

B	I	N	G	O
Why avoid supplements for a breastfed baby unless clinically indicated	At least 8 times in 24 hrs	How long should skin-to-skin last	When a breastfeeding mom asks you about giving formula	Risks of pacifiers and bottle nipples
Demo of hand expression	Why NICU moms should express milk as soon as possible	Safe formula preparation	Benefits of exclusive breastfeeding for babies	Signs of good positioning
When we initiate skin-to-skin	Why we teach hand expression	FREE	Benefits of exclusive breastfeeding for moms	Importance of prenatal education
Importance of skin-to-skin	When to introduce a pacifier to a breastfeeding baby	Inappropriate marketing and violates the WHO Code	Importance of correct positioning and latch	Rooming in
How your field of practice can impact lactation	Cue-based feeding	Signs of a deep latch	Your breastfeeding training	Goal of Baby Friendly Designation

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Why we teach hand expression	Benefits of exclusive breastfeeding for babies	When a breastfeeding mom asks you about giving formula	Demo of hand expression	Safe formula preparation
How long should skin-to-skin last	Your breastfeeding training	Risks of pacifiers and bottle nipples	Cue-based feeding	Signs of good positioning
Importance of skin-to-skin	Benefits of exclusive breastfeeding for moms	FREE	Importance of prenatal education	At least 8 times in 24 hrs
Importance of correct positioning and latch	Signs of a deep latch	Why avoid supplements for a breastfed baby unless clinically indicated	Goal of Baby Friendly Designation	When to introduce a pacifier to a breastfeeding baby
Inappropriate marketing and violates the WHO Code	Rooming in	When we initiate skin-to-skin	Why NICU moms should express milk as soon as possible	How your field of practice can impact lactation

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Cue-based feeding	Signs of a deep latch	Benefits of exclusive breastfeeding for babies	Rooming in	Benefits of exclusive breastfeeding for moms
Why avoid supplements for a breastfed baby unless clinically indicated	Importance of skin-to-skin	Inappropriate marketing and violates the WHO Code	Why NICU moms should express milk as soon as possible	Risks of pacifiers and bottle nipples
When we initiate skin-to-skin	Goal of Baby Friendly Designation	FREE	When to introduce a pacifier to a breastfeeding baby	Importance of correct positioning and latch
Why we teach hand expression	Signs of good positioning	When a breastfeeding mom asks you about giving formula	Your breastfeeding training	How long should skin-to-skin last
Importance of prenatal education	At least 8 times in 24 hrs	Safe formula preparation	Demo of hand expression	How your field of practice can impact lactation