



# The Center for Breastfeeding

a major focus of HEALTHY CHILDREN PROJECT, INC.

defining the field of research based breastfeeding education and ethical, evidence-based breastfeeding practice

- a non-profit research and educational institution

Lactation Counselor Training Course and CLC® Certification Exam Winter-Spring 2018

## The Lactation Counselor Training Course

is a comprehensive, evidence-based, college level, breastfeeding management course that includes practical skills, theoretical foundations and competency verification. Basic and complex technical issues are explored within the context of problem solving and counseling strategies. This course prepares participants for professional work in the hospital and in public health and community settings. It trains participants in how to gain insight into clients' problems with a strong focus on counseling skills.

## The Certified Lactation Counselor (CLC)®

is the premier national certification in Lactation Management for the United States. CLC certification holders have demonstrated competence in the lactation skills, knowledge, and attitudes that are essential to help women. CLC's can provide knowledge and counseling about optimal and sub-optimal breastfeeding. The CDC refers to CLCs as professional breastfeeding experts who are members of the health care team (2014 Breastfeeding Report Card). Research has shown that the education required of CLCs prior to certification is associated with improved breastfeeding exclusivity and duration. The Certified Lactation Counselor (CLC®) Certification is accredited by the American National Standards Institute (ANSI) based on the ISO/IEC 17024 standard.

Alexandria, LA	January 22-26
Santa Fe, NM	January 22-26
Lexington, KY	Jan 29 - Feb 2
Anderson, SC	Jan 29 - Feb 2
Springfield, IL	February 5-9
Columbus, OH	February 5-9
Wyoming, MI	February 5-9
Albany, GA	February 12-16
Merrillville (Hammond), IN	February 12-16
Clearwater, FL	February 19-23
Newburgh, IN	February 19-23
Omaha, NE	February 19-23
Oceanside, CA	Feb 26 - Mar 2
Richmond, VA	Feb 26 - Mar 2
St. Augustine, FL	March 5-9
Wilkinsburg, PA	March 5-9
Raleigh, NC	March 12-16
Lima, OH	March 12-16
Nashville, TN	March 12-16
Hartford, CT	March 19-23
Lebanon, NH	March 19-23
Caldwell, ID	April 9-13
Champaign, IL	April 9-13
Junction City, KS	April 16-20
Battle Creek, MI	April 23-27
Neenah, WI	April 23-27
Gillette, WY	April 23-27
Des Moines, IA	April 23-27
Douglas (Tifton), GA	April 30 - May 4
Rochester, NH	April 30 - May 4
Cincinnati, OH	April 30 - May 4
Mora, MN	May 7-11
Pasco County, FL	May 14-18
Louisville, KY	May 14-18
Henderson, TN	May 14-18
Bavaria, GER	May 21-25
Sioux City, IA	May 21-25
Glenwood Springs, CO	June 4-8
Naperville, IL	June 11-15
Powell, WY	June 11-15
Carrolton, GA	June 25-29
Miami, FL	June 25-29

Register Online!

[www.centerforbreastfeeding.org](http://www.centerforbreastfeeding.org)

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East Sandwich, MA 02537  
Ph: (508) 888-8044  
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[www.centerforbreastfeeding.org](http://www.centerforbreastfeeding.org)  
[www.healthychildren.cc](http://www.healthychildren.cc)

# LACTATION COUNSELOR TRAINING COURSE

## About the Lactation Counselor Training Course

### 5-day course, Monday - Friday

- ⊙ Hours: 8:15 AM - 4:30 PM, Lunch Break (on your own): 12:00 PM - 1:00 PM
- ⊙ 6 hours of assignments must be completed during lunchtime or evenings.

### Attendance

- ⊙ Participants must attend all sessions and cannot miss more than a total of 15 minutes of class for the entire week. Any participant who misses more than 15 minutes will be ineligible to sit for the exam.

### Contact Hours

#### American Nurses Credentialing Center's Commission on Accreditation.

*Healthy Children Project, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation*

- ⊙ Contact Hours will be awarded to participants who attend the program in its entirety. Partial credit will not be given to participants who attend only part of a workshop.
- ⊙ This 5-day course provides 45 Contact Hours for RNs (participants who opt out of the exam will be awarded 41 hours)
- ⊙ Provider approved by the California Board of Registered Nursing, Provider #: CEP4931
- ⊙ Florida Provider #: FBN3373
- ⊙ Eligible for 4.5 CEUs for CNMs; American College of Nurse Midwives program number 2013/016
- ⊙ IBCLCs will receive 45.0 L-CERPs from IBLCE. Long-term provider #CLT108-06
- ⊙ Approved for RDs by the Commission on Dietetic Registration for 45 CPEs, Level 2.
- ⊙ The content and objectives in this course cover the blueprint for lactation practice as laid out by IBLCE and awards 45 of the L CERPs needed to qualify for the International Exam.
- ⊙ Add on 175 additional study and contact hours to do at home--LEAARC approved.
- ⊙ The CLC and the IBCLC can also be used as a prerequisite for the Advanced Issues in Lactation Practice course to achieve the Advanced Nurse Lactation Consultant (ANLC) or the Advanced Lactation Consultant (ALC) designations.
- ⊙ Program can be applied towards Lamaze recertification.



### Text Book

*The Pocket Guide for Lactation Management, 3<sup>rd</sup> edition* will be used during class and for homework. Participants may share books. This textbook can be purchased as you register, through our website, or from Amazon.com.

### Confirmations and Information

The exact location and local overnight accommodations will be emailed to registrants once the offering has been confirmed with a minimum number of participants. **Please delay purchase** of any travel arrangements including airline tickets until a training has been confirmed in writing. Your confirmation is your receipt. Travel, lodging, meals, and snacks are your responsibility.

### Discounts

Group discounts are not given retroactively. It is your responsibility to find out the number of people from your agency who are attending the training program. Early bird discounts are not given retroactively. To be eligible to receive an early bird discount, your check or credit card information must be received **4 weeks (28 days) prior** to the training.

## Course Curriculum

- The US version of the WHO/UNICEF Breastfeeding Counseling Training
- The Ten Steps to Successful Breastfeeding
- Examination of factors influencing success at breastfeeding
- Distinct weight gain patterns of breastfed babies
- Anatomy and physiology of lactation
- Composition of human milk
- Hormones of lactation, insufficient milk syndrome
- Examination of effect on milk supply of nicotine, alcohol, contraceptives, use of pacifiers & bottles, engorgement, fluid intake, and diet
- Hypoglycemia and hyperbilirubinemia and supplementation
- Medical significance of breastfeeding for the mother and infant
- Problems with infant formulas
- How to discuss breastfeeding with pregnant women
- The hospital experience: labor and delivery
- Infant self-attachment
- Collaborative feeding, infant feeding cues, normal suckling, assessing breastfeeding, strategies to use with infants who present with attachment problems
- Enhanced effectiveness in lactation counseling, with a focus on counseling skills
- The high criticality of early support within the traditional "zone of professional unavailability"
- Sociologic and psychologic issues impacting breastfeeding
- Strategies for premature and ill infants, late term premies, multiples (twins, triplets, quads), babies with Down Syndrome, cleft lip and palate
- Breast problems (sore nipples, plugged ducts, mastitis, abscess, etc)
- Maternal nutrition
- Effect of various foods on the nursing infant
- Postpartum mood disorders and breastfeeding
- Fertility in breastfeeding women: Lactational Amenorrhea Method, birth control, oral contraceptives
- Working and breastfeeding
- Medical problems of the mother and contraindications to breastfeeding
- Common concerns after the early weeks: developmental ages and stages in breastfeeding and child nutrition
- Weaning, nursing older babies & toddlers, breast refusal, nursing strike
- Nursing during pregnancy
- Scope of practice: professional responsibilities, ethics, and role delineation
- The Baby-Friendly Hospital Initiative in the US

## Faculty

All Healthy Children faculty are at the top of the lactation field and have many years' experience. Our faculty holds advanced degrees, sits on local and national boards, works with mothers and babies in a variety of settings, has numerous published articles, teaches college courses, and is continuously engaged in the national conversation about the field of lactation and its implications for maternal child health. Please visit the website [www.centerforbreastfeeding.org](http://www.centerforbreastfeeding.org) for a complete listing of our faculty members and their bios.

## Please Note

### Refunds

Refunds are given upon receipt of **written notice up to 10 days prior to class start date** and are subject to a \$50 processing fee. Less than 10 days prior to class start date, we are unable to refund any portion of the tuition. You may find a substitute or transfer your credit to a future course if you notify us in writing **no later than 5 p.m.** on the Thursday prior to class start date. No refunds or transfers are given after the Thursday deadline.

### Limited Space

Space is limited and offerings may fill to capacity months before the class date. Participant seats are not reserved until full payment is received and written confirmation is sent. Your confirmation is your receipt.

### Cancellations

We reserve the right to cancel the offering if there is insufficient participation 4 weeks before the start date. If this occurs, all tuition and fees will be refunded in full.

### Credit Card Charges

Credit card charges will appear on your statement as Healthy Children Project, Inc.

### Babies and Children

We love the sound of little ones; however, our goal is to give all course participants the optimal learning experience. Quietly nursing babies (6 months or younger) are allowed in the classroom during the course only. **They may not be present during the exam.** Older babies and children are not permitted during class or test sessions.

### Errors and Omissions

We make continuing efforts to avoid incorrect dates or locations, omissions, and typographical errors. From time to time, mistakes may occur. In such an event, Healthy Children Project does not assume any responsibility for such errors, and is no way responsible for any consequential expenses or damages.

### About ALPP and the CLC Certification Exam

The Academy of Lactation Policy and Practice, Inc. (ALPP) is a non-profit organization that provides a national certification program in breastfeeding and human lactation. ALPP is dedicated to improving the foundation of breastfeeding comprehension and understanding throughout the United States by providing lactation professionals the opportunity to sit for the Certified Lactation Counselor® exam in order to earn the CLC® designation. The American National Standards Institute (ANSI) has accredited the CLC certification program based on the ISO/IEC 17024 Standard.

In agreement with Healthy Children Project, Inc., ALPP will administer the exam on the last day of the course. ALPP will notify you in writing of your examination results within 6 to 8 weeks of taking the examination.

### Requirements for CLC Designation

- Successfully complete a training program approved by ALPP (see [www.alpp.org](http://www.alpp.org) for a list of approved providers)
- Pass the CLC Examination administered by ALPP, and
- Agree to comply with the ALPP CLC Program requirements, including the Code of Ethics

Candidates who meet these requirements will be authorized to use the certification marks Certified Lactation Counselor and CLC. Certification is valid for three years. In order to renew, CLCs must provide a minimum of 18 appropriate contact hours prior to the expiration date.

## Program Registration Form

**You may register online ([www.centerforbreastfeeding.org](http://www.centerforbreastfeeding.org)) or by mail, fax, or phone.** If you are registering by mail or fax, please complete the form below and print your name legibly so that it will be spelled correctly on your training documents.

Name \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ + \_\_\_\_\_

Phone \_\_\_\_\_

Email for confirmation \_\_\_\_\_

City you want to attend \_\_\_\_\_

### Continuing Education Credit

( ) RN license #: \_\_\_\_\_

( ) RD #: \_\_\_\_\_

( ) CNM# \_\_\_\_\_

( ) IBCLC #: \_\_\_\_\_ Exam Date \_\_\_\_\_

### Regular Tuition (per person)

( ) \$625 ( ) \$575 Early Bird \*

### Group Tuition (per person) - 4 or more people from same agency

( ) \$575 ( ) \$525 Early Bird\*

Agency or Group Name \_\_\_\_\_

*\* Early Bird: an early registration discount of \$50 is available if your check or credit card information is **received 4 weeks (28 days) prior** to the training.*

### Application and Exam Fees (per person)

The Certified Lactation Counselor Exam is administered by the Academy of Lactation Policy and Practice (ALPP)

( ) \$120 (includes Certified Lactation Counselor® exam fee of \$100, plus application fee of \$20)

### Textbook

( ) \$55 Pocket Guide for Lactation Management, 3<sup>rd</sup> edition

### Additional Hours

( ) \$350 Optional additional learn-at-home hours (must be combined with full course and exam)

### Payment Information

We are unable to hold a place without payment or a purchase order number

### Total Amount Due

( ) Check enclosed (make checks payable to Healthy Children Project, Inc.)

( ) PO Number (\$25 Fee per person) \_\_\_\_\_

There is a \$25 per person surcharge to use a PO or invoice / bill your agency.

( ) Credit Card Visa/MC/Amex/Discover

Expiration \_\_\_\_/\_\_\_\_ VCode \_\_\_\_\_

The VCode is the 3-digit code on the back of MC, Visa, Discover, and a 4-digit code on the front of Amex

Signature \_\_\_\_\_

Billing Address for CC \_\_\_\_\_

Phone number of card holder \_\_\_\_\_

Send to: **The Center for Breastfeeding  
Healthy Children Project, Inc.  
327 Quaker Meeting House Road  
East Sandwich, MA 02537**







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*The Center for Breastfeeding*

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## Winter-Spring 2018

# Lactation Counselor Training Schedule

### Find out about our other courses!

#### **The 2018 International Conference**

Deerfield Beach, FL January 9-12

An opportunity to learn from and engage with speakers from all over the world, as well as a wide range of maternal child health professionals!

Presented with UCLAN Maternal and Infant Nutrition and Nurture (MAINN) Unit

#### **Maternal and Infant Assessment**

Oceanside, CA May 2-4

#### **Advanced Issues in Lactation Practice**

Oceanside, CA May 7-11

**...And more to come!**

### Bring this Course to Your Facility

As part of Healthy Children Project's mission, we present most of our conferences in collaboration with private, public, and non-profit agencies. If your organization would like to provide space for a training program in exchange for prepaid registration fees, please call (508) 888-8044 and ask for Mary.

### Who should attend the Lactation Counselor Training Course?

Anyone who wants to obtain a strong, up-to-date, evidence based foundation in breastfeeding knowledge and skills, and achieve the National Certification as a Certified Lactation Counselor (CLC®).

Attendees have a wide range of backgrounds and experience in supporting breastfeeding families:

- Nurses
- Public Health / WIC
- Childbirth Educators
- Visiting Nurses
- Pediatricians
- OB / GYNs
- Midwives
- Peer Counselors
- La Leche League Leaders
- Nursing Mothers Counsel Members
- Speech / Language and Occupational Therapists
- People interested in sitting for the IBCLC exam
- People interested in ALC/ANLC Certification
- Hospital Staff
- Public Health Nurses
- Doulas
- LPNs
- Family Practice Physicians
- Breastfeeding Advocates
- Perinatal Outreach Workers
- IBCLCs earning CERPs

Research has shown that when healthcare providers take a course such as the Lactation Counselor Training Course and change practice, breastfeeding exclusivity and duration rates increase! Successful completion of the Lactation Counselor Training Course will afford you the opportunity to sit for the exam to become a Certified Lactation Counselor® (CLC®) as designated through the Academy of Lactation Policy and Practice (ALPP).