

2024 Schedule

The 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
 Session times: 9-11 am EST and 1-3 pm EST

Sessions 1-4	Sessions 5-8	Sessions 9-12
January 3 & 10	February 7 & 14	March 6 & 13
April 3 & 10	May 1 & 8	June 5 & 12
July 3 & 10	August 7 & 14	September 4 & 11
October 2 & 9	November 6 & 13	December 4 & 11

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 Chapter is a co-sponsor of this workshop. **20.25** CE's will be awarded 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 the PA State Board of Social Workers, Marriage & Family Therapists and Professional Counselors."

Teacher: **Ta'Hirah Williams, IBCLC**

Cost: **FREE** **FREE** **FREE** **FREE**

- **Program Description:** This 12-session Zoom course is partial fulfillment of Step 2 of the 10 Steps to Successful Breastfeeding. The course is built on the Baby-FriendlyUSA™ outline.
- **Course Outline:**
 - **Zoom sessions 1-4:** Brief history of infant feeding. International, national, and local breastfeeding organizations. Teaching pregnant people with cultural sensitivity and humility. Breastfeeding as a public health strategy, including social determinants of health. The Baby Friendly™ Hospital Initiative.
 - **Zoom sessions 5- 8:** . Anatomy and physiology of milk making. The value of skin-to-skin care. Assisting parents of term infants. Identifying hallmarks of effective breastfeeding. Supporting breastfeeding and human milk feeding in the NICU. Teaching bottle-feeding. Clinical guidelines for supplementation. Breastfeeding the baby with special health care needs.
 - **Zoom sessions 9- 12:** Contraindications to breastfeeding. Management techniques for common breastfeeding problems in the first weeks. Support for hospital discharge. Returning to work. Using pumps, aides and devices. Hospital policies that protect promote and support exclusive breastfeeding.

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

This course is intended for providers in the greater Philadelphia region.

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