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# *An Independent Study Continuing Education Program*

## *Sex and Breastfeeding: An Educational Perspective*

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### **Goals**

- to demystify sex and breastfeeding
- to increase the perinatal educator's knowledge regarding sex and breastfeeding

### **Objectives**

After reading and studying this Continuing Education Program, the learner will be able to

1. draw four implications for perinatal education on sexuality from the review of breast anatomy and physiology;
2. describe the effects of prolactin and oxytocin and their psychological impact on the lactating mother;
3. explain sexual arousal during breastfeeding and its parallel process with coital orgasm;
4. understand a lactating woman's libido and its activation;
5. describe the male partner's role in breastfeeding;
6. highlight strategies a perinatal educator can use to increase the male partner's presence during breastfeeding;
7. describe lovemaking resumption based on an understanding of sexuality in the 21st century;
8. explain the four-step process in reawakening the new mother's libido; and
9. assess the relationship between sex and breastfeeding either on a one-to-one basis or within a group context.

### **Contact Hour Approvals and Fees**

This continuing education program has been approved for 2 contact hours by Lamaze International. Lamaze International is approved as a provider of nursing continuing education by the Virginia Nurses Association (VNA), which is accredited as an approver of continuing education by the American Credentialing Center's Commission on Accreditation. Lamaze International is also an approved provider of continuing education by the California Board of Registered Nursing (CEP#9989).

The cost of this continuing education program is \$35.00 for Lamaze International members and \$50.00 for nonmembers.

### **Directions**

1. After reading the following article, answer the test questions found at the end of the program. Each question has only one correct answer.
2. Complete the enrollment and evaluation portions of the answer sheet.
3. Send your answer sheet and payment to Lamaze International, 1200 19th Street NW, #300, Washington, DC 20036.\*
4. You will receive your test scores within four (4) weeks. A passing score is 80%.
5. Test answer forms for this program must be received no later than December 31, 2000.

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