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