

BREASTFEEDING BASICS

The American Academy of Pediatrics recommends that all babies are breastfed for at least one year, with exclusive breastfeeding for the first six months of life. Research suggests that breastfeeding has lifelong health benefits. It aids in mother-child bonding and helps establish secure infant-mother attachment, which has long-term implications for health and social-emotional development. Breastfeeding also protects infants against infections, obesity, diabetes and asthma. Pediatric providers play a critical role in promoting and supporting breastfeeding.

This training helps practices support mothers in breastfeeding. It reviews the benefits of breastfeeding for infants and discusses misinformation, challenges and solutions. The presentation also includes information on racial disparities related to breastfeeding. Practices receive referral information to community lactation support services for mothers, as well as information for becoming a Breastfeeding Friendly Physician Office.

Practices receive:

- Resources and/or referral information
- Billing codes
- CME credit(s)
- Opportunity to earn 25 MOC Part 4 Credits

Maintenance of Certification (MOC):

About: After completing the Breastfeeding Basics training, practices can enroll in the MOC/Quality Improvement program to earn 25 Part 4 credits and 13 CME credits. Credits are available for individual physicians and/or for the whole practice.

Requirements: Practices will perform chart audits over a minimum of six months, review periodic reports about practice performance, and participate in Plan, Do, Study, Act (PDSA) cycles to improve care. Practices will enter data from the chart audits into a web-based survey provided by Connecticut Children's. Data include documentation of breastfeeding initiation, mother's plans for breastfeeding, discussion of supplemental feeding and infant hunger cues, breastfeeding difficulties, and referrals to support.

Cost: The \$50 fee is waived for this MOC project.

[Learn more](#) about Educating Practices or [contact the Educating Practices team](#) to schedule a training session.

