



# ***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 Summer-Fall 2019**

**T**he 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 as well as optimizing 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. 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.

327 Quaker Meeting House Road  
East Sandwich, MA 02537  
Ph: (508) 888-8044  
Fax: (508) 888-8050  
Email: [info@centerforbreastfeeding.org](mailto:info@centerforbreastfeeding.org)  
[www.centerforbreastfeeding.org](http://www.centerforbreastfeeding.org)  
[www.healthychildren.cc](http://www.healthychildren.cc)

Birmingham, AL	July 15-19
Stony Brook, NY	July 15-19
Durango, CO	July 22-26
Watertown, NY	July 22-26
Lexington, KY	July 29-August 2
<b>Las Vegas, NV</b>	<b>July 29-August 2</b>
Brush, CO	August 5-9
Rochester, NH	August 5-9
Monterey, CA	August 12-16
Clearwater, FL	August 19-23
Cypress, TX	August 19-23
Tallahassee, FL	August 26-30
Bloomington, IL	August 26-30
Louisville, KY	September 9-13
Panama City, FL	September 16-20
El Paso, TX	September 16-20
Cody, WY	September 16-20
Albany, GA	September 23-27
Nashville, TN	Sept 30 - Oct 4
Wyoming, MI	Sept 30 - Oct 4
Junction City, KS	October 7-11
Cleveland, OH	October 7-11
Alton, IL	October 14-19
Milwaukee, WI	October 14-18
Hartford, CT	October 21-25
Naperville, IL	Oct 28 - Nov 1
Park, Hills, MO	Oct 29 - Nov 1
Raleigh, NC	Oct 28 - Nov 1
Lexington, KY	November 4-8
Cortland, NY	November 4-8
Indianapolis, IN	November 11-15
Fargo, ND	November 18-22
Santa Fe, NM	November 18-22
Durango, CO	December 9-13
Oak Park, IL	December 16-20

**Register Online!**  
[www.centerforbreastfeeding.org](http://www.centerforbreastfeeding.org)

# 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
- ◎ Several hours of assignments must be completed each evening

### 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 for any contact hours and 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 52 Contact Hours for RNs (participants who opt out of the final (certification) 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
- ◎ Recognized for RDs by the Commission on Dietetic Registration for 52 CPEs, Level 2.
- ◎ This program can be applied towards Lamaze recertification.
- ◎ 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 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.



### 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 accommodation suggestions 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, 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 preemies, 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 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. or Center for Breastfeeding.

### 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 (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 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 pathway approved by ALPP (please see [www.alpp.org](http://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.

## 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 #: \_\_\_\_\_  RN State: \_\_\_\_\_

RD #: \_\_\_\_\_

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; additional materials required)

### 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**

**Tel: (508) 888-8044 | Fax: (508) 888-8050**





HEALTHY CHILDREN PROJECT, INC.

***The Center for Breastfeeding***

327 Quaker Meeting House Road

East Sandwich, MA 02537



## Summer-Fall 2018 Lactation Counselor Training Schedule

### Find out about our other courses!

**Maternal Infant Assessment for Breastfeeding and Human Lactation**

**Advanced Issues in Lactation Practice**  
Oceanside, CA September 23-27, 2019

**...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 email Mary at [info@centerforbreastfeeding.org](mailto:info@centerforbreastfeeding.org).

### 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®).

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).