



The Interdisciplinary Breastfeeding Management Course

Strengthen Skills. Improve Outcomes. Transform Care.

Breastfeeding success is shaped by every point of contact a family has with the health system. This course equips clinicians across disciplines with the knowledge, confidence, and coordinated strategies needed to support breastfeeding families from birth through early infancy.

Course Objectives

Build a strong foundation in lactation physiology.

Identify and manage common breastfeeding challenges.

Support early initiation and colostrum feeding.

Apply safe supplementation and milk-supply protection strategies.

Communicate effectively across cultures and care settings.

Who Should Attend

- Nurses (L&D, Postpartum, NICU, Pediatrics, Community Health)
- Physicians & Residents (OB/GYN, Pediatrics, Family Medicine)
- Midwives & Doulas
- Lactation Consultants (IBCLC, CLC, CLE)
- Dietitians & Nutritionists
- Social Workers & Public Health Professionals
- Anyone involved in perinatal or infant care

CERPS & CEUS Available Upon Successful Completion of Course

Philadelphia Department of Health has been accepted by International Board of Lactation Consultant Examiners® (IBLCE®) as a Preferred Provider for the listed Continuing Education Recognition Points (CERPs) programme. Determination of CERPs eligibility or Preferred Provider status does not imply IBLCE's endorsement or assessment of education quality. INTERNATIONAL BOARD OF LACTATION CONSULTANT EXAMINERS®, IBLCE®, INTERNATIONAL BOARD CERTIFIED LACTATION CONSULTANT®, and IBCLC® are registered marks of the International Board of Lactation Consultant Examiners.™

This nursing continuing professional development activity was approved by Pennsylvania State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Completion of 4 zoom sessions (or one "class") is worth 6.75 nursing contact hours for a total of 20.25 nursing contact hours for all 12 sessions (or three "classes"). Course requirements include signing chat box each session; completing pre-test each session; and completing posttest within 24 hours after finishing sessions. No post-test completed within 24 hours after sessions 4,8,12 = NO certificate of completion. Neither Channele Andrews, the planning committee, nor the Philadelphia Department of Public Health have any influencing financial relationships no receive any commercial support for this course.





2026-2027 Schedule

The Interdisciplinary Breastfeeding Management Course for the US

<p>Cycle 1</p> <p>July 8, 2026, July 15, 2026 Aug 5, 2026, Aug 12, 2026 Sept 2, 2026, Sept 9, 2026</p>	<p>Cycle 2</p> <p>Oct 7, 2026, Oct 14, 2026 Nov 4, 2026, Nov 18, 2026 Dec 2, 2026, Dec 9, 2026</p>	<p>Cycle 3</p> <p>Jan 6, 2027, Jan 13, 2027 Feb 3, 2027, Feb 10, 2027 Mar 3, 2027, Mar 10, 2027</p>
<p>Cycle 4</p> <p>Apr 7, 2027, Apr 14, 2027 May 5, 2027, May 12, 2027 June 2, 2027, June 9, 2027</p>	<p>Cycle 5</p> <p>July 7, 2027, July 14, 2027 Aug 4, 2027, Aug 11, 2027 Sept 1, 2027, Sept 8, 2027</p>	<p>Cycle 6</p> <p>Oct 6, 2027, Oct 13, 2027 Nov 3, 2027, Nov 10, 2027 Dec 1, 2027, Dec 2027</p>

REGISTRATION LINK: [HTTPS://REDCAP.PHILA.GOV/SURVEYS/?S=RLYYARH8HH](https://redcap.phila.gov/surveys/?S=RLYYARH8HH)

REQUIREMENTS: Sign chat box each session. Complete PRE-test. Complete POST-test within 24 hours after finishing sessions. Tests take 5 minutes on-line. No post-test completed within 24 hours after sessions 4,8,12 = NO certificate of completion.

Instructor: Chanelle Andrews, IBCLC, PMH-C

Cost: FREE

Program Description: This 12-session Zoom course is partial fulfillment of Step 2 of the 10 Steps to Successful Breastfeeding. The course is built on the Baby-FriendlyUSA™ outline.

Course Outline:

- **Zoom sessions 1-4:** Brief history of infant feeding. International, national, and local breastfeeding organizations. Teaching pregnant people with cultural sensitivity and humility. Breastfeeding as a public health strategy, including social determinants of health. The Baby Friendly™ Hospital Initiative.
- **Zoom sessions 5-8:** Anatomy and physiology of milk making. The value of skin-to-skin care. Assisting parents of term infants. Identifying hallmarks of effective breastfeeding. Supporting breastfeeding and human milk feeding in the NICU. Teaching bottle-feeding. Clinical guidelines for supplementation. Breastfeeding the baby with special health care needs.

Zoom sessions 9-12: Contraindications to breastfeeding. Management techniques for common breastfeeding problems in the first weeks. Support for hospital discharge. Returning to work. Using pumps, aides and devices. Hospital policies that protect promote and support exclusive breastfeeding.

Philadelphia Department of Health has been accepted by International Board of Lactation Consultant Examiners® (IBLCE®) as a Preferred Provider for the listed Continuing Education Recognition Points (CERPs) programme. Determination of CERPs eligibility or Preferred Provider status does not imply IBLCE's endorsement or assessment of education quality. INTERNATIONAL BOARD OF LACTATION CONSULTANT EXAMINERS®, IBLCE®, INTERNATIONAL BOARD CERTIFIED LACTATION CONSULTANT®, and IBCLC® are registered marks of the International Board of Lactation Consultant Examiners."

This nursing continuing professional development activity was approved by Pennsylvania State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Completion of 4 zoom sessions (or one "class") is worth 6.75 nursing contact hours for a total of 20.25 nursing contact hours for all 12 sessions (or three "classes"). Course requirements include signing chat box each session; completing pre-test each session; and completing posttest within 24 hours after finishing sessions. No post-test completed within 24 hours after sessions 4,8,12 = NO certificate of completion. Neither Chanelle Andrews, the planning committee, nor the Philadelphia Department of Public Health have any influencing financial relationships nor receive any commercial support for this course.

