

Learning Center

Location/Dates/Time

Women's Medical Office
Building, Abbott Room, 717 N.
190th St. Plz. Omaha, NE 68022
Tuesday, July 21, 2026, or
Tuesday, November 17, 2026
8:30am – 4:30pm

Presented by

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Handouts

To access the handouts,
please use the handout link in
your registration confirmation
and reminder emails, or open
the course from your
dashboard.

Key Components of Breastfeeding

Program Details

The purpose of this course is to lay the foundation for new nurses to best support breastfeeding mothers and promote a successful breastfeeding experience. Topics include breastfeeding benefits, contraindications, focus on care after delivery, the ideal breastfeeding process and overcoming breastfeeding concerns.

Key Points:

- Importance of maternal self-efficacy on breastfeeding success
- Maternal and infant benefits of breastfeeding
- Hormones involved with breastfeeding and the composition of breastmilk
- Effective hand expression skills
- Infant latch and maternal positioning techniques
- Common breastfeeding concerns and solutions

Agenda (CST)/Contact hours

8:15am-8:30 am: Check-in
8:30am-9:30am: Breastfeeding Support (1.0 CH)
9:30am-10:00am: Breastfeeding Benefits & Risk Factors (0.5 CH)
10:00am-10:15am: Break
10:15am-11:15am: Breastfeeding-How does it Work? (1.0 CH)
11:15am-12:00pm: Breastfeeding in the NICU (0.75 CH)
12:00pm-12:45pm: Lunch (on your own)
12:45pm-1:45pm: The Focus after Delivery (1.0 CH)
1:45pm-2:45pm: Ideal Breastfeeding Process (1.0 CH)
2:45pm-3:00pm: Break
3:00pm-3:45pm: Breastfeeding Aids & Devices (0.75 CH)
3:45pm-4:15pm: Overcoming Early Breastfeeding Concerns (0.5 C)
4:15pm-4:30pm: Conclusion/Q&A (0.25 CH)



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Learning Center

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Upcoming Programs

To learn more about our live events & online programs, please click the link or scan the QR code:
<https://www.methodistcollege.edu/learning-center>



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Program Disclosures

Provider Approval Statements: Nebraska Methodist College LearningCenter is approved with distinction as a provider of nursing continuing professional development by the VTL Center for Professional Development, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Successful Completion Requirements: In order to obtain contact hours or continuing education credit for this educational activity, participants are required to complete stated requirements:

- Attendance at the entire activity
- Completion/submission of evaluation form within 7 days of the program
- A link to access your certificate will be automatically generated and emailed to you within 24 hours of completing all requirements. Or, you can go to our website: www.methodistcollege.edu/pd, click "Account Login" on the top right side of the page, log in to your account, and click "Certificates."

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