



# The Center for Breastfeeding

a major focus of the HEALTHY CHILDREN PROJECT, INC  
a non-profit research and educational institution  
*pioneering the field of research based breastfeeding education  
ethical and evidence based breastfeeding practice*



presents:

## Lactation Counselor Training Course and CLC® Certification Exams Spring 2013

**Register early!  
More information  
inside...**

*Kingston, NY on Jan 28-Feb 1*

*San Diego, CA on Feb 4-8*

*Fort Polk, LA on Feb 4-8*

*Duluth, MN on Feb 11-15*

*Fargo, ND on Feb 18-22*

*Rome, GA on Feb 18-22*

*Springfield, IL on Feb 25 - March 1*

*Helena, MT on Feb 25 - March 1*

*Philadelphia, PA on March 4-8*

*Bushnell, FL on March 4-8*

*St. Louis, MO on March 11-15*

*Indianapolis, IN on March 11-15*

*Grand Rapids, MI on March 18-22*

*Laconia, NH on March 18-22*

*Gettysburg, PA on March 25-29*

*Worcester, MA on April 8-12*

*Sitka, AK on April 8-12*

*Knoxville, TN on April 15-19*

*Concord, NH on April 15-19*

*Las Vegas, NV on April 15-19*

*Poughkeepsie, NY on April 22-26*

*Clifton Spring, NY on April 29 - May 3*

*Suffolk, England on April 29 - May 3*

*Sarasota, FL on May 6-10*

*Lubbock, TX on May 6-10*

*Atlanta, GA on May 13-17*

*Henderson, TN on May 13-17*

*Rochester, MN on May 20-24*

*Naperville, IL on June 3-7*

*Belleville, IL on June 3-7*

*Salinas, CA on June 17-21*

*St. Augustine, FL on June 17-21*

*Louisville, KY on June 24-28*

*Harlem, NY on June 24-28*

The Lactation Counselor Training Course will afford you the opportunity to take the core competencies, the Lactation Assessment Tool Competency, and the exam to become a Certified Lactation Counselor® (CLC) as designated through the Academy of Lactation Policy and Practice. As a CLC you will have the knowledge to assist moms and babies, and have the training necessary to counsel in many settings including maternity units in hospitals, birth centers and clinics, outpatient lactation clinics, WIC programs, private practice, and many others. The CLC is a member of the health care team who can provide knowledge and counseling about optimal and sub-optimal breastfeeding.

*This program trains and assesses competency and provides insight into patients' and clients' problems, with a strong focus on counseling skills.* This course is based on the World Health Organization(WHO)/UNICEF 40 Hour Course. Research has shown that when health care providers take a course such as the Lactation Counselor Training Program and change practice, breastfeeding exclusivity and duration rates increase!

**327 Quaker Meeting House Road, East Sandwich, MA 02537**

**Phone: (508) 888-8044 Fax: (508) 888-8050**

**www.centerforbreastfeeding.org ♦ email: info@centerforbreastfeeding.org**

# Lactation Counselor Training Course

## About the Lactation Counselor Training Course

This Training Course will be held over 5 days, from 8:15am to 4:30pm, with a lunch break (on your own) from 12:00pm to 1:00pm. In addition, 6 hours of assignments must be completed during lunchtime or after class. Participants must attend all sessions and pass all competency verification elements of the course as well as the final examination in order to successfully complete the course. Candidates who successfully complete the course, pass the exam and competencies administered by The Academy of Lactation Policy and Practice, and who agree to comply with the ALPP Code of Ethics, will be authorized to use the certification marks "Certified Lactation Counselor" and "CLC".

## Competency Validation

The ANCC Nursing Skills Competency certificate is awarded to Registered Nurses (RNs) who attend the training program in its entirety every day and take the exam.

Certification as a Certified Lactation Counselor® (CLC®), valid for three years, is awarded by the Academy of Lactation Policy and Practice upon successfully completing the course, passing the CLC® exam and the LAT Competency. The fee for the examination is \$100.00 and may accompany registration. To use Healthy Children Project's Lactation Counselor Training Course as a pathway to taking the exam, you must attend the training program in its entirety every day. Participants may be eligible for the examination if they have independently studied for the exam and taken an equivalent course as preparation. Please see the Academy of Lactation Policy and Practice website for more information.

## Contact Hours:

This five day workshop provides 45 Contact Hours for RNs.

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



Provider approved by the California Board of Registered Nursing, Provider Number CEP4931 for 45 contact hours. Florida Provider Number: FBN3373. The program is approved for RDs by the Commission on Dietetic Registration for 45 CPEs, Level 2. This program can be applied towards Lamaze recertification. From the American College of Nurse Midwives, 3.9 hours, program number 2004/007. IBCLCs will receive 45.0L CERPs from IBLCE. **Partial credit will not be given to participants who attend only part of a workshop.**

## Faculty:

All of the Healthy Children faculty are at the top of the lactation field and have many years experience. Our faculty hold advanced degrees, sit on many 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 maternal/child health. Please visit the Healthy Children website for a complete listing and bios of our esteemed faculty.

## The curriculum will include:

- The US version of the WHO/UNICEF Breastfeeding Counseling Training
- Introduction to lactation credentials
- The Ten Steps to Successful Breastfeeding
- Examination of factors influencing success at breastfeeding
- Anatomy & physiology of lactation
- Composition of human milk
- Hormones of lactation, insufficient milk syndrome
- Distinct weight gain patterns of breastfed babies
- Examination of effect on milk supply of nicotine, alcohol, contraceptives, use of pacifiers & bottles, engorgement, fluid intake, & diet
- Hypoglycemia and hyperbilirubinemia
- Medical significance of breastfeeding for the mother and infant
- Problems with infant formulas
- How to discuss breastfeeding with pregnant women
- The hospital experience: labor & 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; 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, multiples (twins, triplets, quads), babies with Down Syndrome, cleft lip and/or 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 & stages in breastfeeding and child nutrition
- Weaning, nursing older babies & toddlers, breast refusal, nursing strike
- Nursing during pregnancy
- Scope of practice: professional responsibilities, ethics, & role delineation
- The Baby-Friendly Hospital Initiative in the US

**The Lactation Counselor Training Program is an ANCC accredited Nursing Skills Competency Program for RNs.**

ANCC Expiration Date: 12/31/2012 at publication

**Please Note:**

- Confirmations and information about exact location and local overnight accommodations will be emailed to registrants. Please delay purchase of airline tickets until a training has been confirmed with the minimum number of participants.
- Travel, lodging, meals, and snacks are the participant's responsibility.
- Refunds are given upon receipt of **written** notice up to **10 days prior to program**. Refunds are subject to a \$50 processing fee. Less than the 10 days prior to the training program, we are unable to refund any portion of the tuition, but you may find a substitute or transfer your credit to a future course, if you notify us in writing. We are unable to refund any portion of the tuition or give future credit, after the program begins, or for "no shows." **Healthy Children reserves the right to cancel the program** if there is insufficient participation 4 weeks before the start of the program. In that case, all tuitions will be refunded with no processing fee.
- Credit card charges will appear on your statement as Healthy Children Project.
- Healthy Children makes 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 does not assume any responsibility for such errors, and is in no way responsible for any consequential expenses or damages.
- The CLC certification carries no regulatory authority for licensure. All participants should seek information about how this competency verification certification relates to employment in their community.
- It is your responsibility to find out the number of people from your agency who are attending the training program. Group discounts are not given retroactively. Early bird discounts are not given retroactively.
- Space is limited and trainings may fill to capacity months before the class date. Participant seats are not reserved until full payment is received and participant receives written confirmation. Your confirmation is your receipt.
- *The Pocket Guide for Lactation Management* 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.
- **Babies and Children** will not be admitted to the teaching room except for quietly nursing babies under 6 months; however, babies are not permitted in the classroom during the administration of the exam. Please call for the full policy.

In order to achieve the designation of Certified Lactation Counselor® (CLC) you must meet all criteria and pass the exam and the Lactation Assessment Tool Competency administered by The Academy of Lactation Policy and Practice (ALPP). In agreement with Healthy Children Project, ALPP will administer the exam after the training program has ended, during the last day. If you would like to take the exam you must mark the appropriate box on the registration form and submit payment. Upon completion of the exam, ALPP will notify you of your results in writing within 10 weeks.

**Program Registration Form**

Please type your name or print it legibly so that it will be spelled correctly. Mail, fax or call to register. Group discounts still apply to registrations placed over the phone.

Name \_\_\_\_\_  
 Home Address \_\_\_\_\_  
 City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_ + \_\_\_\_\_  
 Phone \_\_\_\_\_  
 City you want to attend \_\_\_\_\_  
 Email address to which we can send your confirmation: \_\_\_\_\_

**Continuing Education Credit**

( ) RN license # \_\_\_\_\_  
 ( ) RD # \_\_\_\_\_  
 ( ) IBCLC # \_\_\_\_\_ Exam Date \_\_\_\_\_  
 ( ) CNM # \_\_\_\_\_

**Regular Tuition (per person)**

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

**Group Tuition (per person)**

4 or more people from same agency  
 ( ) \$575 ( ) \$525 Early Bird\*

Agency \_\_\_\_\_

\* 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 beginning of the training.

**Application and Exam Fees (per person)**

( ) \$120 (Certified Lactation Counselor® Exam Fee, plus application fee, \$20)

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

**Textbook**

( ) Pocket Guide for Lactation Management, \$55.00

**College Credits**

( ) Please enroll me for College Credits (for students who are enrolled/ planning to enroll at the Union Institute and University Maternal Child Health: Lactation Consulting BS Degree) and send me my additional coursework, \$228.00

**Payment Information**

\*We are unable to hold a place for you without payment or a purchase order number.

Total Amount Due \_\_\_\_\_

( ) Check enclosed

( ) 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, Disc or 4 digit code on the front of AmEx

Signature \_\_\_\_\_

What is the billing address for this card? \_\_\_\_\_

Telephone number of card holder \_\_\_\_\_

**Send to:**

The Center for Breastfeeding  
**The Healthy Children Project, Inc.**  
 327 Quaker Meeting House Road  
 East Sandwich, MA 02537  
 Phone registration number: (508) 888-8044  
 FAX registration number: (508) 888-8050

The Center for Breastfeeding  
The Healthy Children Project  
327 Quaker Meeting House Road  
East Sandwich, MA 02537



NON-PROFIT ORG.  
U.S. POSTAGE PAID  
HEALTHY CHILDREN  
SANDWICH MA 02563  
PERMIT #15

RETURN SERVICE REQUESTED

TIME SENSITIVE MATERIAL

### Comments about the Lactation Counselor Training Program

- "We want to thank you again for coming to our facility to present the training program. We are already seeing a decrease in our formula supplementation rates for our breastfeeding mothers. This is really helping us with the Joint Commission perinatal core measures!"
- "Yours was the second lactation program I've attended and yours was so much better. The difference was that with your training program, every section and every speaker was excellent."
- "I can't believe how much I learned in one week! It was also a wonderful experience. After the first two days, I thought you had taught us all there was to know. But you astonished me by continuing to teach more and more."
- "What a combination of practical information and research-backed teaching!"

Spring 2013

This nationally recognized training program is now an ANCC Nursing Skills Competency Program. RNs who meet the clinical competencies will receive the ANCC Nursing Skills Competency certificate.

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

- **Anyone who wants to obtain a National Certification; a strong, up-to-date, evidence based foundation in breastfeeding knowledge and skills, and achieve the certification as a Certified Lactation Counselor® (CLC).**
- **Attendees have a wide range of backgrounds and experience in supporting breastfeeding families.** Attendees include Hospital Staff, Public Health/WIC Personnel, Childbirth Educators, Doulas, Nurses, Visiting Nurses, LPNs, Public Health Nurses, IBCLCs who want CERPs, Pediatricians, Family Practice Physicians, OB/GYNs, Breastfeeding Advocates, Midwives, Perinatal Outreach Workers, Peer Counselors, Speech/Language and Occupational Therapists, La Leche League Leaders, Nursing Mothers Counsel Members, and... You!

#### **Earn your Degree in Lactation!**

Together with our other courses, this Training Program can help you earn a bachelors degree in Maternal Child Health: Lactation Consulting! Masters degrees with a focus on Lactation also available. Call for more information.

#### **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.

### **Find out more about our other courses!**

#### **16th Annual Conference in Orlando, FL**

*Orlando, FL on January 14-18, 2013*

#### **Learn to Teach the 20 Hour Course**

*Rockford, IL on April 22-26, 2013*

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

*Tampa, FL on March 18-22, 2013*

#### **Community Breastfeeding Educator**

*Syracuse, NY on March 25-27, 2013*

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

*Ft. Collins, CO on April 10-12, 2013*

#### **Breastfeeding Cruise to Alaska:**

#### **Improving Breastfeeding Outcomes:**

#### **Beyond the 10 Steps towards Evidence Based Best Practice, and Quality Maternity Care**

*April 17-24, 2013*

Call (508) 888 8044 for a flyer and registration information for our other breastfeeding courses or visit us on the web at:

[www.healthychildren.cc](http://www.healthychildren.cc)



#### **Thinking of becoming an IBCLC, ALC or ANLC?**

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. This course can also be used as the prerequisite for the UC San Diego Lactation Consultant course. 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.