



## CERTIFIED LACTATION EDUCATOR COURSE DESCRIPTION 2014-2015

### Certified Lactation Educator (CLE)<sup>™</sup> Course

by CAPP A CLE<sup>™</sup> Faculty, Christy Jo Hendricks, IBCLC, RLC, CD

*Thank you for your interest in the Certified Lactation Educator Training. CAPP A offers the only Certified Lactation Educator Course (CLE<sup>™</sup>) available. This training has increased in popularity and attendance, making it a wonderful certification to add to anyone's resume.*

The Certified Lactation Educator Training is a professional, evidence-based course that prepares students to effectively communicate many aspects of breastfeeding.

**Individuals become more proficient and skilled in lactation through the exceptional curriculum which expands on the following concepts:**

- Lactation Professionals
- Evidence-Based Practice
- History of Breastfeeding
- Cultural Competency
- Communication Skills
- Group Process
- Adult Learning Principles
- Properties and Importance of Breastmilk
- Anatomy and Physiology of Breastfeeding
- Supporting Breastfeeding during Pregnancy
- Birth's Impact on Breastfeeding
- Breastfeeding and the Hospital Experience
- Latch and Positioning
- The Breast Crawl
- Skin to Skin
- Kangaroo Mother Care
- Successful Starts
- Nutrition during Lactation
- Maternal Challenges during Lactation
- Infant Challenges in Breastfeeding
- Expression of Breastmilk
- Returning to Work
- Medications, Illness and Mother's Milk
- Fathers/Partners and Breastfeeding
- Curriculum Development
- Marketing your Practice

**The three-day training fulfills several requirements, including:**

- The Core Competencies in Breastfeeding Care and Services for All Health Professionals as outlined by the United States Breastfeeding Committee (no endorsement by the USBC is implied).

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[www.birthingandbreastfeeding.com](http://www.birthingandbreastfeeding.com)

- The 20 Hour World Health Organization Curriculum to support the baby Friendly Hospital Initiative (BFHI).
- Doula breastfeeding education
- WIC Peer Counselor Training
- Welcome Baby Parenting Program Breastfeeding Course
- The CAPP A Lactation Educator certification step for workshop attendance. Additional steps and fees required to complete certification. (visit [cappa.net](http://cappa.net) for more information on certification)

### **Why become a certified lactation educator?**

Certified Lactation Educators (CLEs™) provide evidence based information to the community, families and professionals to encourage an increase in breastfeeding initiation, duration and support. CLEs are found teaching community and hospital based breastfeeding classes, as peer breastfeeding counselors in hospital and public health setting, facilitation support groups, running pump rental stations and providing phone support.

### **Transform your understanding about what breastfeeding/breastmilk really is**

- An irreplaceable relationship
- A brain developer
- An immune system
- An organ system
- A living tissue

### **Transform your professional skills**

- Increase your doula competencies in the first hours after birth
- Hone your postpartum doula skills
- Learn unique strategies for teaching breastfeeding to families
- Explore adult learning styles
- Enhance your communication skills

### **Transform yourself**

- Take the leap to explore new ways to work with families
- Connect with other women who love working with moms and babies
- Open your mind about new concepts surrounding breastfeeding
- Take the first step to becoming certified as a lactation educator with CAPP A

CLEs find employment in teaching positions or in private practice as lactation educators. The hourly rate CLEs earn ranges from \$15-\$35.

This training is the first step to becoming a CAPP A Certified Lactation Educator (CLE). The lactation educator provides informational and educational breastfeeding classes for expectant parents and encourages students to become as knowledgeable as possible. In addition the lactation educator serves as a resource for accurate, evidence-based information to the general public and medical community.

*The CAPP A CLE does not prescribe, treat, nor diagnose breastfeeding related conditions and is trained to refer clients facing circumstances that require this degree of intervention to a qualified professional. The CAPP A 20 Hour CLE course is not an IBCLC exam prep course, nor does the CAPP A CLE training prepare a student to become an IBCLC.*

### **Credit: 21.5 L-Cerps IBLCE**

*Questions, comments or requests should be made directly to the instructor, Christy Jo Hendricks. Please obtain the instructor's permission before posting or advertising a CLE™ training.*

**[Christy Jo Hendricks, IBCLC, CD, CAPP A CLE](#)**

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