



Christy Jo Hendricks

IBCLC, RLC, CCCE, CLE™, CD

2021 Curriculum Vitae

“Normalizing Breastfeeding through Education and Support”

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Biography

Christy Jo Hendricks, IBCLC, is an international speaker, teacher, inventor and author. She has made a career of instructing in ways that simplify learning and keep audiences engaged. Students enjoy her informative and entertaining teaching style. She has developed curriculum and provided consultations for the Department of Public Health since 2021.

Her career has allowed her the privilege of serving families in hospital settings, through public health programs, at her local WIC clinic, during weekly community support groups and in private practice. She has been awarded the Presidential Volunteer Award, Who’s Who among Teachers, Phyllis Klaus Award for Positive Impact on Parent/Infant Bond, Above and Beyond Award for Innovative Practice by the Department of Public Health and Lactation Faculty of the Year from CAPPA. She has also been recognized for her publications.

Christy Jo created and taught an IBCLC prep course that earned state-wide recognition. Her IBCLC prep course has been successful in preparing hundreds of students to become Lactation Consultants. Her proven results make her courses desirable for acquiring lactation education.

Christy Jo became certified as a childbirth educator and a birth doula in order to provide additional, trained support. This role has allowed her to be present prenatally, during birth and postpartum. She enjoys supporting families and teaching other professionals how to educate and support families during the perinatal period.

She serves as faculty for the CAPPA CLE© and Childbirth Educator Programs. She resides with her family in California where she continues to serve her community as an IBCLC, CLE, CCCE and birth doula.

Employment History

January, 2010 to present

Birthing, Bonding and Breastfeeding

Lactation Consultant, Doula, Lactation and Childbirth Educator, Public Speaker

- Internationally Board-Certified Lactation Consultant (since 2008)
- Certified Lactation Educator (CLE) Faculty for Childbirth and Postpartum Professional Association (CAPPA)
- Childbirth Educator (CCCE) Faculty for Childbirth and Postpartum Professional Association (CAPPA)
- Certified Childbirth Educator
- International Conference Speaker
- Author, Mommy Feeds Baby/Mama Alimenta al Bebe

- Co-Author Making Milk, An Adult Coloring Book
- Contributor to monthly periodicals
- Created 3B Publishing for Lactation Publications
- Certified Birth Doula
- Postpartum Doula

December, 2011 to present

Department of Public Health, Women, Infants and Children (WIC) Program

Health Educator Assistant II

- Creator, developer and educator for the Grow Our Own 105 Didactic Hours IBCLC Prep Course
- 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 and Initiated the Grow Our Own Lactation Consultant/IBCLC Prep Course (GOO)
- Prepared over 200 professionals 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

Degree and Continuing Education Units

June 2020 San Diego Christian College San Diego, CA
Communication Degree **Magna cum laude**

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

- November 2021, Trauma, Timing and Tenacity: Navigating Care When Frenectomy Doesn't Help, Michale Chatham, RN, BSN, LMT, IBCLC, OMT
- November 2021, Ultrasound Analysis of Sucking: Tongue-Tie and Confounders, Catherine Watson Genna, BS, IBCLC
- November 2021, Infant Airway and Tongue-Tie: Importance of Breathing for Feeding, Growth and Development, Rene Moore, IBCLC, RLC, CLE
- November 2021, Clinical Case Studies: Ankyloglossia in Babies with Marasmus and Kwashiorkor, Okky Nafiriana, MD and Ratih Ayu Wulandar, MD, IBCLC
- November 2021; Tongue-Tie and the NICU: A Neonatologist Perspective, Dr. Kumar Ankur, MD, DNB
- October 2021; Growing Your Business and Brand with Social Media, Anna Rodney
- October 2021; How to be a Size-Inclusive Birth Professional, Jen McLellan
- October 2021; The Bigger Picture Takes a Bigger Team – Our Journey from a Tongue-Tie Division Service to "Whole-istic" Care, Kate Roche, BSc (Physiotherapy), MISCP, IBCLC and Justin Roche, MB ChB, FRCPCH, FRCPI, IBCLC
- October 2021; Connection and Care: Virtual Support for Tongue-Tied Infants, Melissa Cole, MS, IBCLC, RLC
- October 2021; Untangling the Big Picture of Tongue-Tie Assessment, Leslie R. Kowalski, PhD, IBCLC
- October 2021; Breastfeeding After Release: The Importance of Anticipatory Care, Karese Languette, RDH, Myofunctional Therapist
- October 2021; The Impact of Tongue-Tie and Frenotomy on Infant Feeding: An Overview of Available Research, Rebecca R. Hill, PhD, DNP, RN FNP-C
- October 2021; Childbirth and Postpartum Professional Annual Conference
- September 2021; When Evidence and Empathy Aren't Enough: Changing Your Lactation Practice to Boost Client Success, Johanna Sargeant, Bed, BA, IBCLC
- September 2021; Colostrum Harvesting and SMART Supplementation: Helping at-risk newborns, Karolina Ochoa, IBCLC
- August 2021; Marijuana, Opioids and Breastfeeding: Research, Impacts and Essential Guidance for Health Professionals, Dr. Thomas Hale
- July 2021; Infant Oral Restrictions: Helping Families Navigate Assessment through Competency, Kristen Davis, IBCLC
- March 2021; Milk Composition and Maternal Nutrition: Understanding the Impact and Outcomes, Rosa Sorribas, IBCLC
- March 2021; A Dairy-free Mediterranean Diet and the Impact on Colic and Allergy in Infants Receiving Human Milk, Joanna Nawfal, RN, MSN, IBCLC
- March 2021; Popular Diet Trends: Impact and Safety During Lactation, Meghan McMillin, MS, RDN, CSP, LDN, IBCLC
- March 2021; What the Books Don't Teach You: Tips and Tricks for the Lactation Professional, Kay Hoover
- September 2020; Childbirth and Postpartum Professional Association Annual Conference
- November 2019; Growing a Family with Dignity by Dr. Neel Shah, MD. MPP, FACOG
- August 2019; Maternal Morality: Two Perspectives, Charles Johnson and Amy Raines-Milenkov, PhD
- August 2019; Customer-Centered Service, Allyson Young, SPHR

- August 2019; Capturing WIC Stories & Supporting Families on Social Media, Venessa Simmons
- July 2019; Kentucky WIC and Breastfeeding Coalition Lactation on the Levee
- June 2019; GOLD Lactation
- April 2019; Addressing Complex Sleep Problems While Optimizing Breastfeeding, Lyndsey Hookway, BSc, RNC, HV, IBCLC
- March 2018; Childbirth and Postpartum Professional Annual Conference
- September 2018; Mindful Communication with Today's Parents, Laurel Wilson
- September 2018; The Six Miracles of Waterbirth, Barbara Harper
- September 2018; The Birth Worker's Role in Reducing Racial Disparities in Maternal Health, Panel
- September 2018; Navigating Family Relationships with a New Baby, Kimberly Bepler and Prinscilla Moore
- November 2018; The Return of Breastsleeping: Humankind's Oldest and Most Successful Sleep and Feeding Arrangement, Dr. James J. McKenna
- September 2018; Full-Term Breastfeeding/Chestfeeding: Benefits, Considerations, and Ways to Offer Support, Joy MacTavish, IBCLC, RLC, MA
- October 2017; The Perinatal Microbiome, Jarold "Tom" Johnston Jr., CNM, IBCLC
- September 2017; Mastering Cross-Cultural Communication Skills, Kimberly Seals Allers
- September 2017; How to Build Understanding and Empathy with Millennial Families, Amber McCann and Jeanette McCulloch
- April 2017; Breastfeeding as a Public Health Issue, Dr. Amy Brown
- April 2017; HIPPA Compliance Training
- March 2017; Breastfeeding and Medication, Joseph and Mary Woelfel
- March 2017; Game Changing Research about Breastmilk Expression/No Baby Left Behind: Breastfeeding Equity from the First Hour, Dr. Jane Morton
- 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 (CAPP)
- 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; CAPP 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
- April 10, 2010; Human Milk for Human Babies Lactation Management and Strategies, Paula Meier, Elba Fayard and Raylene Phillips
- 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

CERTIFICATIONS Past and Present

- International Board-Certified Lactation Consultant (IBCLC), 2008-2025
- CAPPa Certified Childbirth Educator, 2015-2025
- CAPPa Certified Lactation Educator, 2011-2024
- DONA Certified Birth Doula, 2013-2020
- American Heart Association CPR Certified, 2001
- WNA Certified, Department of Public Health, 2016
- ICEA Childbirth Educator Certification
- CAPPa Postpartum Doula Certification

MEMBERSHIPS Past and Present

- Childbirth and Postpartum Professional Association (CAPPa)
- International Lactation Consultant Association (ILCA)
- Doulas of North America (DONA)
- La Leche League International
- 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)
- Contributor to The Positive Breastfeeding Book, Dr. Amy Brown
- DONA International Magazine (Contributor)
- Record Gazette (Freelance writer)
- Sports and Spectators (Contributor and Editor)
- You Are So Loved (Contributor and Editor)

AWARDS AND ACCOMPLISHMENTS

- 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 for protecting the mother/baby bond
- Founder of the Pass Area Breastfeeding Café
- Co-Founder of the Riverside County Breastfeeding Coalition
- Started the first free, walk-in clinic at San Geronio 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

- GOLD Annual Lactation Conference
- GOLD Specialized Day of Learning
- iLactation Annual Conference
- Nevada WIC, Lactation Tools, How to Educate and When to Refer
- Lactation University, How to Become and IBCLC
- Kentucky State WIC Conference
- Kentucky Breastfeeding Coalition Conference
- Texas State WIC Conference
- Alameda County WIC Training
- North Carolina State WIC Conference
- Watts Public Health Staff Development
- Nutrition Educator Meeting, Department of Public Health, Riverside County
- San Francisco WIC Staff Training
- La Leche League of Arizona Annual Conference
- UK Baby Friendly Hospital Initiative Conference, Yorkshire, England
- Nevada WIC Lactation Training
- First 5 California Lactation Training
- California WIC Regional In-service
- California Breastfeeding Coalition Summit
- About Families, Inc. Annual Conference
- Birthing, Bonding and Breastfeeding San Geronio 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 (CAPP) Conference
- San Geronio Memorial Hospital Nurse Training
- GOLD Special Educational Panel Presentation
- Inland Empire Breastfeeding Coalition
- Riverside County Department of Public Health
- Perinatal Nurse Partnership Training