

# 6 for ME: Breastfeeding Learning Collaborative



March 27, 2015 8:30 a.m. - 4:30 p.m.

Cianchette Building at EMHS Professional Center

<http://www.emhs.org/Resources/For-Visitors/Maps-and-Directions.aspx>



**6 for ME: Maine takes 6 steps to improve breastfeeding** is an educational quality improvement initiative focused on adopting 6 of the internationally recognized “Ten Steps to Successful Breastfeeding” in Maine’s birth hospitals. The goal is to improve breastfeeding duration and exclusivity for mothers and babies.

## Plan of the Day

8:00-8:30 a.m. **Registration**

8:30-8:45 a.m. **Welcome and Introductions**

8:45-9:15 a.m. **Evidence and Discussion of 6 Steps of focus in Maine**

9:20-10:05 a.m. **Breakout sessions for Steps 1, 2, 3 will be held concurrently throughout the morning.**

**Step 1: Model written breastfeeding policy**

**Step 2: Healthcare staff education and training to implement policy**

**Step 3: Prenatal education re: benefits and management of breastfeeding**

10:10-10:55 a.m. **Breakout sessions offered for Steps 1, 2, 3 – as above**

11:00-11:45 a.m. **Breakout session offered for Steps 1, 2, 3 – as above**

11:45-12:45 p.m. **Lunch on your own**

12:45-1:30 p.m. **Breakout sessions for Steps 6, 7, 10 will be held concurrently throughout the afternoon.**

**Step 6: Breastmilk only unless medically indicated**

**Step 7: 24-hour “rooming-in”**

**Step 10: Breastfeeding support groups upon discharge**

1:35-2:20 p.m. **Breakout session offered for Steps 6, 7, 10 – as above**

2:25-2:40 p.m. **Break**

2:40 – 3:25 p.m. **Breakout session offered for Steps 6, 7, 10 – as above**

3:30-4:20 p.m. **Latching-on “Next steps planning”**

4:20 – 4:30 p.m. **Closing Remarks**

