

ACCREDITED
PROGRAM

NURSING SKILLS
COMPETENCY

AMERICAN NURSES
CREDENTIALING CENTER

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

The Lactation Counselor Certificate Training Program (CLC)

Register early!
More information
inside...

Spring 2010

Ramstein, Germany on January 25 - 29ⁱⁿ

Honolulu, HI on February 8 - 12

Milwaukee, WI on February 15 - 19

Springfield, IL on February 22 - 26

Decatur, IL on March 1 - 5

Las Vegas, NV on March 1 - 5

Princeton, NJ on March 1 - 5

Jackson, TN on March 8 - 12

Brockton, MA on March 8 - 12

Lander, WY on March 22 - 26

San Diego, CA on April 12 - 16

Dixon, IL on April 19 - 23

Mankato, MN on June 21 - 25

Brainerd, MN on April 19 - 23

Madison, WI on April 26 - 30

Bismarck, ND on April 26 - 30

Altoona, PA on May 10 - 14

Evergreen Park, IL on May 10 - 14

Sarasota, FL on May 17 - 21

York, ME on May 24 - 28

Neenah, WI on May 24 - 28

Belleville, IL on June 7 - 11

Spring Valley, NY on June 7 - 11

Twin Falls, ID on June 14 - 18

Salinas, CA on June 14 - 18

*This internationally referenced training and competency verification
includes state-of-the-art information:*

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

Confidence building knowledge and skills

*Inherent in this training program is a counseling approach: this program trains participants how to gain
insight into clients' problems, with a strong focus on counseling skills.*

327 Quaker Meeting House Road * East Sandwich, MA 02537

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

www.healthychildren.cc

email: info@healthychildren.cc

Distinguished Faculty*

Karin Cadwell, PhD, FAAN, RN, IBCLC is a nationally and internationally recognized speaker, researcher and educator. She convened Baby-Friendly USA, implementing the UNICEF Baby-Friendly Hospital Initiative in the US, was visiting professor & program chair of the Health Communications masters degree at Emerson College and is on the faculty at the Union Institute and University. Dr. Cadwell served on the panel of experts to develop the first IBLCE exam. Her extensive clinical experience includes hospital and community practice. Dr. Cadwell is author of numerous books and articles including *The Pocket Guide for Lactation Management* and *Breastfeeding A - Z: Terminology and Telephone Triage* and *Implementing Continuity of Care in Breastfeeding*.

Cindy Turner-Maffei, MA, IBCLC is national coordinator of Baby-Friendly USA. She has extensive experience as a nutritionist and breastfeeding educator in WIC and other Maternal Child Health programs. She is a delegate to state and national breastfeeding coalitions, including the US Breastfeeding Committee and is an adjunct professor at the Union Institute and University. She is an author of many books including *The Pocket Guide for Lactation Management* and *Breastfeeding A - Z: Terminology and Telephone Triage* and *Implementing Continuity of Care in Breastfeeding*..

Lois D. W. Arnold, PhD, MPH is the CEO of the National Commission on Donor Milk Banking of the American Breastfeeding Institute and was the Executive Director of the Human Milk Banking Association of North America, Inc. for 9 years. She is the author of many publications including *Human Milk in the NICU: Policy into Practice*, is the Independent Study Module Program Coordinator for La Leche League & became an IBCLC in 1986.

Jacquelyn Benson, RN, CLC, IBCLC is a registered nurse and certified lactation counselor. Her work has focused on maternal/child nursing with an emphasis on OB, the newborn nursery, the NICU, and pediatrics. As a hospital based nurse, Jacquelyn has been helping mothers and babies with breastfeeding during their hospital stay.

Anna Cadwell Blair, PhD, CLC, IBCLC has conducted research on sore nipples and positioning/latch. She counsels breastfeeding mothers on Cape Cod, is a co-author of many publications including *100 Questions and Answers about Breastfeeding* and is Chair of the Health and Wellness Program in the Masters Program and Chair of the Maternal Child Health: Lactation Consulting in the Bachelors of Science Program at Union Institute & University.

Elyse Blair, RN, BSN, IBCLC has been a Clinical Nurse Educator at a large children's hospital in Atlanta. She spearheaded the development and implementation of a NICU Lactation Program for a hospital which delivers over 16,000 babies annually and has a 104 bed Level III NICU. She is an author of publications including *Maternal & Infant Assessment for Breastfeeding & Human Lact, 2nd ed.*

Sheri Garner, RN, BS, IBCLC is a nurse and lactation consultant working in Mankato, Minnesota. Sheri has worked in birth centers, children's hospitals, military facilities and for the American Red Cross. She holds a BS in Maternal and Child Health: Lactation Consulting from Union Institute and University. She is also active in community services related to public health in her community in Minnesota.

Debra Kearney Brown, BS, IBCLC has worked in hospitals, clinics and the community for more than 20 years. As breastfeeding coordinator for a Florida WIC program, she developed classes and supported clients via a breastfeeding hotline and consultations. Her WIC agency was the recipient of an award for showing the largest increase in initiation of breastfeeding rates in 2002.

Nikki Lee, RN, MS, IBCLC, CIMI has been active in maternal-infant care since 1975. She integrates theory and concepts from childbirth education, lactation consulting, craniosacral therapy and infant massage. She is currently the Lactation Consultant for the Philadelphia Department of Public Health.

Barbara O'Connor, RN, BSN, IBCLC holds degrees in nursing and elementary education. She has worked as a newborn nursery nurse, school nurse, HIV/AIDS educator and WIC coordinator. Barbara was a member of the first International People to People Breastfeeding and Human Lactation Delegation to Russia, Romania and Cuba. She is an author of *Maternal & Infant Assessment for Breastfeeding & Human Lactation, 2nd Edition*.

* One or more faculty members will present at each workshop.

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The Healthy Children Project
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East Sandwich, MA 02537

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

TIME SENSITIVE MATERIAL

Comments about the Lactation Counselor Certificate Training Program

- "We want to thank you again for coming to our facility to present the training program. All of our nurses chose to become internationally certified via the IBLCE exam. You really prepared us very well."
- "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!"

This course is based on the World Health Organization/ UNICEF 40 Hour Course. Research has shown that when health care providers take the 40 Hour Course and change practice, breastfeeding exclusivity and duration rates increase!

Who should attend the Lactation Counselor Certificate Training Program?

- **Anyone who wants to obtain a strong, up-to-date, evidence based foundation in breastfeeding knowledge and skills**
- **Attendees have a wide range of back-grounds and experience in supporting breastfeeding families.** Attendees include Hospital Staff, Public Health/WIC Personnel, Childbirth Educators, 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, Doula's and... You!

Earn your Degree in Lactation!

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

Thinking of taking the IBLCE Exam?

The content and objectives in this course are based on the blueprint for lactation practice as laid out by IBLCE and awards 45 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.



**CLC Schedule
Spring 2010**

Find out more about our other courses!

International Conference on the Theory and Practice of Human Lactation Management and Breastfeeding Research
Orlando, FL on January 11 - 15, 2010

Breastfeeding Update with Karin Cadwell
Maui, HI on February 20, 2010

Advanced Issues in Lactation Practice
Houston, TX on February 1 - 5, 2010

Learn to Teach the 18 Hour Course
Hyannis, MA on March 22 - 26, 2010

Maternal and Infant Assessment for Breastfeeding and Human Lactation
Hyannis, MA on March 29 & 30, 2010

Breastfeeding Cruise to the Western Caribbean
Cruise leaving from Fort Lauderdale, FL May 17 - 22, 2010

Breastfeeding Cruise to Alaska
Cruise leaving from Seattle, WA August 20 - 27, 2010

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

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.

Lactation Counselor Certificate Training Program (CLC)

This training program 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 and competency verification must be completed during lunchtime, or after class during the week. Please bring with you a copy of *The Pocket Guide for Lactation Management* which will be used during class and for homework. Participants may share books. The textbook can be purchased on the registration form or through our website: www.healthychildren.cc, click on Books. Participants must attend all sessions.

The curriculum will include:

- The US version of the WHO/UNICEF Breastfeeding Counseling Training
- Introduction to International Board Certification and test taking strategies
- 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
- The enigma of lactation failure: insight from social psychology
- 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
- Components of effective breastfeeding classes
- Strategies for premature and ill infants; Multiples (twins, triplets, quads); Babies with Down Syndrome; Cleft lip and/or palate

Contact Hours

This five day workshop provides 45 Contact Hours for RNs. 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 CERP's from IBLCE. Partial credit will not be given to participants who attend only part of a workshop.**

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

The Lactation Counselor Certification Program is an ANCC accredited Nursing Skills Competency Program.

Expiration Date: 8/17/2011

- Counseling skills and strategies
- Review use of breastfeeding products (pumps, cups, feeding tube devices, eye droppers, periodontal syringes)
- Breast problems (sore nipples, plugged ducts, mastitis, abscess, etc)
- Maternal nutrition
- Effect of various foods on the nursing infant
- Postpartum depression and breastfeeding
- Fertility in breastfeeding women: Lactational Amenorrhea Method, birth control, oral contraceptives
- Working women & breastfeeding: options, tips, support
- Medical terminology, medical problems of the mother and contraindications to breastfeeding, including drugs, HIV, hepatitis
- Common concerns after the early weeks: developmental ages & stages in breastfeeding and child nutrition
- Weaning, nursing older babies & toddlers, nursing strike
- Nursing during pregnancy
- Scope of practice: professional responsibilities, ethics & role delineation
- The Baby-Friendly Hospital Initiative: An update of the standing in the United States

Optional Certification Exam

On the fifth day of the training program, a Lactation Counselor Certification Exam is administered by the Academy of Lactation Policy and Practice (ALPP). A certificate, valid for three years, is awarded by ALPP on successful completion of exam. Previous attendees have given high praise to this learning opportunity. Participants who do not want certification but who want contact hours, CERPs or RD credits may deduct \$20.00 from the tuition fee. Participants may not sit for the exam or receive credits unless they attend the training program in its entirety every day.

Please Note:

- Confirmations and information about exact location and local overnight accommodations will be mailed or faxed to registrants. It is recommended to delay purchase of airline tickets until a training has been confirmed with the minimum number of participants.
- Travel, lodging, meals, and coffee breaks 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. Within the 10 days prior to the training program, 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 within 10 days prior to the program, after the program begins, or for "no shows." **Healthy Children reserves the right to cancel the program** if there are fewer than 20 participants registered 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 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 mistakes, and is in no way responsible for any consequential expenses or damages.
- The ALPP C.L.C. certification carries no regulatory authority for licensure. All participants should seek information about how this certificate 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.
- **Babies and Children** will not be admitted to the teaching room except for quiet nursing babies under 3 months.