Christy Jo Hendricks

IBCLC, RLC, CD(DONA), CCCE, CLE™

2016 Curriculum Vitae

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Personal Profile

I earned my BA in Secondary Education in 1991. For seventeen years I pursued teaching and administrating. Following the birth of my children, I became more interested in health and transitioned into a job at the Department of Public Health. Initially, I worked under the grant for Loving Support. My responsibilities included writing and executing curriculums for Lunch and Learns for pediatric and obstetrics offices. My position evolved to include breastfeeding research, operating the breastfeeding warm line, and teaching prenatal classes. My desire to use visuals in education prompted me to create the "Lego Stack" which compares breastmilk ingredients to formula ingredients. In 2008, I sat for and passed the IBLCE Exam. Many of my coworkers desired to become Lactation Consultants, so I determined to write a course to prepare them to sit for the exam. Based on my initial pilot program, I wrote the Grow Our Own Lactation Consultant/IBCLC Prep Course, which has been used to train hundreds of individuals to become IBCLCs.

After IBLCE changed the requirements for certification, I sought an additional outlet to train individuals in the area of lactation. I found many people desired to work in the field, but were limited until they received extensive education and clinical hours. The Certified Lactation Educator Course (CLE™) was a perfect outlet for me to train people on the ground level and mentor them if they desired to pursue the IBCLE Citification. I became a Childbirth and Postpartum Professional (CAPPA) faculty member in 2011, and enjoy introducing breastfeeding advocates to a program that prepares them to be effective peer counselors, educators and group facilitators. The program is also used extensively for hospitals seeking Baby Friendly Certification.

I founded Birthing, Bonding and Breastfeeding and the subsidiary organization, 3B Publishing, in 2010, to publish breastfeeding literature and offer unique breastfeeding educational tools. My children's book, Mommy Feeds Baby/Mama alimenta al Bebe, has sold over 10,000 copies and Lactation Lanyards™ (teaching aids) are being used internationally in hospitals and WIC clinics to demonstrate the newborn's stomach capacity.

Currently, I continue to work for the DOPH part time, teaching and facilitating a free breastfeeding clinic. I also volunteer as a birth doula and have a private practice as a Lactation Consultant. I am a trainer for the CAPPA CLE™ and Childbirth Educator Programs. I often enjoy traveling the word to share my passion, knowledge and advocacy at perinatal conferences. I live in California with my husband of twenty-three years and our three wonderful children.

Employment History

January, 2010 to present
Birthing, Bonding and Breastfeeding
Lactation Consultant, Doula, Lactation and Childbirth Educator, Public Speaker

- Certified Lactation Educator (CLE) Faculty for Childbirth and Postpartum Professional Association (CAPPA)
- Childbirth Educator Faculty for Childbirth and Postpartum Professional Association (CAPPA)
- Internationally Board Certified Lactation Consultant (Recertified)
- Conference Speaker
- Author, Mommy Feeds Baby/Mama alimenta al Bebe
- Contributor to monthly periodicals
- Certified Birth Doula
- Postpartum Doula
- Certified Childbirth Educator

December, 2011 to present
Department of Public Health, Women, Infants and Children (WIC) Program
Health Educator Assistant II

- Prenatal and Postpartum Health Educator
- Internationally Board Certified Lactation Consultant
- Nutrition Educator
- Community Liaison
- WIC Ambassador
- Grant Writer

June, 2003 to December, 2011
Riverside County Department of Public Health-Nutrition Services
Program Coordinator/Health Educator Assistant II

- Promoted Loving Support Breastfeeding Program (First 5 Riverside Grant)
- Created the Grow Our Own Lactation Consultant/IBCLC Prep Course (GOO)
- Prepared over 200 professionals in various to sit for the IBCLC Exam
- Provided in-services for Public Health organizations
- Trained WIC staff as breastfeeding counselors and peer counselors
- Collaborated with hospitals on behalf of Loving Support
- Coordinated outreach for physicians' offices
- Provided breastfeeding support and counseling
- Developed curriculum for instructing medical staff
- Provided Skill's Day assessments for nurses
- Co-authored grants
- Staffed walk-in breastfeeding clinics
- Facilitated Moms Groups

June, 2002 – June 2003 Riverside, CA
Riverside County Department of Public Health-Nutrition Services
Health Educator Assistant I

- Gathered breastfeeding statistics
- Provided after-hours on-call lactation counseling
- Developed prenatal curriculum
- Organized World Breastfeeding Month Celebration
- Wrote Press-Releases for events
- Represented Loving Support at conferences and collaborations

August, 1991-June, 2002
Calvary Christian School Banning, CA
Assistant Administrator/Educator

- Instructed high school English courses
- Maintained California Scope and Sequence Educational Standards
- Supervised staff and students
- Provided staff training and in-services
- Maintained legal records, including CUM files
- Developed summer school supplemental curriculum
- Counseled students and parents regarding higher education
- Coordinated annual fund raisers and established budget

Degree and Continuing Education Units

May 1991 Pacific Coast BBC San Dimas, CA
Bachelor of Arts in Secondary Education

- October 2016; The Significance of Childbirth to the Birthing Person: Influences of Care and Place for Birth, Penny Simkin
- September 2016; NC WIC State Conference: Navigating the Future
- August 2016; La Leche League of Arizona 2016 Conference
- June 2016; Birth Kit Essentials for Lactation, Stephanie Pearson
- June 2016; Ethical Concerns in Human Milk Exchange, Naomi Bar-Yam
- June 2016; Breast Assessment, What, Why, How and When, Diana West
- June 2016; Where Law Meets Practice: Supporting Charedi women to reach their breastfeeding goals, Naomi Salle
- May 2016; Civil Rights Training
- April 2016; Reaching Our Sisters Everywhere (ROSE), Kimarie Bugg
- April 2016; Addressing Breastfeeding Discrimination in Edmonton, Canada, Jodine Chase
- April 2016; Baby Lead Weaning for Breastfed Baby: Yes or No, Ratih Ayu Wulandari
- April 2016; Breastfeeding Support for Young Mothers from a Maternity Shelter: A Qualitative Study, Rosann Edwards
- November 2015; UK Baby Friendly Hospital Initiative Conference
- August 2015; Childbirth Educator Certification Course (CAPPA)

- July 2015; Childbirth and Postpartum Professional Association International Conference
- July 2014; Childbirth and Postpartum Professional Association International Conference July 2014; International Lactation Consultant Association Conference (ILCA)
- August 2013; CAPPA Labor Doula Training, Terri Woods, CLD, CD(DONA)
- May 2013; La Leche League Conference, LLL of Southern California
- February 2013; When Ethics and Evidence Collide: Solving Breastfeeding Problems, Marie Biancuzzo, RN, MS, IBCLC
- January 2013; California Breastfeeding Summit, CA Breastfeeding Coalition
- January 2013; The Mother/Baby Bond, Laurel Wilson, IBCLC
- August 2012; ICEA Professional Childbirth Educator Workshop, Donyale Abe, RN, IBCLC
- June 2012; Postpartum Doula Training, Joanna Whitlow, IBCLC
- May 2012; Vaccination Options, Dr. Bob Sears
- May 2012; Morning with the Sears, Dr. Bill and Martha Sears
- May 2012; Postpartum Blues, Depression and Psychosis, Jane Honikman
- July 2011; Certified Lactation Educator Trainer Course, Laurel Wilson, IBCLC
- July 2011; International Lactation Consultant Association Conference (ILCA)
- May 2011; Oxytocin and Autism; Dr. Touraj Shafai
- July 2010; Assisting Mothers to Successful Baby-Led Latching, Christina M. Smillie, MD
- February 2010; Postpartum Depression and Jaundice, Amy Larsen, RN, IBCLC and Jennifer Stewart, RD
- January 2010; Neonatal Jaundice, Lawrence M. Gartner, MD, FAAP
- August 2009; New Breastfeeding Skills for the 21st Century, Dr. Suzanne Colson
- March 2009; Lactation Success in the NICU, Paula P. Meier, RN, DSNc, FAAN
- April 2008; Anatomy and Physiology, Denise Fisher
- April 2008; Cultural Diversity, California WIC Association
- February 2008; Cutting Edge Information on Tongue Tie, Breastfeeding and More, Breastfeeding Task Force of Greater Los Angeles
- November 2008; Proper Fitting of Breast Shields, Maria Lennon, MSN, CNM, IBCLC
- November 2008; Anatomy of the Human Breast: A New Perspective, Maria Lennon, MSN, CNM, IBCLC
- November 2008; A Day of Lactation, Laurie Haessly, MA, RD, IBCLC
- November 2008; Breastfeeding and HIV, Jan Walter, PhD
- January 2008; Breastfeeding: Simply the Best Choice, Kayellen Lascheck, IBCLC
- August 2007; Human Milk-A Closer Look, Elena Medo, MBA
- August 2007; Close to My Heart-More than Milk, Ruth Stanhiser, MD
- July 2007; Public Health Preparedness and Response Competencies Program, Kim Saruwateri
- June 2007; Human Milk for Human Babies, Kayellen Lascheck, IBCLC
- March 2007; A Day of Lactation Education/Proper Fitting of Breast Shields, Dr. Peter Hartman
- March 2007; How to Raise Emotionally Healthy Children, Gerald Newmark, Ph.D.
- January 2007; Human Milk for Human Babies, Marsha Walker
- January 2007; Women Counseling Women, Debi Pryde
- October 2006; Kangaroo Mother Care, Nils Bergman, MD
- August 2006; Interpersonal Relations/Conflict Management, Debi Pryde
- August 2006; Current News and Research in Breastfeeding Medicine, Laurie Haessly, MA, RD, IBCLC
- January 2006; Microsoft Publisher XP, Brenda Kooiman
- November 2005; Time Management, Franklin Covey
- February, 2004; Nutritional Support of Premature Infants, Perinatal Services Network Advanced Training
- February, 2004; Nutritional Support of the Premature Infant, Richard Schanler, MD

- December 2003; PSN Advanced Training, Moms Embracing the Moment, Pamela Capps, ICCE-CPE
- October, 2003; Perinatal Services Network Advanced Training
- October 2003; Drugs and Breastfeeding, Lactation Physiology and Fertility
- May 2003; La Leche Conference, LLL of Southern California
- February 2003; Medical Terminology
- January 2003; Perinatal Services Lactation Education, Carol Melcher
- January 2003; HIPPA Compliance Training
- November 2002; Lactation Educator Training, Laurie Haessly, MA, RD, IBCLC
- October 2002; Riverside County Lactation Education Training

CERTIFICATIONS

- International Board Certified Lactation Consultant (IBCLC)
- CAPPA Certified Lactation Educator
- CAPPA Certified Childbirth Educator
- DONA Certified Birth Doula
- ICEA Childbirth Educator Certification (in progress)
- CAPPA Postpartum Doula Certification (in progress)
- American Heart Association CPR Certified

MEMBERSHIPS Past and Present

- Childbirth and Postpartum Professional Association (CAPPA)
- International Lactation Consultant Association (ILCA)
- Doulas of North America (DONA)
- La Leche League
- Riverside County Breastfeeding Coalition
- Doulas of Southern California (DASC)
- About Families, Inc. (Board Member)
- Inland Empire Breastfeeding Coalition
- Hope in the Pass, a non-profit program for low income, new mothers

PUBLICATIONS

- Making Milk (Co-author)
- Mommy Feeds Baby (Author)
- Mama alimenta al Bebe (Author)
- WIC Prenatal Classes (Author)
- Grow Our Own IBCLC Prep Course (Creator and Faculty)
- WIC Watch (Contributor)
- CAPPA Newsletter (Contributor)
- DONA International Magazine (Contributor)
- Record Gazette (Freelance writer)
- Sports and Spectators (Contributor and Editor)

AWARDS AND ACCOPMPLISHMENTS

- Visionary Award for Innovative Thinking
- CAPPA CLE Faculty of the Year
- ABBEY Above and Beyond Award from Riverside County for developing and implementing the Grow Our Own Lactation Consultant/IBCLC Prep Course
- United States Presidential Volunteer Award
- Who's Who Among Teachers Award
- Exceptional Teacher Award
- DONA Phyllis Claus Founder's Award
- Founder of the Pass Area Breastfeeding Café
- Founder of the Riverside County Breastfeeding Coalition
- Started the first free, walk-in clinic at San Gorgonio Memorial Hospital
- Created the first IBCLC Prep Course with a 100% passing rate the first year of implementation
- Invented the Lactation Lanyard and accompanying Colostrum Card
- Created the Building Block Curriculum comparing Breastmilk to Artificial Human Milk
- Authored California WIC Prenatal Curriculums
- Photographer of the Year for Inland Empire Breastfeeding Coalition

SPEAKING ENGAGEMENTS

- North Carolina State WIC Conference
- La Leche League of Arizona Annual Conference
- GOLD Lactation Conference
- UK Baby Friendly Hospital Initiative Conference, Yorshire, England
- Nevada WIC Lactation Training
- First 5 California Lactation Training
- California WIC Regional In-service
- California Breastfeeding Summit
- About Families, Inc. Annual Conference
- Birthing, Bonding and Breastfeeding San Gorgonio Memorial Hospital Conference
- Birthing, Bonding and Breastfeeding Desert Regional Medical Center Conference
- Riverside County Breastfeeding Coalition
- San Bernardino Breastfeeding Coalition
- Breastfeeding Café Breastfeeding Awareness Celebration
- Childbirth and Postpartum Professional Association Conference
- San Gorgonio Memorial Hospital Nurse Training
- Inland Empire Breastfeeding Coalition
- Riverside County Department of Public Health
- Perinatal Nurse Partnership Training