



# Lactation Education Resources

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## **Baby Friendly Hospital Training** Provided by Lactation Education Resources

### **Three hours of online training for MDs, CNMs, NPs** *Course Outline*

- I. Risks of not breastfeeding/benefits of breastfeeding
  - a. Benefits for Mothers
  - b. Maternal risks of not breastfeeding
  - c. Infant Risks of Not Breastfeeding
  - d. Preterm Infants Excess Risk
  - e. Economic Benefits
- II. Anatomy and physiology of lactation
- III. Composition of breast milk
- IV. Infant Conditions
- V. Late preterm infant
- VI. Community Resources
- VII. Maternal Conditions
- VIII. Medications During Lactation
- IX. Supplementation
- X. Follow-up and long term breastfeeding
  - a. AAP and WHO guidelines
  - b. Introduction of solids
  - c. Barriers for continued nursing
  - d. Support Groups
  - e. Importance of spouse or partner
- XI. CASE STUDIES