



# Begin Ed India

## ACLIP - Teal Study Plan

Completion Goal		DD-MM-YY		
Session Title	Session Length (Hours)	Completion Goal	Date Completed	Status
<b>Module 1 : Lactation Review</b>				
Course Welcome and Tutorial	0.25			
Lactation Foundations: Anatomy and Physiology	2			
Lactation Foundations: Human Milk Composition	1.25			
Holistic Management in the NICU	1.25			
Lactation Foundations: Medications with Lactation Review	1.25			
Lactation Foundations: Overview of a Lactation Consult	1.25			
Foundations of Skilled Lactation Care	1.5			
<b>Module 1: Clinical Case Discussions</b>				
Anatomy and Physiology of Lactation: Practical Review for Lactation Professionals in India	1.5			
Case Discussion: Skin to Skin After C/S; Supporting BFHI Goals from the Labor Ward	1.25			
Early Initiation after C/ Sections	0.75			
<b>Module 2: Lactation Beginnings</b>				
Lactation Foundations: Beginning Lactation Review	0.75			
Skilled Lactation Care Through Birth Challenges	1.5			
Birth Implications on the Early Breastfeeding Journey	1.75			
Supporting Lactation from the Labor Room	1			
Supporting Breastfeeding Before Discharge	1.75			
Helping NICU Families Thrive During Lactation	0.75			
All in a Day's Work	1.25			
Skilled Lactation Support First: When are Gadgets Necessary?	1			
Lactation Foundations: Tools to Support Milk Supply	1.25			
When Breastfeeding Goes Well	0.5			
<b>Module 2 : Clinical Case Disussions</b>				
Overcoming Birth Challenges	0.5			
Case Discussion: Birth Team Supporting Breastfeeding Outcomes; Collaborating with Birth Team	1			
Case Discussion: NICU Case	0.75			
Bringing Baby from Bottle to Breast	0.5			
<b>Module 3: Skilled Lactation Care in Early Years</b>				
Art and Science of Sleeping like a Baby	1.5			
Lactation Foundations: Lactation Review for the First Year and Beyond	1.5			

Lactation Support Through Complementary Feeding: Practical Points for the Indian Context	1.25			
<b>Module 4 : Skilled Lactation Care for the Infant</b>				
Lactation Foundations: Infant Oral Anatomy	1			
Lactation Foundations: Supporting Lactation in the Premature Infant	1.5			
Lactation Foundations: Supporting Late Preterm and Early Term Infants	1			
Lactation Foundations: Skilled Lactation Care for Weight Issues	1.5			
Lactation Foundations: Supplementation Options	0.75			
Bringing Baby Back to Breast	1.5			
Lactation Foundations: Multiples	1.25			
Lactation Foundations: Infant Assessment, Growth and Development	1.5			
<b>Module 5 : Infant Challenges in Lactation</b>				
Lactation Foundations: Overcoming Early Lactation Challenges	1.25			
Lactation Foundations: Allergies and Lactation Review	1			
Lactation Foundations: Jaundice Review	0.75			
Lactation Foundations: Infants with Medical Challenges	1.25			
Infant Feeding Through Neonatal Illnesses	1.75			
Lactation Foundations: Skilled Lactation Care with GERD	0.75			
Supporting Dyads with Oral Restrictions	1.5			
Oral Restrictions, Tongue Tie and More: Review for Lactation Professionals	1.5			
Overview for Clinical Practice and Cleft Palate Discussion	1.25			
<b>Module 5 : Clinical Case Discussions</b>				
Case Discussion: Cleft Palate Case	0.5			
Bilateral Cleft Lip and Palate	0.5			
Lactation Success with Laryngomalacia	0.5			
Case Discussion: Lactation Support With Tethered Oral Tissues	1.25			
<b>Module 6 : Skilled Lactation Care for the Parent</b>				
Lactation Support Through Challenges: Low Milk Supply, Induced Lactation, Galactagogues	1.5			
Supporting Maternal Nutrition During Lactation	1			
Lactation Foundations: Impact of Maternal Disease	1			
Lactation Foundations: Impact of Maternal Infections	1.25			
Lactation Foundations: Maternal Recovery after Birth	1			
Lactation Foundations: Engorgement and Mastitis	1.5			
Lactation Foundations: Perinatal Mental Health in India	1.25			
Adoptive Breastfeeding	1.5			
Collaborative Lactation Support: Physical Challenges in Mom and Baby	1.5			
<b>Module 6 : Clinical Case Discussions</b>				
Breastfeeding Support for Mothers Dealing with Mental Health Issues	1			
Case Discussion: Galactagogues in Breastfeeding from an Indian Perspective	1.25			

IVF and Breastfeeding	1			
<b>Module 7 : Holistic Lactation Family Support</b>				
Holistic Family Support Introduction	0.05			
ANC/ Pregnancy Class: Breastfeeding Beginnings	1			
Communication with Parents: During Pregnancy	0.75			
Communication with Parents: Before Discharge	0.75			
Communication with Parents: Postnatal Period	0.75			
Lactation Foundations: Overcoming Family Challenges in the NICU	0.75			
Communication with Parents: Nipple Issues	0.75			
Communication with Parents: Tongue Tie	0.75			
Communication with Parents: Engorgement, Mastitis	0.75			
Lactation Foundations: Going Back to Work	1.25			
Case Discussion/ Skilled Lactation Care: When Support Goes Beyond Lactation	0.75			
<b>Module 8: Communication Skills For Lactation Professionals</b>				
Lactation Foundations: Communication Foundations 101	2			
Team Communication for Lactation Professionals	1			
Communication: Lactation Support Through Trauma	1.25			
Communicating with Gravitas: Professional Development/ Leadership in the Lactation Field	1.25			
Lactation Foundations: Cultural Impact of Communication	1.25			
Lactation Foundations: Communication Skills for Lactation Challenges	1			
<b>Module 8 : Clinical Case Discussions</b>				
Case Discussion: Emotional Intelligent Family Support	0.75			
Case Discussion: Counselling Skills	1			
Enhancing Lactation Through Communication Techniques	1			
<b>Module 9 : Professional Development For Lactation Professionals</b>				
Lactation Foundations: Developing Professionally in the Lactation Field	0.75			
IBCLC Pathways	0.75			
Mentoring in the Lactation Profession	0.75			
Maintaining Work and Life Balance	1.25			
Lactation Foundations: Teaching Skills for Lactation Professionals	1.5			
Private Practice 101 for LPs	1			
Starting a Lactation Centre in Your Community	1.25			
Setting Up a Milk Bank in Your Community	1			
Creating Your Lactation Internship	1.25			
<b>Module 9: Clinical Case Discussions</b>				
Improving Breastfeeding Rates Through Community Lactation Support	0.5			
Developing Courage While Supporting Families During Lactation	0.5			
Positive Consultation Boundaries	1			

<b>Module 10: Ethics Review For Lactation Professionals</b>				
Lactation Foundations: Ethical Foundations for Lactation (WHO Code Review)	1.5			
Social Media Ethics	1			
Controversies in Human Milk Commercialization	0.75			
Infant Feeding in Emergency Situations	1.25			
WHO Code/ IMS Act: Why Does it Matter to Public Health in India? Lancet 2023 BF series	1			
<b>Module 11: Research Review For Lactation Professionals</b>				
Lactation Foundations: Research Skills	1			
Why Does Research Matter to the Lactation Field	1			
Stress, Depression, and Breastfeeding Patterns: Exploring Associations During COVID-19	0.75			
Equity in Lactation	0.75			
Public Health and Breastfeeding	0.75			
Understanding Breastfeeding Support: Pregnancy, Labor Room and At Home	0.5			
<b>Module 12: Interviews From he Lactation Field</b>				
Interview: Navigating Cultural Complexities with Lactation Support	1			
Interview: How Lactation Professionals Support the NICU Team	1			
Interview: Lactation Stories from Home Visits	1.25			
Growing Professionally through Mentorship	0.5			
Study for Final Exam				
ACLP Final Exam				