

Key Components of Breastfeeding

Location/Date/Time

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

Tuesday, November 17, 2026
8:30 AM to 4:30 PM

Presented by

Cathy Stoltz, RN, BSN, IBCLC,
LCCE, Childbirth Education
Coordinator, Methodist
Women's Hospital & Outreach

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

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

Handouts

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

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

Time (CST) Title/Speaker/Contact Hours Awarded

8:15am-8:30am: Check-in

8:30am-9:30am: Breastfeeding Support: Cathy Stolz (1.0 CH)

9:30am-10:00am: Breastfeeding Benefits & Risk Factors:
Cathy Stolz (0.5 CH)

10:00am-10:15am: Break

10:15am-11:15am: Breastfeeding-How does it work?: Cathy
Stolz (1.0 CH)

11:15am-12:00pm: Breastfeeding in the NICU: Kim Totic (0.75
CH)

12:00pm-12:45pm: Lunch (on your own)

12:45pm-1:45pm: The Focus after Delivery: Cathy Stolz (1.0 CH)

1:45pm-2:45pm: Ideal Breastfeeding Process: Cathy Stoltz (1.0
CH)

2:45pm-3:00pm: Break

3:00pm-3:45pm: Breastfeeding Aids & Devices: Kary Johnson
(0.75 CH)

3:45pm-4:15pm: Overcoming Early Breastfeeding Concerns:
Cathy Stolz (0.5 C)

4:15pm-4:30pm: Conclusion/Q&A: Cathy Stolz (0.25 CH)

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Program Disclosures

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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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