

# Learn & Earn



**Free continuing education credits**

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ant to earn free continuing education credits and help new moms troubleshoot breastfeeding problems at the same time?

Enroll today for one or two breastfeeding courses to help promote, protect, and support breastfeeding.

Courses offered by the Texas Department of State Health Services, Special Supplemental Program for Women, Infants, and Children (WIC), include Breastfeeding Management and Breastfeeding the Compromised Infant.



## **Breastfeeding Management (6.0 credits)**

### **You'll learn:**

- The unique properties of breastmilk.
- The mechanisms of milk production.
- The skills required to manage breastfeeding challenges in the first week.
- Strategies to support new moms for better breastfeeding outcomes.

## **Breastfeeding the Compromised Infant (4.0 credits)**

### **You'll learn:**

- The benefits of mom's milk for her preterm infant.
- Ways to help a new mom establish her milk supply for her compromised infant.
- Skills to help a preterm infant learn to latch and suckle at the breast.
- Discharge planning to support successful breastfeeding at home after the neonatal intensive care unit stay.

### **Continuing Education Credits: for Breastfeeding Management**

This continuing nursing education activity was approved by the Texas Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

This activity is approved for 6.0 Level 1 Continuing Professional Education hours by the Texas Academy of Nutrition and Dietetics.

6 L-CERPs allocated by IBLCE. 6 instructional hours in topics on the IBLCE Exam Blueprint.  
IBLCE Provider Approval Number CLT113-15.

### **Requirements for successful completion of continuing education activity:**

You must attend the entire course in order to receive continuing education contact hours. No partial credit is given. Attendees who arrive late or leave early will not be eligible for contact hours or a certificate of attendance.

## Agenda/Program Content

### Breastfeeding Management

January 17, 2017

Registration Deadline: January 3, 2017

Space is limited; please register early

8:00 a.m. Sign-In

8:30 a.m. Program Begins

Program Content:

WIC Promotion and Support

Importance of Breastfeeding

Composition of Human Milk

Anatomy and Physiology

Skin-to-Skin Contact

Latch-on and Positioning

Challenges

Nutrition

Medications

Pumping

4:15 p.m. Adjourn

(one hour lunch on your own)

### Location:

Texas Diabetes Institute

TDI Auditorium

701 S Zarzamora

San Antonio, TX

### Registration:

Karen Bohr

Phone: 210-358-3897

Email: karen.bohr@uhs-sa.com

### Cost:

Classes are free to attend. WIC provides class registration, course materials, and Continuing Education credits at no charge.

Paid parking, when available, is the responsibility of attendees.

Name: \_\_\_\_\_

Title \_\_\_\_\_

Address \_\_\_\_\_

City and Zip: \_\_\_\_\_

Employer: \_\_\_\_\_

Specialty: \_\_\_\_\_

Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

Email: \_\_\_\_\_

For more information and instructions on how to register ...