

# **Breastfeeding for the SLP**

**January 29, 2020**

Sponsored by  
Cincinnati Children's Hospital Medical Center,  
Divisions of Speech-Language Pathology and Audiology

## Course Description:

The focus of this continuing education event will be upon increasing awareness and knowledge of breastfeeding. The AAP and WHO breastfeeding recommendations and physiology of breast milk production will be presented. Videos will be used to provide visual education on effective vs ineffective latch and breastfeeding. The two primary reasons for ineffective breastfeeding and the role of Center for Breastfeeding Medicine will be discussed. A group discussion will be held on how outpatient Speech and Language Pathology and Breastfeeding Medicine Clinic can work together to facilitate more sustained breastfeeding outcomes.

## Learner Outcomes:

Upon completion of this seminar, the participants will be able to:

- Describe AAP and WHO breastfeeding recommendations
- Explain milk production cycle (supply and demand)
- Name 3 causes of low milk supply
- Name 3 causes of poor milk transfer
- Recognize the role of Center for Breastfeeding Medicine in breastfeeding assessment and when to refer

## About the Presenter(s):

***Robin Steffen RN, MSN, FNP-BC, IBCLC***

After art school lead me to the exciting career of waiting tables (who knew?), I decided I wanted to work with moms and babies. One thing lead to another and in 2004 I became a postpartum nurse. I was not comfortable with breastfeeding (can't measure it- how do I know it happened?) so I started learning more about it. The next thing I knew, it became my favorite part of my job. In 2008, I went on to become an International Board Certified Lactation Consultant so I could help moms realize why breastfeeding/breast milk is amazing and that they can do this! I became a Family Nurse Practitioner to further my ability to help moms and babies in 2017. In 2018, I came to CCHMC as the Lactation Consultant for our Primary Care offices, because all moms and babies deserve help to breastfeed.

## Program Schedule:

12:00 – 12:05 pm:	AAP and WHO breastfeeding recommendations
12:05 – 12:10 pm:	Primary reasons for ineffective breastfeeding
12:10 – 12:15 pm:	Physiology of breast milk production
12:15 – 12:30 pm:	Videos on effective vs ineffective latch and breastfeeding
12:30 – 12:40 pm:	Ankyloglossia/nipple shields and breastfeeding
12:40 – 12:45 pm:	Function of Center for Breastfeeding Medicine
12:45 – 1:00 pm:	Questions and group discussion

## General Information:


### Location:

Division of Speech-Language Pathology  
3430 Burnet Avenue  
Conference Room 5.511

### Contact:

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## Course Accreditation:

 <p>APPROVED PROVIDER ASHA CONTINUING EDUCATION AMERICAN SPEECH-LANGUAGE-HEARING ASSOCIATION</p>	<p>Cincinnati Children's Hospital Medical Center, Divisions of Speech-Language Pathology and Audiology is approved by the Continuing Education Board of the American Speech- Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. <b>See course information for number of ASHA CEUs, instructional level and content area.</b> ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.</p>
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This program is offered for 0.1 ASHA CEUs (Intermediate level, professional area), 1040 Swallowing and Swallowing Disorders (Dysphagia)

## Conflict of Interest and Disclosures:

All presenters have been provided with, and agreed to the Division of Speech-Language Pathology's Continuing Education [Conflict of Interest](#) Policy.

Disclosure information follows:

### ***Robin Steffen, RN, MSN, FNP-BC, IBCLC***

*Financial* — Employed by Cincinnati Children's Hospital Medical Center, Cincinnati, Ohio

*Nonfinancial* — Nothing to disclose.