

## Prenatal Breastfeeding Class Core Topics

- Benefits of breastfeeding
- Importance of exclusive breastfeeding
- Non-pharmacological pain relief methods
- Importance of early skin-to-skin contact
- Importance of colostrum
- Importance of early initiation of breastfeeding
- Importance of rooming-in on a 24-hour basis
- Importance of avoiding pacifiers
- Baby-led feeding
- Frequency of feeding in relation to establishing a milk supply
- Importance of expressing milk when mom and baby are separated or if baby is unable to feed at breast
- Effective positioning and latch techniques
- Exclusivity of breastfeeding for the first 6 months
- Continuation of breastfeeding after introduction of appropriate complementary foods while continuing breastfeeding for the next six months and beyond