



# Lactation Education Resources

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## Public Health Nurse

### *Course Outline*

#### **Engorgement and Mastitis**

- I. Lactogenesis
- II. Engorgement
  - a. Physiologic
  - b. Pathologic
  - c. Treatment options
- III. Mastitis
  - a. Occurrence
  - b. Signs and symptoms
  - c. Diagnosis
  - d. Treatment
  - e. Prevention

#### **Sore Nipples, Pain and Trauma**

- I. Tenderness in first few days is common not normal – indicates program
- II. Degrees of nipple damage
- III. Less common reasons
- IV. Solutions

#### **Teaching Breastfeeding classes**

- I. Planning classes
- II. Selecting handouts
- III. Three modes of learning
- IV. Involve the learner
- V. Tell stories
- VI. “Just in-time” learning
- VII. Class evaluations

#### **Insufficient Milk Supply and Slow Weight Gain**

- I. Every parent’s greatest concern: “Is my baby getting enough?”
  - a. Perceived vs actual
  - b. Empower mother
  - c. Assessment
    - i. Maternal
    - ii. Infant
- II. Lactogenesis II
- III. Primary lactation failure
- IV. Sources of support

- V. Hospital influences
- VI. Assessment
- VII. Improving weight gain
  - a. Supplementary feeding replaces a breastfeeding
  - b. Complimentary feeding in addition to a breastfeeding
  - c. Alternative feeding methods
  - d. Emotional impact
- VIII. Emergency conditions
- IX. Cardinal rules

### **Obesity and Lactation**

- I. U.S. Obesity Trends
- II. Overweight / Obese Women
- III. Implications for Practice:
  - a. Positioning
  - b. Latch
- IV. Types of Weight Loss Surgeries
  - a. Breastfeeding Post-WLS
- V. Do infants fed from bottles lack self-regulation of milk?

### **Introducing solid foods to the breastfeeding baby**

- I. What is Weaning?
- II. Myths & Misconceptions
- III. Guiding Principles for Complementary Feeding of the Breastfed Child
  - a. Consequences of poor nutrition
- IV. What foods to add?
- V. Safety Tips
- VI. 5 Steps to a Healthy Lifestyle
- VII. Baby-led weaning
- VIII. The plan!

### **The older nursling and weaning**

- I. Myths about extended breastfeeding
- II. WHO Growth Charts
- III. Global Strategy for Infant and Young Child Feeding
- IV. Weaning is gradual, not mandated
- V. Social/cultural expectations toward how long to breastfeed
- VI. Benefits to breastfeeding the older child
- VII. Pregnant and nursing issues
- VIII. Tandem Nursing
- IX. Weaning
- X. The distractible nurser
- XI. Active toddlers and breastfeeding
- XII. Sudden refusal to breastfeed "Nursing Strikes"
- XIII. When weaning may not be the best idea
- XIV. Resources