



# **BREASTFEEDING** *Class Outline*

## **Benefits of Breastfeeding**

## **Preparation**

## **Support Person's Role**

## **Anatomy & Physiology of Breastfeeding**

- Breast Changes
- Breast Milk Production
- Supply & Demand

## **Baby Friendly Initiative**

- 10 Steps of Baby Friendly
- Rooming In

## **Early Skin to Skin & Feeding within the first hour**

- Positioning & Latch
- Burping
- How much & how often to feed?
- Signs that baby is getting enough milk
- Hand Expression

## **Hurdles – Overcoming Common Challenges**

- Engorgement
- Pumping
- Sore Nipples
- Clogged Ducts
- Mastitis
- Thrush

## **Local Resources & Support**

## **Questions & Answers – End of Class Evaluations**

For additional information,  
please email: [nursenavigator@midhosp.org](mailto:nursenavigator@midhosp.org)  
or visit: [middlesexhealth.org/baby](http://middlesexhealth.org/baby)