

THE LACTATION COURSE

Lactation Course Syllabus

- Benefits of Breastfeeding for mom & baby
- Breast Anatomy
- Phases of milk making
- Fundamental Concepts to understand about milk-making
- Colostrum
- Creating a Plentiful milk supply
 - hand expression
 - benefits of skin to skin
- Normal Infant behavior in the first few days after birth
- How to feed baby-obtaining an effective and wide latch
- Positions for feeding
- How to know baby is getting enough to eat
- A sleepy baby
- Lactation support-hospital, community, family
- Emotional health and its impact on nursing
- Dietary Needs
- Common breastfeeding challenges: sore nipples, engorgement, plugged ducts, mastitis, thrush, cluster-feeding
- Pumping
 - Pump selection
 - Flange fitting
 - Returning to work-creating a milk stash
 - Bottle feeding
- Weaning

Home

About Me

Doula Services

Birth Education

Lactation Education

Products

Contact

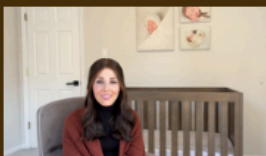
THE LACTATION COURSE

Yocheved Lichtman MSN, RN, IBCLC

OB Nurse, Birth Educator, Lactation Consultant

Birthwithyocheved.com

▶ Play Video



BENEFITS OF BREASTFEEDING



ANATOMY & PHASES OF MILK MAKING



COLOSTRUM & MANUAL EXPRESSION



SKIN TO SKIN & ROOMING IN



Normal Newborn Behavior



Positioning & Latching



Ensuring Baby is Getting Enough



Dietary Needs & Common Challenges



Pumping



Search

