

## Lactation Trainings

**Step 1:** Obtain Certified Lactation Specialist (CLS)

-or-

Certified Lactation Counselor (CLC)

**Step 2:** Become an International Board Certified Lactation Consultant (IBCLC)

To be eligible for the exam you must:

- Have one of the above certifications
- 80 hours of lactation education
- 1000 or more hours of practicing lactation support
  - For more information: [iblce.org](http://iblce.org)

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**International Board Certified Lactation Consultant (IBCLC®)** is the certification granted by the International Board of Lactation Consultant Examiners. It requires continuing education and repeated testing to maintain the IBCLC credential. An IBCLC usually has another health care degree in an area such as nursing, medicine, or dietetics. IBCLCs are trained to provide specialized breastfeeding support and clinical lactation management. For certification information, visit the following site: <https://iblce.org/step-1-prepare-for-ibclc-certification/>.

**Certified Lactation Educator™ (CLE®)** is granted by CAPPa after completion of five days of classroom instruction, written coursework, and community observation. The certificate is a statement of education and does not require continuing education to maintain certification. A CLE can provide basic breastfeeding education and support. For course information visit the following site: <http://www.cappa.net/lactation-educator>.

- Cost: \$750 (+ \$25 The Understanding Breastfeeding Booklet)
  - Multiple training options available.
- Register and find more information: <https://cappa.net/training-certification/certified-lactation-educator-cle/#traditional>
  - The CLE® Training satisfies the following:
    - The Core Competencies in Breastfeeding Care and Services for All Health Professionals as outlined by the United States Breastfeeding Committee (no endorsement by the USBC is implied). Ideal for labor and postpartum doulas, WIC staff, public health employees, and anyone looking to offer lactation education.
    - The 20 Hour World Health Organization Curriculum to support the Baby Friendly Hospital Initiative. Ideal for hospital staff, pediatricians, obstetricians, midwives, and PAs specializing in maternity care.
    - The CAPPa Lactation Educator™, CLE® or CAPPa Community Educator™, LE(C) certification steps for workshop attendance. Ideal for anyone wanting to become a Certified Lactation Educator™, CLE®, or LE(C).

- Women, Infants and Children (WIC) Peer Counselor training (confirm with your agency to verify education requirements)
- The CAPPA 20 Hour Lactation Educator Training Class includes the CAPPA Lactation Manual, Resource Notebook, Certificate of Attendance, and unique giveaways to enhance your practice.

**Certified Lactation Counselor® (CLC®)** is granted by the Center for Breastfeeding Education after completion of a five-day training that provides comprehensive breastfeeding management with a strong focus on counseling skills. A CLC can provide basic breastfeeding education and support. For more information visit the following sites: <https://centerforbreastfeeding.org/> or <https://www.alpp.org/>.

- **Healthy Children Project, Center for Breastfeeding (multiple traditional and specialized trainings available virtually; certification available)**
- Certified Lactation Counselor (CLC) – currently trainings are virtual/self-paced
  - Register: <https://centerforbreastfeeding.org/lactation-counselor-training-course/lactation-counselor-training-course/>
  - Catalog: <https://centerforbreastfeeding.org/wp-content/uploads/Course-Catalog.pdf>
- \$625 per person (group rate is \$575 per person)
  - \$125 CLC exam fee
  - \$75 textbook/pocket guide
- The research and competency-based lactation management training provides:
  - Comprehensive breastfeeding management training
  - Practical skills that will make you more effective in your job
  - Time-saving hospital strategies that make breastfeeding a success
  - Strategies and tips for special circumstances – premies, Down Syndrome, newborns affected by medications, and more
  - How to talk to mothers in a way that encourages them to choose breastfeeding
  - Public Health/WIC strategies that work to increase breastfeeding success
  - Successful completion of the course signifies that the learner has met the required competencies and has a firm grounding in information and counseling skills required to provide support to breastfeeding mothers and their children.
  - Our course provides continuing education for registered nurses, lactation consultants, lactation counselors, and dietitians.
  - Completion of this course also satisfies the 20-hour staff member training requirement of the Baby-Friendly Hospital Initiative (BFHI). The contact hours received through this five-day course may be applied to the continuing

education hours required to sit for the International Board of Lactation Consultant Examiners ("IBLCE") examination or to renew the IBLCE credential by CERPs.

- **Contact Hours: RNs: 52; CLCs: 52 Contact Hours; IBLCs: 52 L-CERPs; College Credits: 3, MCH 330**

- Participants who successfully complete the entire CLC course can also take an additional 168 hours of online learning. (Not required for CLC Certification.)

**Certified Lactation Specialist Course (CLSC®)** is a five-day course along with a test designed for health professionals who want to improve their skills in working with breastfeeding moms and their babies. This certification is a stepping-stone to the IBCLC credential and exam. All areas of the IBCLC exam are covered in this course. This certification is valid for five years. For more information visit the following site: [http://lactationeducationconsultants.com/course\\_clsc.shtml](http://lactationeducationconsultants.com/course_clsc.shtml).

- \$770 includes all materials
  - <https://lactationeducation.com/clsc>

**Certified Breastfeeding Educator™ (CBE™)** is granted by Lactation Consultant Services™ in Oklahoma after attendance and participation in the Breastfeeding Educator Program™, attendance for three days of didactic instruction, participation in small group activities during the Breastfeeding Educator Program, clinical role-playing, and an exam. The certification is in effect for five years and a one-day update is required for recertification. A CBE can provide basic breastfeeding education and support. For course information visit the following site: [http://lactation-consultant-services.webstarts.com/program\\_overview.html](http://lactation-consultant-services.webstarts.com/program_overview.html).

USBC has a useful summary table of [Lactation Support Provider](#) descriptions that includes peer counselors and other educators.

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**General information on lactation credentials in WI and sites for trainings and registrations:**

<https://www.wibreastfeeding.com/advocacy/lactation-credentials/> or see below:

- Certified Lactation Specialist (CLS) and Certified Lactation Counselor (CLC)
  - In order to obtain either credential you need to complete 40 hours of lactation education and pass a written exam. These courses are offered from private agencies that offer courses through the country and throughout the year! With both of these credentials you need to get continuing education credits, which you can achieve by going to seminars and conferences.
    - International Board Certified Lactation Consultant (IBCLC)
      - To become an International Board Certified Lactation Consultant, you have to pass the IBCLC exam. To be able to sit for the exam you need to achieve one of the above credentials, as well as complete 80 hours of lactation education and 1000 or more hours of practicing lactation support. The exam is offered once a year! Once you receive your certification to practice as an IBCLC you need to continue to receive education.
      - For more information about becoming an IBCLC, visit: <http://iblce.org/>

- **Add on: LE(C) Community Lactation Educator**

- **\$125**
- **Register:** <https://cappa.net/product/community-lactation-educator-course/>
- The purpose of the CAPPA community lactation educator program is to provide childbirth professionals comprehensive training in breastfeeding education. When a candidate completes the certification program they will be qualified to teach, support, and educate the public on breastfeeding and related issues. When all requirements have been satisfactorily completed, candidates will be issued the CAPPA credential, Certified Community Lactation Educator, LE(C).
- **This program is distinct and separate from the CLE® program.** While both the LE(C) and the CLE® provide families with support and education, the LE(C) is not qualified to lead group classes or facilitate a breastfeeding class. They are trained breastfeeding professionals that offer breastfeeding support and education. The LE(C) also does not offer medical advice or provide lactation consulting or breastfeeding assessment. The LE(C) does receive extensive training in proper referral for families needing breastfeeding intervention.

- **Community Breastfeeding Educator**

- **Register:** <https://centerforbreastfeeding.org/lactation-counselor-training-course/lactation-counselor-training-course/>
- **Catalog:** <https://centerforbreastfeeding.org/wp-content/uploads/Course-Catalog.pdf>
- *This foundation course for community workers in maternal child health focuses on providing services to pregnant women to encourage the initiation and continuation of breastfeeding. Strategies are presented for providing anticipatory guidance and support in order to prevent breastfeeding problems as well as to address barriers to breastfeeding in order to enable women to overcome any perceived or actual breastfeeding problems.*
- **Contact Hours: RNs: 20; RDs: 18; IBCLCs: 20L CERPs; Can be used towards CLC recertification**

## **Breastfeeding Counselor through childbirtheeducation.org – Nurse Only**

### **Certified Breastfeeding Counselor (CBC) – must be a licensed nurse**

- The mission of the Breastfeeding Counselor Certification (CBC) is to recognize the specialty role of the nurse as a counselor and educator in lactation management.
  - The goal of the CBC certification is to:
    - recognize the specialized knowledge, skills and abilities of the nurse dealing with lactating women
    - strengthen the core competencies of the nurse dealing with lactation management
    - contribute to nurse educators professional development
  - **Eligibility Requirements**
    - Licensure: a currently active nurse license in the United States or its territories
    - Experience: at least 1 year of working with lactating women or have taken a course on lactation management
- **Certification Examination Fee: \$450 (without prep course) Prep Course fee: \$325**

