

Breastfeeding Training The gold standard in infant nutrition

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Breastfeeding is a very important public health issue. Most medical experts agree that breastfeeding enhances both the infant and mother's physical and psychological health, while also helping to strengthen the bond between mother and infant. To ensure that these benefits are realized, health professionals need to understand why breastfeeding is important. They also need to understand the mechanics of breastfeeding, how to instruct their patients in breastfeeding technique, and the types of issues that their patients might encounter. This Breastfeeding Training Course will provide health professionals with detailed information regarding the theory and practice of lactation management. We hope to encourage health care professionals in all specialties to become teachers and supporters of breastfeeding and lactation management.

Please click on a learning activity below to begin your training.

Section I: Breastfeeding Promotion and Support

Breast Anatomy and Physiology

Prenatal

Labor and Delivery

Latch and Positioning

Maintenance

Problems

Special Needs Infants

Multiples, Relactation, and Adoption

Section II: Breastfeeding the Preterm Infant

The Preterm Infant: Definitions and Problems

The Preterm Infant: Breastfeeding the Preterm and Late-Preterm Infant

The Preterm Infant: Pumping and Follow Up

Section III: Breastfeeding Benefits and Trends

Breastfeeding Trends

Benefits of Breastfeeding and Health Risks

Associated with Not Breastfeeding

Case Studies

Section IV: Ten Step Baby-Friendly Hospital Initiative

Baby-Friendly Hospital Initiative Overview

Steps 1 and 2

Steps 3 and 10

Steps 6, 8, and 9

Steps 4, 5, and 7

General Course Evaluation

Video Library

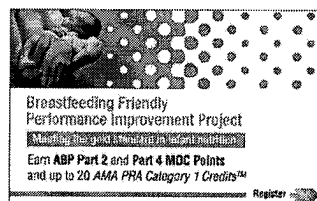


These videos use the Flash plugin. [Click here](#) to download Flash.

Public Service Announcements

- [Video One](#)
- [Video Two](#)
- [Video Three](#)
- [Video Four](#)
- [Video Five](#)

Additional Resources



- Please also visit our [Infant and Toddler Nutrition](#) and [Pregnancy Nutrition](#) Websites. These two additional websites provide the latest evidence-based guidelines for infant and toddler feeding and pregnancy nutrition and physical activity. New to the [Infant and Toddler Nutrition](#) site is a module on [Cultural and Religious Influences on Infant Feeding Practices](#).

www.infantandtoddlerfeeding.org

www.prenatalnutritiontraining.org



**CDC VitalSigns™
Hospital Support for
Breastfeeding**

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The University of Virginia School of Medicine designates this educational activity for a maximum of 9.5 *AMA PRA Category 1 Credit™* toward the AMA Physician's Recognition Award (PRA). Each physician should claim only those credits that he/she actually spent in the activity. The American Medical Association has determined that physicians not licensed in the US who participate in this CME activity are eligible for *AMA PRA Category 1 Credit™*.

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