

## **Life University Pediatric and Prenatal Certification Program by Dr. Claudia Anrig**

**Instructor:** Sonda Powell, B.S., D.C.

### **Course Title: Breastfeeding and the Chiropractic Component**

3 hour Virtual Course

#### **Course Description**

*This program will give chiropractors better understanding of how chiropractic care may have a significant role in the success of the breastfeeding dyad. Chiropractors should have a working knowledge of basic lactation so when they take a history they can identify potential red flags that could lead to breastfeeding difficulties. Collaborative care is essential in difficult breastfeeding situations and chiropractic care should be an essential part of a breastfeeding mothers support team. After this course the chiropractor will be able to identify and discuss their roll in aiding other providers obtain optimal breastfeeding goals. Learning Objectives:*

- *Have a basic understanding of normal breastfeeding: prenatal, delivery, and postnatally*
- *Be able to identify breastfeeding positions that are compensatory to birth subluxations or anatomical variants that could be interfering with breastfeeding.*
- *Be able to effectively communicate to patients when further evaluation is needed and how to work collaboratively with other providers.*

#### **Hour 1**

- Pulling key facts from pregnancy and birth history
- How the initiation of milk production begins (Lactogenesis) and how standard birth practices could interfere.
- Review of anatomy commonly associated with breastfeeding in the infant.

#### **Hour 2**

- Normal Vs Abnormal suck patterns
- Normal Latch positions vs Compensatory Latch positions.
- Creating negative pressure in suck patterns
- 6 standard positions used for breastfeeding and how moms could be compensating for tension or oral dysfunction.

#### **Hour 3**

- Review of Infant reflex patterns and how they could interfere with breastfeeding.
- Pitfalls of pumping
- Maternal Mental Health
- Choosing a collaborative team