Looking for a well-rounded, professional lactation training? Birthing, Bonding & Breastfeeding has what you are looking for.

The Childbirth and Postpartum Professional Association (CAPPA) is the world’s largest childbirth education organization. They offer the only Certified Lactation Educator Course available today. CAPPA’s training provides a comprehensive overview of lactation that prepares breastfeeding counselors to work with prenatal and postpartum women.

Why CAPPA?
- The CAPPA breastfeeding curriculum stresses proactive breastfeeding education and support. CAPPA lactation educators help mothers prevent or solve routine problems, and identify clinical problems early for timely referrals to an IBCLC.
- The CAPPA CLE™ Program has helped many hospitals complete Step 2 of the Baby-Friendly Initiative, and is the primary training used for counselors at WIC clinics in several states.
- The Welcome Baby Program has utilized the CAPPA CLE™ course to prepare staff to best serve the community with lactation education and support.

The CLE™ Training Fulfills the Following Requirements:
- 20 Hour Course supporting the Baby Friendly Hospital Initiative
- US Core Competencies Training
- CAPPA CLE™ Certification Prerequisite
- Peer Counseling LE Course
- Lactation education requirement for most doula and childbirth organizations
- 21.5 L-Cerps (Awarded by IBLCE)

Christy Jo Hendricks, IBCLC, CD(DONA), CLE CAPPA Faculty, has over 20 years of teaching experience. She has worked as a lactation consultant in private practice and as an educator for the Department of Public Health. She has over a dozen years of experience as a Health Educator for the WIC Program. She created an IBCLC Prep Course that has assisted hundreds of individuals in becoming IBCLCs. Her children’s book, Mommy Feeds Baby, serves to normalize breastfeeding and has sold over 10,000 copies. Her passion for lactation education makes her training both educational and enjoyable.

“Christy Jo teaches with humor, passion and heart - what a wonderful trainer and training.”

Equipping Professionals & Peers with Lactation Knowledge, Skills & Confidence
Affordable Training

Make A Difference

What You’ll Learn

Individuals looking for a course that will take them to the next level in lactation or open doors to a new career should attend the CLE™ Training. This course is perfectly suited for anyone who works with prenatal or postpartum moms. The maternal/child professional as well as the community volunteer will benefit from this well-rounded, breastfeeding education course. Students will complete the course feeling empowered to help others. They will be equipped with practical skills as well as foundational knowledge.

Recommended for:
- WIC Peer Counselors
- Birth & Postpartum Doulas
- Health Care Professionals
- Labor & Delivery Nurses
- Postpartum Nurses
- NICU Nurses
- Dieticians
- Public Health Employees
- Midwives
- Childbirth Educators
- La Leche League Leaders
...and all others supporting the dyad.

DAY 1
- CAPPA and the CLE
- Breastfeeding Professionals
- Cultural Competencies
- History of Breastfeeding
- Adult Learning Principles
- Communication Skills
- Evidence-Based Practice
- Value of Human Milk

DAY 2
- Breast Anatomy & Physiology
- Positions & Latch
- Prenatal Concerns & Preparation
- Breastfeeding & Birth
- Successful Starts
- Breastfeeding in the Hospital

DAY 3
- Successful Breastfeeding at Home
- Nutrition & Breastfeeding
- Fathers & Partners
- Pumping/Expressing Milk
- Infant Challenges
- Maternal Challenges
- Medications/Illnesses
- Curriculum Development

“...This training NEEDS to be taken by all perinatal professionals. Sharing this information with clients is vital to an extended breastfeeding relationship.”

Affordable Training

Course Fees:

- CAPPA CLE™ Training Early Bird $400
  (For registrants a month in advance. Price increases to $425 within a month of scheduled training).
- CAPPA CLE™ Manual Included
- 21.5 L-Cerps (approved by IBLCE) Included
- 24 CAPPA CEUs Included

Additional Requirements for Certification:

- CAPPA 1 year Membership $55
- CAPPA Academy Online-Course $175

*Prices subject to change. On-site training and group discounts may be available. Contact Birthing, Bonding & Breastfeeding for current prices & information on hosting a training.

The CLE™ Course is not an IBCLC exam prep course nor does attendance at this course, or certification as a CLE™ qualify a professional to perform lactation evaluation, assessment, or diagnosis of lactation related conditions.