



Pre-workshop/Program Study Guide for CAPPA Lactation Workshops

Name:
Phone:
Email:

Please answer these questions to the best of your knowledge. Bring in your study guide to your training on the first day or email it prior to your training to your trainer.

1. What does CAPPA stand for?
2. Look up CAPPA's mission and vision at www.cappa.net. What are two things that you value as a professional that CAPPA stands for as an organization?
3. Who is the Director of Lactation Programs for CAPPA? How can she help you?
4. What do lactation educators do? (CLE)
5. What do lactation consultants do? (IBCLC)
6. Which breastfeeding specialist would help with severe latch issues? A CLE or an IBCLC.
7. Name two significant health risks associated with formula feeding.
8. What is the World Health Organization? Why is this organization significant to breastfeeding?
9. List at least 3 websites with research based information on breastfeeding.
10. List at least 3 breastfeeding specialists by name along with their breastfeeding specialty (ex. Dr. Thomas Hale – milk and medication).
11. Define the following:
 - a. Colostrum -
 - b. Transitional Milk -
 - c. Mature milk -

Name:

12. How does the protein in cow's milk compare to the protein in human milk?

13. Breastmilk does not contain high levels of iron. Why then, do breastfed babies not become anemic?

14. Name and define two essential lactation hormones.

- a.
- b.

15. Define the following terms:

- a. Areola
- b. Nipple
- c. Alveoli
- d. Duct
- e. Montgomery Gland

16. Name 3 reasons breastfeeding is important to the mother baby dyad.

17. What is a good sign of a correct latch? What is a sign of an incorrect latch?

18. Why would a breastfeeding mother avoid the use of artificial nipples in the early weeks of breastfeeding?

19. Should breastfed babies be put on a schedule? Why?

20. Are there any foods that a mother ingests that always cause discomfort in the breastfed baby?

21. What is one cause of sore nipples?

22. Is engorgement a normal process of lactation? Why?

23. Can a mother who has mastitis continue to breastfeed?

24. Name one situation in which a mother might use a lactation aide or supplemental nursing system?

25. Why might a mother need to use a hospital grade breast pump?

26. What is a galactagogue? Give an example of one.