



Online Opportunities for Supporting Breastfeeding Course

Supporting Breastfeeding in Child Care Programs

This course will introduce the importance of breastfeeding to children, mothers, and child care programs. Topics will include benefits of breastfeeding, risks of not breastfeeding, breastfeeding guidelines, and safe handling and storage of breast milk. Participants will identify ways for child care providers to support breastfeeding families. Participants will also learn strategies to improve breastfeeding promotion and support in both home and center-based child care settings.

Eager-to-Learn offers Supporting Breastfeeding in Child Care Programs in three different formats.

Webinar – One hour live webinar with extra added assignment. Cost is \$20 for 2 Inservice Hours.

CEU One Stop course – self-paced and instructor-led. As with all Eager-to-Learn courses, learning is driven by discussion board participation, required readings and assignments. CEU's can be applied to CDA renewal requirements and meet many other training requirements. Cost is \$75 for 1.2 CEU's.

Standard 4 week online course – ETL courses are designed into a multi-week, standard class format, utilizing message board discussions and weekly live chat discussions. Cost is \$60 for 12 Inservice Hours or \$95 for 1.2 CEU's.

- **Message board** questions that allow you to respond to your instructor and other students in the course.
- Live **chat discussions** facilitated by your instructor
- A wrap up **email reflection**—this is your opportunity to email your instructor with your thoughts on what you learned in the weekly lesson

Explore our website at www.eagertolearn.org and find upcoming courses by clicking on the Course Schedule and Registration tab.

About our Instructor

Holly Prestegaard is a licensed registered dietitian specializing in weight management and child nutrition. She enjoys the opportunity to positively affect the wellness of children and families by educating the most influential people in their lives. Holly believes that learning not only involves the exchange of information but the opportunity to facilitate learning, raise awareness, think creatively, encourage best practice, and promote positive change.