



BreastfeedLA

Lactation Education Program

Course Description

BreastfeedLA's Lactation Educator Specialist course prepares community health workers and others working to promote health and wellness for families to become lactation educators. This 45-hour LEAARC approved course covers basic breastfeeding management such as basic anatomy and physiology of lactation, positioning and latch, common breastfeeding challenges, counseling skills, early postpartum management, alternative feeding methods, creating a prenatal breastfeeding class, local and global public health considerations and more. Upon completion of the course, graduates may use the title "Certificated Lactation Educator Specialist" (CLES). This designation is valid for 5 years from the date the certificate is issued. Renewal is offered through completion of BreastfeedLA's Lactation Education Specialist Refresher course offered annually.

BreastfeedLA's LEAARC approved Lactation Consultant Education course covers the remaining 45 hours of lactation education needed to sit for the IBCLC exam. BreastfeedLA's Lactation Consultant Education 45-hour course is an advanced and comprehensive educational course that provides the second 45 hours as mandated by the IBLCE for certification as a Lactation Consultant. This information will allow graduates to have the background necessary to prepare students to pass the educational components of the IBLCE exam for certification as an IBCLC. This course may be utilized to satisfy the lactation education requirements for pathway 1 or 3 of the IBLCE requirement. Prerequisite is BreastfeedLA's LES course or another comparable 45-hour lactation education training provided in the previous 5 years.

What makes our course different?

It is the position of BreastfeedLA that breastfeeding must be addressed as not solely an individual choice, but an expression of culture. Therefore, our Lactation Education Specialist and Lactation Consultant Education program, like all our programming, is committed to recognizing

and celebrating diversity, inclusion, and equity; and grounded by the guiding principle of cultural awareness and relevancy. BreastfeedLA's lactation education program is proudly taught by women of color Lactation Consultants within a framework of reproductive justice. Our curriculum is culturally responsive, intentionally inclusive, and tailored to the specific needs of our diverse communities.

**BreastfeedLA's entire Lactation Education Program is LEAARC approved.*

Course Objectives

- Contextualize breast/chestfeeding as inseparable from the structures and systems that underlie infant feeding disparities
- Identify common barriers to establishing lactation and strategies to overcome those barriers
- Provide a thorough understanding of basic lactation management skills
- Explore causes and solutions for common lactation problems
- Establish basic understanding of newborn behavior and development and how it relates to infant feeding
- Develop the necessary skills to educate pregnant and lactating persons about breast/chestfeeding in both group and individual settings, including teaching a prenatal breastfeeding class
- Develop the necessary counseling skills to provide sensitive and culturally appropriate care to lactating parents and family
- Course topics include basic anatomy and physiology of lactation, early attachment of the baby, hospital care, support during the postpartum stage, common concerns and solutions, and assistive devices used in breast/chestfeeding

**All concepts, skills, and education in human lactation are taught in accordance with the IBLCE Detailed Content Outline and meet the standards for supporting breastfeeding practices advised by the World Health Organization, American Academy of Pediatrics, and Baby-Friendly USA.*

Course Outline

Lactation Education Specialist: Part 1

SESSION 1

Unit 1: Healthy Term Newborn

Unit 2: Managing Common Early Challenges

Unit 3: Skin to Skin Kangaroo Mother Care

Unit 4: Communication and Counseling Skills in the Newborn Period

Unit 5: 5 Critical Skills

SESSION 2

Unit 6: Anatomy & Physiology of the Human Breast

Unit 7: Composition of Breastmilk

Unit 8: Maternal Nutrition

Unit 9: Contraindications to Breast/Chestfeeding

Unit 10: Medication, Tobacco & Drug Use

Unit 11: Immunology and Allergies

SESSION 3

Unit 12: Infant Oral Anatomy & Ability to Breastfeed

Unit 13: Breast & Nipple Problems

Unit 14: Normal Growth Patterns & Development

Unit 15: Failure to Thrive in the Breastfed Infant

Unit 16: Human Milk Banking, Milk Sharing, & Cross-Nursing

Unit 17: Cultural Aspects of Breastfeeding, Parenting Styles, & Safe Sleep Practices

Unit 18: Counseling the Adolescent Parent

SESSION 4

Unit 19: Born too Soon: Preterm and Late Preterm Infants

Unit 20: Milk Production

Unit 21: Management of Milk Expression Routines

Unit 22: Developing Individualized Breastfeeding Management Plans in Multiple Settings

Unit 23: Supplementation of the Breastfed Infant

Unit 24: Alternative Feeding Devices

SESSION 5

Unit 25: Principles of Adult Education

Unit 26: Creating A Prenatal Breastfeeding Class

Unit 27: Teaching Breastfeeding Techniques

Unit 28: International Code & Infant Formula

Unit 29: Culture & Family Dynamics

Unit 30: Fourth Trimester

Lactation Consultant Education: Part 2

SESSION 6

Unit 31: Becoming an IBCLC

Unit 32: Public Health & Breastfeeding Rates

Unit 33: Health Disparities & Equity in Health Care

Unit 34: Governing Documents & Scope of Practice

Unit 35: Ethics for the IBCLC

Unit 36: Documentation & HIPAA Requirements

SESSION 7

Unit 37: Anatomy & Physiology

Unit 38: Reading Research & Statistics

Unit 39: Applying New Knowledge in Practice

Unit 40: Triage Techniques

Unit 41: Building Parental Self-Efficacy

Unit 42: Clinical Assessment & Documentation

Unit 43: Support for the IBCLC

SESSION 8

Unit 44: Birth Practices & Impact on Lactation

Unit 45: Postpartum Management

Unit 46: Infant Anatomy & Physiology

Unit 47: Science of Attachment

Unit 48: Reproduction & Breastfeeding

Unit 49: Induced Lactation & Adoptive Nursing

Unit 50: Complementary Therapies

SESSION 9

Unit 51: Review of the Expected & Physiological Course of Lactation

Unit 52: Assessing the Lactating Parent

Unit 53: Assessing the Baby

Unit 54: Assessing Weight Loss & Gain

Unit 55: Assessing Intake

Unit 56: Special Situations

SESSION 10

Unit 57: Breastfeeding Tools

Unit 58: National & Global Initiatives

Unit 59: International Code of Marketing for Breastmilk Substitutes

Unit 60: Communication in the Public Realm About Breastfeeding/Chestfeeding

Unit 61: Improving Breastfeeding/Chestfeeding Rates in Target Populations

Unit 62: Surveys & Data