Wonders of Human Milk: *Why Breastmilk and Breastfeeding Matter*

18. Describe the importance of species-specific mammal milk in the survival and health of the offspring
19. Consider how unusual it is for humans to feed their babies cow milk or soy juice
20. Describe the difference in the milk of "nesting" mammals and "carrying or following" mammals
21. Discuss the implications in parenting style between nesters and carriers
22. List some reasons for the characteristics of colostrum or early milk
23. List some differences in early milk and more mature human milk
24. Discuss the variations found in the fat components of human milk
25. Consider the possible reasons for high cholesterol in human milk
26. Discuss the link with maternal diet and fats or fatty acids found in human milk



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### **The Wonders of Human Milk: *Why Breastmilk and Breastfeeding Matter (ctnd.)***

27. Discuss the primary functions of protein in human milk
28. List two protective proteins in human milk
29. Consider the implications when adding foreign proteins to the newborn's gastrointestinal tract
30. Discuss one reason for high lactose content in human milk
31. Discuss situations where high lactose may be problematic for breastfeeding infants

### **Culture: *Belief or Best Practice or Both?***

32. Describe the effects of a changing culture on breastfeeding outcomes
33. Discuss how the history of breastfeeding can be viewed through the art of the ages
34. Identify the shift from a breastfeeding culture to a bottle-feeding culture
35. Discuss the mortality rates from formula feeding that were identified in the early 1900s.
36. Discuss how control from the health system changed feeding and parenting practices
37. Explain how culture is often used as an excuse for poor practices
38. Describe how inequities in access to and quality of healthcare have impacted BIPOC
39. Discuss how assumptions about one's culture can influence the care of very young women
40. Discuss things that individuals can do to reduce inequities in the breastfeeding arena

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

41. Discuss why the human infant is protected against many pathogens/germs immediately after birth
42. Describe how human milk helps in the development of the infant's immune system
43. Describe how some infections are minimised or avoided when infants receive their own mother's milk
44. Consider the impact of antibiotics on the infant's gut
45. Consider the impact of antibiotics on attitude about feeding choices
46. List possible health risks to babies who are fed artificial milks as infants
47. List possible health risks from bottle feeding
48. List possible health risks to women who don't breastfeed

### **Getting Families Started Breastfeeding: *Evidence-Based Care***

49. Describe the predictable patterns exhibited by newborns when they are positioned on their mother's abdomen immediately following birth
50. List the birthing routine that's may negatively influence breastfeeding success
51. Discuss the impact of labour medications on breastfeeding
52. Discuss the rationale of skin-to-skin care for mother and baby
53. Discuss the importance of the first hour in establishing successful breastfeeding



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### **Getting Families Started Breastfeeding: *Evidence-Based Care (ctnd.)***

54. Discuss hospital birth policies and procedure that support exclusive breastfeeding
55. List the most common cause of hypoglycaemia in newborns
56. Discuss the recent American Academy of Pediatrics changes in their recommendations for monitoring hypoglycaemia in babies at risk
57. Describe a plan to reduce the risks of hypoglycaemia (low blood sugar)
58. Consider the implications of culture on women's decisions to use medications during labour
59. Discuss the impact of narcotics and anaesthesia on maternal and newborn behaviours
60. Discuss the difficulty of researching labour medications and their impact on newborns
61. Discuss the differences in the infant microbiome following caesarean and vaginal birth

### **Position and Attachment for First Feedings: *Evidence or Opinion?***

62. Discuss the negative effects of breastfeeding dogma when helping mothers feed their babies
63. Describe some helpful ways to achieve effective positioning and latch
64. Describe ways to help a mother feed multiple babies.
65. Observe key points when assessing positioning and latch.
66. Identify the hallmarks of early milk transfer and effective breastfeeding.
67. Perform a breastfeeding LATCH score

### **Normal Breastfeeding Patterns and Growth and Development: *The Baby 0-3 Months Old***

68. Describe behaviours of a term healthy infant in the first hours following birth
69. Discuss why newborns may be sleepy in the first 24 hours of life
70. Identify early feeding cues in term infants
71. Discuss how research numbers about breastfeeding cause confusion when applied to an individual mother and baby.
72. Create effective scripts when women ask specific questions about details of early feeds
73. Identify developmental milestones for infants zero to three months of age.
74. Discuss the parenting difficulties that arise from the conflict between infant and maternal biology and the messages of modern culture
75. Explain how an understanding of infant biology can be helpful to new parents
76. List several activities that can help to soothe a crying infant

### **The Anatomy and Hormones of Milk Production: *The Influence of Early Care***

77. Identify the internal anatomy of the breast
78. Discuss how ultrasound visualisation has changed the understanding of internal anatomy
79. Discuss the theory of milk storage capacity
80. Describe the primary effects of prolactin in pregnancy and postpartum milk production



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### **The Anatomy and Hormones of Milk Production: *The Influence of Early Care (ctnd.)***

81. Describe the primary effects of oxytocin on women throughout their lifetime
82. Describe how our care influences milk production
83. Discuss the implications when breasts are overfilled with milk

### **Challenging Feedings: *Good Problem Solving***

84. Explain when it may be appropriate to provide "hands-on" help with breastfeeding
85. Discuss ways to assist new mothers and their babies when early breastfeeding is challenging or difficult.
86. List things to do when a baby is sleepy or disorganised at the breast
87. List strategies for helping a mother breastfeed when she has inverted nipples
88. Discuss the importance of infant oral anatomy on breastfeeding success
89. Design a feeding care plan for a family with a baby with cleft lip and/or palate
90. Discuss why a cleft lip alone creates fewer breastfeeding difficulties than a cleft palate
91. Describe the role of the cheeks in normal suck
92. Describe the importance of the tongue in breastfeeding
93. Discuss the complexities in evaluating the scientific literature on incidence and treatment of ankyloglossia/tongue-tie
94. Identify the hallmarks of problematic anterior tongue-tie
95. Design a feeding care plan for a family with a baby with jaw asymmetry or jaw tilt
96. Identify the times to refer to others in any challenging feeding situation

### **Early Clinical Challenges: *Nipple Pain Beyond Physiologic Nipple and Breast Infection***

97. List reasons why early breastfeeding is often described as uncomfortable
98. List the most common causes of early nipple pain
99. Describe the characteristics of nipple vasospasm
100. Develop a care plan to help a mother with nipple pain
101. List the most common symptoms of nipple or breast infection
102. Describe the most common causes of non-infectious mastitis
103. Describe an appropriate approach to identifying a candida infection of nipple/breast
104. Develop a care plan for someone with nipple/breast infection
105. Discuss ways to keep women breastfeeding when they experience pain

### **Breastfeeding Women Who Return to Work: Describe Some of the Challenges of Breastfeeding and Working Outside the Home**

106. Consider the importance of prenatal education in preparing women for the separation from their infants
107. Describe some of the challenges of breastfeeding and working outside of the home



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### **Breastfeeding Women Who Return to Work: Describe Some of the Challenges of Breastfeeding and Working Outside the Home (ctnd.)**

108. List helpful tips for managing some of the common challenges when women work outside of the home
109. Discuss the collection and storage of breastmilk when women are separated from their breastfeeding infants

### **Caring for Babies Who Are Early: *Breastfeeding the Preterm, Very Preterm Infant***

110. Discuss the immaturity of all human infants
111. Discuss how breastmilk and skin-to-skin care can specifically help the preterm infant
112. Describe ways to enhance breastfeeding success for the premature infant
113. List ways to maximise milk volumes in mothers of preterm babies
114. List expectations of feeding progression for very preterm infants
115. List two reasons for adding fortifiers to breastmilk
116. Discuss the use of donor milk in the Neonatal Intensive Care Unit
117. Discuss the possible advantages of using a nipple shield for early babies
118. Discuss the advantages of using test weights to determine breastfeeding progress
119. Design a possible discharge feeding plan for families of preterm infants

### **The Late Preterm and “Supposedly” Term Infant: Now Official “Early Term” Somewhere Between Term & Preterm Infants**

120. Define what is meant by "late preterm"
121. List reasons for the increase in late preterm births
122. Discuss risks associated with late preterm births
123. Describe a plan for caring for late preterm infants
124. Describe ways to enhance breastfeeding success for the mother of a late preterm infant
125. List ways for mothers to maximise breastmilk production
126. Discuss the principles of "Hands-on Pumping"

### **Common Question about Medications During Lactation**

127. Identify helpful resources for parents and professionals to find information on medications for breastfeeding women
128. Discuss basic considerations when evaluating the use of medications for breastfeeding mothers
129. Identify helpful information when discussing cold medications and breastfeeding
130. Identify helpful information when discussing radiopaque dyes and breastfeeding
131. Identify helpful information when discussing antidepressants and breastfeeding
132. Identify helpful information when discussing birth control and breastfeeding
133. Identify helpful information when discussing nicotine and breastfeeding



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### Tools of the Trade

134. Discuss the appropriate use of breast pumps
135. Provide several tips for the use of various supplemental tube devices at the breast
136. Describe some positive and negative results of cup feedings for supplementing the breastfed infant
137. Describe some helpful tips when using a nipple shield
138. Discuss the rationale of restricting pacifier use in the early weeks of breastfeeding

### Non-Infectious Mastitis: Engorgement, Plugged Ducts Chronic Inflammation

139. Describe one method of hand expression of breastmilk
140. Describe the causes of pathologic breast engorgement
141. Discuss possible treatments to relieve early breast engorgement
142. Explain the difference between engorgement and full breasts
143. Provide helpful information for mothers who abruptly stop breastfeeding with an established milk supply
144. Describe the symptoms of blocked milk ducts
145. Discuss possible treatments to relieve blocked milk ducts
146. Consider the possible reasons behind unexplained or ongoing breast pain

### Safe Sleep and the Conflict with Biology and Culture

147. Discuss the parenting difficulties that arise from the conflict between infant and maternal biology and the messages of modern culture
148. List the cultural messages about infant sleep that make parenting more complicated and difficult
149. Evaluate the current American Academy of Pediatrics recommendations for infant sleep
150. List the components of safe sleep for newborns

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

151. Discuss some of the negative consequences when a baby has hyperbilirubinaemia
152. List some possible common and uncommon causes of hyperbilirubinaemia
153. Describe some approaches to preventing physiologic hyperbilirubinaemia
154. Provide helpful feeding information when families have a baby who requires phototherapy
155. Explain how ineffective breastfeeding can lead to hyperbilirubinaemia

### Growth & Development 3-6 Months Old

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



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### **Insufficient Milk volumes & Slow Gaining Infants: *Is It Intake or Supply?***

159. List the early signals that should alert parents to potential breastfeeding problems
160. List the most likely causes of poor maternal milk production in the first weeks
161. Discuss the expected milk volume increases over the first two weeks post partum
162. Discuss the normal changes in milk volumes over the first year
163. List the most likely causes of inadequate intake in exclusively breastfed infants in the first weeks
164. Discuss the expected daily weight gain for an exclusively breastfed infant in the first three months
165. Describe a clinic visit for a mother and infant where milk supply and/or weight gain are problematic
166. Develop a feeding plan for an infant who is not gaining adequate weight
167. Discuss counselling strategies when helping a new mother who is not making adequate milk

### **Relationships in the Breastfeeding Family**

168. Discuss the potential impact of breastfeeding on family relationships
169. Discuss the important role of partners in caring for breastfeeding mothers and babies
170. Describe some possible obstacles to a sexual partnership when mothers are breastfeeding
171. Provide some helpful information to assist families in their new postpartum relationship
172. Identify some early symptoms of postpartum depression/anxiety
173. Describe the importance of finding a social community for postpartum women
174. Identify characteristics in postpartum women that suggest this time is one of grief as well as joy

### **Common questions about Nutrition During Lactation**

175. Describe ways that nutrition can be simplified for breastfeeding families
176. List common misconceptions about nutrition for postpartum breastfeeding families
177. Provide helpful information on vitamin and mineral supplements for breastfeeding women
178. List three good sources of docosahexaenoic acid
179. Provide helpful approaches to questions about consuming alcohol when breastfeeding
180. List five possible nutritional galactagogues
181. Discuss why over-consumption of water may reduce milk production
182. Discuss why infants are at higher risk of allergies
183. List three of the most common allergens
184. Discuss the difference in allergy, food intolerance and colic in breastfeeding babies
185. List appropriate times to refer breastfeeding parents to a registered dietician



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### **Breastfeeding Six Months and Beyond: *The Biologic End of Breastfeeding***

186. Identify typical developmental milestones of infants beyond the first six months
187. Discuss how marketing tactics used by commercial baby food industries influence families and professionals in feeding babies' solid foods
188. Provide evidence-based information to families about introducing solid foods to their child
189. Discuss the challenges women face when they breastfeed past the cultural norm
190. Provide helpful information to women who breastfeed through a pregnancy
191. Discuss the importance of ongoing protection and support for all mothers who continue breastfeeding beyond the early months