



The Center for Breastfeeding

A major focus of the Healthy Children Project, Inc.

Improving health outcomes through education, collaboration, consulting, and research.

Lactation Counselor Training Course and CLC® Certification Exam - Online

The Lactation Counselor Training Course

is a comprehensive, evidence-based, breastfeeding management course with a strong focus on clinical counseling and assessment skills. Participants build on theoretical foundations to gain practical skills and verify competency and optimize their ability to solve basic and complex clinical breastfeeding issues. This college level course prepares participants for professional work in the hospital, in public health, and community settings.

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 clinical lactation skills and knowledge that are essential to help breastfeeding families. CLCs can provide assessment, counseling, and interventions for optimal and sub-optimal breastfeeding in clinical settings. The CDC refers to CLCs as lactation professionals 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.

The same evidence-based program we offer in person—in a self-paced online format.



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Register Online!

www.centerforbreastfeeding.org

ONLINE LACTATION COUNSELOR TRAINING COURSE

About the Online Lactation Counselor Training Course

52-hour online course

- Course content is delivered through a combination of videos, self-check questions, and competency verifications at the participant's own pace.

Contact Hours

American Nurses Credentialing Center's Commission on Accreditation.

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



- Contact Hours will be awarded to participants who complete the program in its entirety. Partial credit will not be given to participants who attend only part of a course.
- This course provides 52 Contact Hours for RNs (participants who opt out of the final exam will be awarded 49 hours).
- Provider approved by the California Board of Registered Nursing, Provider #: CEP4931
- Florida Provider #: FBN3373
- IBCLCs will receive 52.0 L-CERPs from IBLCE. Long-term provider #CLT108-06
- Three college credit recommendations set forth by the National College Credit Recommendation Service
- The content and objectives in this course cover the blueprint for lactation practice as laid out by IBLCE and awards 52 of the L CERPs needed to qualify for the International Exam.
- Add on 168 additional study and contact hours for an additional \$350. -- LEAARC approved. (To register for the Additional 168 Hours, please call us at 508-888-8044 after completing the Lactation Counselor Training Course, but within 6 months of completion. Additional materials are required; no partial credit.
- 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.



Text Book

The Pocket Guide for Lactation Management, 3rd 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.

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.

Please Note

Technical Requirements

You will need use a recent computer running Windows 10, Linux or Mac OS. This course requires the use of a web browser. Only the current versions of Google Chrome or Microsoft Edge/Edge Chromium are supported. This course requires 5Mbps or more of internet download speed for videos and course resources to operate properly. You will also need the free Adobe Acrobat Reader DC to open PDF files

Credit Card Charges

Credit card charges will appear on your statement as Healthy Children Project, Inc. or Center for Breastfeeding.

Errors and Omissions

We make continuing efforts to avoid 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.

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, 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
- Assessing the latch
- 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. Members of our faculty hold advanced degrees, sit on local and national boards, work with mothers and babies in a variety of settings, have numerous published articles, teach college courses, and are continuously engaged in the national conversation about the field of lactation and its implications for optimal health. Please visit www.centerforbreastfeeding.org for a complete listing of our faculty members and their bios.

Program Registration Form

You may register online (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 _____

Continuing Education Credit

() RN license #: _____ () RN State: _____
() IBCLC #: _____ Exam Date _____

Regular Tuition (per person)

() \$625

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

() \$575

Agency or Group Name _____

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

() \$77.75 Pocket Guide for Lactation Management, 3rd edition
(includes UPS shipping fee)

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 associated with CC _____

Phone number of card holder _____

Send to: **The Center for Breastfeeding
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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 clinical skills, and achieve National Certification as a Certified Lactation Counselor (CLC®).

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

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

About ALPP and the CLC Certification Exam

The Academy of Lactation Policy and Practice (ALPP) is a non-profit organization that provides a national certification program in breastfeeding and human lactation. ALPP's mission is to promote evidence-based knowledge and clinical competencies of lactation professionals. ALPP's vision is of a world where all families have access to quality, interdisciplinary, culturally competent lactation care, thereby promoting, protecting, and supporting breastfeeding and human lactation for individuals and society. 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 ALPP CLC Certification Exam for participants in an online proctored format. 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 pathway approved by ALPP (please see www.alpp.org for more information). The Healthy Children Project Lactation Counselor Training Course is an approved pathway to sit for the ALPP CLC Certification Exam
- Pass the CLC Examination administered by ALPP
- 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.

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).