



NEBRASKA
**METHODIST
COLLEGE**
The Josie Harper Campus

Learning Center

Location/Date/Time

Methodist Women's Medical
Office Building (MOB), 2nd Floor,
Abbott Room, 717 North 190th
Plaza, Omaha, NE 68022

Tuesday, March 17, 2026
8:30am – 4:30pm

Presented by

Ashley Denker, MSN, RNC-
MNN, IBCLC, Methodist
Women's Hospital

Kim Totic MA, BSN, RN,
Methodist Women's Hospital

Kary Johnson, BSN, RN, IBCLC,
Lactation Consultant, Methodist
Women's Hospital

Cathy Stoltz, LPN, IBCLC, LCCE,
Childbirth Education
Coordinator, Methodist
Women's Hospital

Handouts

To access the handouts, please
refer to the course-related emails,
or the course details.

Key Components of Breastfeeding

Course Description

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/Contact Hours

- 08:20am-08:30am: Registration and Welcome
08:30am-09:30 am: Breastfeeding Support (0.75 CH)
09:30am-10:00am: Breastfeeding: Benefits, Risks, &
Contraindications (0.75 CH)
10:00am-10:15am: Break
10:15am-11:15am: Breastfeeding: How Does it Work? (1.0 CH)
11:15am-12:15pm: The Focus after Delivery (1.0 CH)
12:15pm- 1:00pm: Lunch (on your own)
1:00pm- 2:00pm: The Ideal Breastfeeding Process (1.0 CH)
2:00pm- 2:45pm: Breastfeeding Aids and Devices (0.75
CH):
2:45pm- 3:00pm: Break
3:00pm- 3:45pm: Breastfeeding in the NICU (0.75)
3:45pm- 4:15pm: Overcoming Early Breastfeeding Concerns
(0.5 CH)
4:15pm- 4:30pm: Course Wrap Up and Q & A (0.25 CH)



NEBRASKA
**METHODIST
COLLEGE**
The Josie Harper Campus

Learning Center

Key Components of Breastfeeding

Upcoming Programs

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



Connect with Us

Subscribe to our emails and newsletters for more information about online & upcoming live continuing education opportunities from Nebraska Methodist College at
<https://www.methodistcollege.edu/lc-subscribe>, or scan:



Nebraska Methodist College Learning Center

720 N. 87th Street
Omaha, NE 68114
pd@methodistcollege.edu
<http://web.methodistcollege.edu/professional-development>



"NMC Professional Development"



Nebraska Methodist College Learning Center

Program Disclosures

Provider Approval Statements: Nebraska Methodist College Learning Center is approved 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."

Relevant Financial Relationships with an Ineligible Company: No relevant financial relationships were identified for planners or presenters. All content provided here is for educational and informational purposes only and is not intended as a substitute for individualized professional medical advice, diagnosis, or treatment. Nothing contained herein establishes or shall be used to establish a standard of care.