



**Milk Expression Virtual Training  
Agenda**

**8:30AM – 12:45PM**

<b>8:30AM–8:40AM</b>	<b>Welcome &amp; Introductions</b>
<b>8:40AM-10:00AM</b>	<b>Effective ways to teach pump assembly Hand Expression/Manual Pump Demo</b>
<b>10:00AM-10:10AM</b>	<b>Break</b>
<b>10:10AM-10:25 AM</b>	<b>Quick Ways to Determine the Correct Pump</b>
<b>10:25AM-11:10AM</b>	<b>Techniques to assist with Effective Milk Removal</b>
<b>11:10AM-11:15AM</b>	<b>5-minute Break</b>
<b>11:15AM-11:30PM</b>	<b>Group Pump Demo</b>
<b>11:30AM-12:30PM</b>	<b>Ways to determine the correct breast pump for WIC clients Breakout Rooms  Troubleshooting</b>
<b>12:30AM-12:45PM</b>	<b>MDHHS-WIC policies and guidelines related to Pumps Wrap Up Resources  Review/Recap &amp; Questions</b>