

# Online Training (No fee charged)

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### ***Birth & Beyond California: Hospital Breastfeeding Quality Improvement & Staff Training Demonstration Project***

<http://www.cdph.ca.gov/HealthInfo/healthyliving/childfamily/Pages/BirhandBeyondCaliforniaDescription.aspx>

- The Birth and Beyond California (BBC) Project utilizes Quality Improvement (QI) methods and training to implement evidence-based policies and practices that support breastfeeding within the maternity care setting. The BBC Curriculum was developed as a result of collaboration among the California Department of Public Health (CDPH), Maternal, Child and Adolescent Health (MCAH) Division and many local organizations and individuals. Materials and resources available for the following trainings:
  - Decision-maker workshop (2 hours) Hospital Quality Improvement Teams; Regional Quality Improvement Network; Staff Training/Learner Workshop (16 hours); Train-the-Trainer Workshop (16 hours); Evaluation Toolkit

### ***Wellstart International: Lactation Management Self-Study Modules Level I, 4th Edition, 2013***

<http://www.wellstart.org/Self-Study-Module.pdf>

- Includes pre/post test, annexes, and three modules focusing on 1.) Breastfeeding: A Basic Health Promotion Strategy in Primary Care; 2.) Basics of Breastfeeding: Getting Started, 3.) Common Breastfeeding Problems

### ***WIC: Using Loving Support to Grow and Glow in WIC (Breastfeeding Competency Training)***

[http://www.nal.usda.gov/wicworks/Learning\\_Center/BF\\_training.html](http://www.nal.usda.gov/wicworks/Learning_Center/BF_training.html)

- This standardized competency-based curriculum was developed to ensure that all staff attain a level of proficiency in the skills required to promote and support breastfeeding in the WIC setting. Competencies in breastfeeding promotion and support are essential for WIC staff. The curriculum addresses adult learning strategies, core breastfeeding competencies for staff and help staff understand their important role as part of the family's "Circle of Care" that helps mothers achieve their breastfeeding goals. The training materials are evidence-based, and informed by focus groups and interviews; reviews of breastfeeding training materials currently used in WIC agencies; and lessons learned from other Loving Support© initiatives.
- Slides, speaker notes and workshops are included for each of the 10 modules:
  - WIC Supports Breastfeeding; Feelings about Breastfeeding; Communicating; Barriers; Exclusive Breastfeeding; Pregnancy; New Moms; Continued Breastfeeding; Separation; Solutions for Problems

# Online training (Fee charged) (Contact organization for fee structure)

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### ***Breastfeeding Friendly Consortium: Breastfeeding Training Course***

[www.BFConsortium.org](http://www.BFConsortium.org)

- This online course covers 6 topics ranging from Current Trends in Infant Feeding to Prenatal Nutrition and Breastfeeding Education to the Baby Friendly Hospital Initiative. This course is a stand-alone resource offering comprehensive information on breastfeeding. In addition, partnered with the individual Performance Improvement course and the institutional Chart Auditing, this course provides a crucial foundation in meeting your institution's Baby Friendly Hospital Initiative's training needs.
- A total of 20 credits are available to meet staff training requirements for Baby Friendly Hospital Initiative. Credit designation varies according to the length of the module and credit is earned at the completion of each module. Learners may choose from AMA PRA Category 1 Credit™, L-CERPS, AAFP Prescribed Credit, Virginia Nurses Association contact hours, CPE dietitian credits or a Certification of Participation.

### ***Every Mother Inc.***

[http://everymother.org/training\\_programs.php](http://everymother.org/training_programs.php)

- Training programs can be tailored to your unique setting, and new training programs can be developed upon request. Trainings focus on combining the science with practical strategies that are doable in the “real world,” and use a variety of learning styles to enhance learning. Training programs include: Worksite Lactation Support, USDA Breastfeeding Programs, Motivational Programs, Counseling & Education, Breastfeeding Clinical Management; Breastfeeding Promotion and Support

### ***Lactation Education Resources***

<http://www.lactationtraining.com/our-courses/online-courses/baby-friendly-hospital-training>

- Online staff and nurse training for nurses and physicians to meet staff training requirements for Baby Friendly Hospital Initiative. Full training proposal available.
- Training resources include slides with text, images, and videos that demonstrate techniques, Audio with explanations and descriptions, Links to relevant web pages, 1-2 short quizzes per lesson, Access to the lessons for a full year.
- FirstLatch provides online education to hospitals working to obtain Baby-Friendly Hospital Training as a division of LER. Additional information available at: <http://www.firstlatch.net/>

# Continuing Education (Contact organization for fee structure)

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### ***Breastfeeding Outlook***

<http://www.breastfeedingoutlook.com/>

- Offer CERPS for lactation consultants

### ***Carolina Global Breastfeeding Initiative***

<http://cgbi.sph.unc.edu/>

- "The Physicians' Role in Breastfeeding Support: Essential Clinical and Policy Issues."
  - An eight-hour course for physicians, by physicians and mid-level care providers, based on the Academy of Breastfeeding Medicine's "What Every Physician Needs to Know to Implement the 10 Steps"
- Health Team Trainings
  - The Carolina Global Breastfeeding Institute has developed several trainings for Health Care Professionals that can be tailored to your hospital or clinic's specific needs. For more information, contact Emily Taylor at [emilytaylor@unc.edu](mailto:emilytaylor@unc.edu).

### ***Expanding Pediatricians' Roles in Breastfeeding Support: Continuing Medical Education (CME) Online Tutorial***

<http://www.northeastern.edu/breastfeedingcme/index.html>

- This free tutorial was supported through CDC's DNPAO grant and planned and implemented in accordance with the Essential Areas and policies of the Massachusetts Medical Society for Continuing Medical Education through the Joint Sponsorship of Hallmark Health System and the Massachusetts Department of Public Health, Northeastern University and the American Association of Pediatrics-Massachusetts Chapter Breastfeeding Committee. This 1.5 hour online continuing education tutorial is designed to meet the educational needs of practicing pediatricians and other pediatric primary care providers.
- 7 sections include:
  - Current AAP Guidelines on Breastfeeding; Breastfeeding Background; Role of Broader Factors in Infant Feeding Decisions and Practices; Breastfeeding Management and Troubleshooting; Successful Breastfeeding Requires Support; Integrative Case Studies; Resources and Post – test

# Maryland Hospital Breastfeeding Policy Recommendations: Training Resources

## **Healthy Children Project--The Center for Breastfeeding: Lactation Counselor Trainings**

<http://www.healthychildren.cc/>

- Offers CERPs for lactation consultants, contact hours for nurses and CPEs for dieticians.
- Continuing education modules include:
  - The Association between Breastfeeding, Higher IQ and Better Visual Functioning; The Role of Donor Milk in the Reduction of Infant Mortality and Morbidity: A Child Survival Issue; Breast milk and Diabetes: Understanding the Connection; Concerns about Infant Formula; The Economic Benefits of Breastfeeding; International Policies and the Baby-Friendly Hospital Initiative (4 modules); Reclaiming Breastfeeding for the United States: Protection, Promotion and Support; Continuity of Care in Breastfeeding; Ethics and Breastfeeding: Lactation Care & Services; Human Milk Storage for Healthy Infants & Children; Curriculum in Support of the Ten Steps to Successful Breastfeeding
- Educational DVDs include:
  - Latch 1,2,3: Troubleshooting Breastfeeding in the Early Weeks; Breastfeeding: Baby's Choice; Skin to Skin in the First Hour After Birth: Practical Advice for Staff after Vaginal and Cesarean Birth; How to Milk by Hand How to Feed from a Cup

## **International Lactation Consultant Association: Continuing Education**

<http://www.ilca.org/i4a/pages/index.cfm?pageid=3345>

- Offers CERPs and other continuing education credit. Online CERPs on Demand™ site hosts recorded webinars and conference sessions as well as study modules derived from articles in the Journal of Human Lactation (JHL) and other publications.

## **Lactation Education Resources**

<http://www.lactationtraining.com/>

- Offers CERPs for lactation consultants, contact hours for nurses and CPEs for dieticians.
- A variety of modules are available and each include: Webcast Powerpoint Presentation two hours (some lessons are longer); Bibliography; Moderated online Discussion Forum; Post Test and Course Evaluation, Access for 12 months.

## **Teach ME Professional Development**

<http://www.teachmeceus.com/ceu-courses/breastfeeding-support-and-promotion.php>

- Offers CPEs for dieticians and CEUs for social workers.
- Courses include: A Practical Guide to Breastfeeding; Breastfeeding Support and Promotion; Postpartum Depression and Breastfeeding.

# Additional Resources

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### ***American Academy of Pediatrics: Breastfeeding Residency Curriculum***

<http://www2.aap.org/breastfeeding/curriculum/>

- This curriculum is designed to help residency program directors and faculty incorporate breastfeeding education into existing curriculum through implementation and evaluation strategies, useful tools, and other trusted resources. Includes planning, evaluation, and teaching tools.

### ***American Academy of Pediatrics: Curriculum Resource Guide***

[http://www2.aap.org/breastfeeding/curriculum/references\\_resources.html](http://www2.aap.org/breastfeeding/curriculum/references_resources.html)

- An extensive list of books, websites and PDFs, policy statements and guidelines, training materials, and promotional material to help implement the curriculum and its activities.

### ***Centers for Disease Control and Prevention (CDC): The CDC Guide to Strategies to Support Breastfeeding Mothers and Babies***

<http://www.cdc.gov/breastfeeding/resources/guide.htm>

- This guide provides state and local community members information to choose the breastfeeding intervention strategy that best meets their needs. Support for breastfeeding is needed in many different arenas, including worksites, medical systems, and family settings. The Guide builds upon the research evidence demonstrating effective interventions as well as the expertise of the nation's leading scientists and experts in breastfeeding management and interventions.

### ***Centers for Disease Control and Prevention (CDC): Promotion & Support—Health Care***

<http://www.cdc.gov/breastfeeding/promotion/healthcare.htm>

- Building upon the 2011 Surgeon General's Call to action to Support Breastfeeding, a series of Action Guides directed toward Doctors, Nurses, and Health Care Leaders are available.

### ***United States Breastfeeding Committee: Training for Health Care Professionals***

<http://www.usbreastfeeding.org/HealthCare/TrainingforHealthCareProfessionals/tabid/96/Default.aspx>

- Identifies organizations that provide breastfeeding education and training for health care professionals.