

Lactation Course Observation Form

Part One: To be completed by the observer

Abigail Morrissey

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Date of Class Observed: Jan 3, 2021

Number of Hours Doula Trainee Observed: 3

Basic Outline of Lactation Course for doulas:

- Group Intros
- How doulas can help prepare parents to bodyfeed/breastfeed prenatally
 - Local Lactation Support Resources
 - How to help parents get lactation support from their midwife or OB
 - How to help parents try to delay newborn procedures in hospital settings
- The first feed
 - Understanding how newborns feed when undisturbed on birthing parent's chest
 - Delaying Newborn Procedures in hospital setting (understanding and learning how to assist in the moment with that goal)
 - Breast/chest Crawl/Laid-back position
 - The other basic nursing positions
 - Who in the hospital is available to help support early lactation
 - Supporting milk production when there is long term separation of birthing parent and baby
 - Supporting lactation after a cesarean birth
- Understanding Lactation Basics
- Understanding Proper Latch
- Lactation Support resources doulas can offer to their clients and how to know when they are needed

Part Two: To be completed by the Lactation Educator

The above-named doula trainee did in fact attend our Lactation Class as indicated above.

Name: Amadoma Bediako, MS, CCCE, CLC, CD/BDT(DONA) & FDC + Jada Shapiro, CBC

Amadoma Bediako

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National Certifying Organization: DONA, CLC (HealthyChildren)

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