



We are pleased to offer

The Ohio First Steps for Healthy Babies Maternity Staff Training Program

Course Description

The training consists of 15 audio recorded sessions on OhioTRAIN, each accompanied by a pre- and post-test. The training will help hospitals align their policies and practices to meet the goals of the Ohio First Steps for Healthy Babies initiative, and, if desired, applied towards the training requirements (Step 2) for hospitals seeking the World Health Organization's Baby-Friendly Hospital certification.

Following successful completion of the components of this blended series learning activity, the nurse will be able to demonstrate the knowledge to create a breastfeeding-supportive environment within his or her health care facility through implementation of the *Ten Steps to Successful Breastfeeding*.

Course Topics

Module #1—Global Strategies

Module #2—Communication Skills

Module #3—Anatomy and Physiology: From Breast to Baby

Module #4—Promoting Breastfeeding During Pregnancy

Module #5—Birth Practices and Breastfeeding

Module #6—Helping with Breastfeeding

Module #7—Hospital Policies that Assist with Breastfeeding

Module #8—Milk Supply

Module #9—Supporting the Mother Who Feeds with Bottles and/or Infant Formula

Module #10—Infants and Mothers with Special Needs

Module #11—Breast and Nipple Concerns

Module #12—If the Baby Cannot Feed at the Breast

Module #13—Ongoing Support for Mothers

Module #14—Protecting Breastfeeding

Module #15—Assuring that your Hospital is Supportive of Breastfeeding

To access the course, go to <https://www.train.org/> and search “Ohio First Steps for Healthy Babies Maternity Staff Training Program” OR enter the Course ID: **1079957**.

Nursing Continuing Education Contact Hours

8.0 nursing continuing education contact hours are available to licensed nurses who successfully complete all course components (pre- and post-test for each module and final evaluation).

There is no charge for this course.

There is no conflict of interest for anyone in a position to control content of this activity.

Ohio Department of Health is approved as a provider of continuing nursing education by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. (OBN-001-91)