

# Milk Supply

Fri Nov 16, 2012 repeated

Sat Mar 9, 2013 (same content)

9am - 5pm Dublin

## Course aim:

At the end of this day participants should be able to:

1. Outline the main biochemical constituents of mothers' milk
2. Describe the physiological and endocrine aspects of milk production
3. Discuss the importance of positioning and attachment at the breast
4. Explain key points of expressing and pumping milk
5. Discuss ways of increasing milk supply and role of galactogogues
6. Explain the differences between too much milk and too fast flow and how to manage these
7. Describe situations when sudden reduction of milk supply may be needed.

## Who should attend:

This day is useful for continuing education of health workers including PHNs, GP practice nurses, hospital midwives and paediatric nurses, GPs, dietitians, lactation consultants, community breastfeeding counsellors.

## Course outline: (7 education hours)

Topics include:

- What is human milk? What effects its constituents?
- How is milk made?
- Getting milk out of the breast, positioning, attachment
- Milk expression and pumping
- Increasing milk supply.
- Too much milk?
- Ceasing milk supply.

**The course team** are all International Board Certified Lactation Consultants with additional qualifications and work experience in nutrition, health promotion, child health, midwifery, research, community development, and adult education.

## Lactation Studies Theme Day Series

Focused on applying research based information to practice. Other topics in this series are: Mother Wellness when Breastfeeding, Putting Theory into Practice, and Milk Supply. Theme Days include topics from the IBCLC exam blueprint.

For more information and booking visit the Training Courses page at  
[www.bestservices.ie](http://www.bestservices.ie) or  
email: [contact@bestservices.ie](mailto:contact@bestservices.ie) or  
Phone: 091 527511

