

PROMOTING A POSITIVE BREASTFEEDING EXPERIENCE

Alberta's go-to breastfeeding course for health care professionals

Promoting a Positive Breastfeeding Experience will be 20 hours of free CME accredited, self-paced online learning designed to enhance your knowledge & confidence in supporting breastfeeding families to achieve their breastfeeding goals.

COURSE OUTLINE Modules available now





Modules in development (will be released as they are complete)

FOUNDATIONS FOR WORKING WITH FAMILIES (4 HOURS)

Positive Breastfeeding Support

Informed Feeding Decisions

Including Partners & **Supporters**



BREASTFEEDING ESSENTIALS (16 HOURS)

Introduction to Breastmilk & Breastfeeding

Breastfeeding Support Skills & **Assessment**

Variations & Challenges for the Breastfeeding **Parent**

Variations & Challenges for the Breastfeeding Infant

Breastmilk **Expression &** Supplementary Feeding

2025 Practices that Support Breastfeeding

COMING

2025 Breastfeeding **Transitions**

OMING

COMING 2025 Breastfeeding Support for Preterm & Sick Infants

Visit <u>ahs.ca/hcpbreastfeeding</u> to learn more and register.