

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.
- ⊙ Optional upgrade to a 90 hour course - 45 additional L CERPs and contact hours to do at home.
- ⊙ 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, 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.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 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 tuitions 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 at any time.

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 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) 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, 2nd edition

Additional Hours

() \$350 Optional Additional 45 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 _____

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**

