

2022 Schedule

The 20-Hour Interdisciplinary Breastfeeding Management Course for the US

REGISTRATION LINK: <https://redcap.phila.gov/surveys/?s=RLYYARH8HH>

FORMAT: 12 two-hour Zoom Sessions = *FULL course* = 2 two-hour Zoom sessions a day for 6 days
 4 Zoom sessions = one Class of the course.
 Session times: 9-11 am EST and 1-3 pm EST

CLASS 1a & b (sessions 1-4)	CLASS 2a & b (sessions 5-8)	CLASS 3a & b (sessions 9-12)
January 4 & 11	February 8 & 15	March 8 & 15
April 20 & 27	May 18 & 25	June 15 & 22
July 7 & 14	August 11 & 18	September 8 & 15
October 6 & 13	November 9 & 16	December 7 & 14

REQUIREMENTS: Sign chat box each session. Complete PRE-test. Complete POST-test within 24 hours after finishing sessions. Tests take 5 minutes on-line.

No post-test completed within 24 hours after sessions 4,8,12 = NO certificate of completion.

This nursing professional development activity was approved by Pennsylvania State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Completion of 4 zoom sessions (or 1 "class") is worth 6.75 nursing contact hours for a total of 20.25 nursing contact hours for all 12 sessions (or 3 "classes").

NASW-PA will award **6.75 class CEs** for completion of this course. NASW has been designated as a pre-approved provider of professional continuing education for social workers (Section 47.36), Marriage and Family Therapist (Section 48.36) and Professional Counselors (Section 49.36) by PA State Board of Social Workers, Marriage & Family Therapists and Professional Counselors.

Teacher: Jessica Libove, PhD, IBCLC .

Cost: FREE FREE FREE FREE

- **Program Description:** This three-class course is partial fulfillment of Step 2 of the 10 Steps to Successful Breastfeeding. The course is built on the Baby-FriendlyUSA outline.

- **Class Outline:**

- **Class 1a and 1b (Zoom sessions 1-4):** Guidelines and resources from international, national, and local organizations. Conversations and words that work. Teaching pregnant people. Anatomy and physiology of milk making. The value of skin-to-skin care. Hospital Policies and Practices that support exclusive breastfeeding.
- **Class 2a and 2b. (Zoom sessions 5- 8):** Contraindications to breastfeeding. Assisting mothers of term infants. Identifying hallmarks of effective breastfeeding. Supporting breastfeeding and human milk feeding in the NICU. Teaching bottle-feeding so that baby can regulate its intake. Hypoglycemia and jaundice. Counseling the mother who is using infant formula. Breastfeeding the baby with special health care needs.
- **Class 3a and 3b. (Zoom sessions 9- 12):** Management techniques for common breastfeeding problems in the first weeks .Supplementation of the breastfed baby. Using pumps, aides and devices. Breastfeeding as a public health strategy, including social determinants of health. The Baby Friendly™ Hospital Initiative. Celebrating your strengths.

Disclaimer: Neither Jessica Libove, the planning committee, nor the Philadelphia Department of Public Health have any influencing financial relationships nor receive any commercial support for this course.