



Florida State University Center for Prevention & Early Intervention Policy

## 20-Hour Breastfeeding Counselor Course

September 3-5, 2025 Quincy, FL Agenda

### **Expectations:**

- All sessions must be attended in order to receive CEU's and certificate.
- Participation in skills evaluation.
- Must pass post-test on day 3, with at least 80%.

### **Day 1**

9:00 -10:30	Course overview and introductions Breastfeeding and public health Best practices- the 10 Steps to Successful Breastfeeding
10:30-10:45	Break
10:45-12:00	Evidence based practice and research Advantages of Breastfeeding
12:00-1:00	Break
1:00-2:15	Counseling and Communication Skills Prenatal education
2:15-2:30	Break
2:30-4:00	Prenatal assessment Birthing practices and breastfeeding

### **Day 2**

9:00-10:30	Anatomy of mom and baby Milk production cycle
10:30-10:45	Break
10:45-12:00	Latching on Assisting with breastfeeding
12:00-1:00	Break
1:00-2:15	Birth practices and early breastfeeding Case studies
2:15-2:30	Break
2:30-4:00	Pumping and expressing milk Alternate feeding methods Contraindication to breastfeeding

### **Day 3**

9:00-10:15	Observations Infants with special needs
10:15-10:30	Break
10:30-12:00	Breast and nipple concerns Early Concerns
12:00-1:00	Break
1:00-2:15	On-going support for breastfeeding mothers Disasters, emergencies, and breastfeeding
2:15-2:30	Break
2:30-4:00	Closing Evaluations Assessment

