

*Healthy Children Project, Inc.*

# **The Center for Breastfeeding**

*...defining the field of breastfeeding education and practice*



## *Course Catalog 2018*

**The Center for Breastfeeding**

Healthy Children Project, Inc.

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**For dates and locations, please see insert or contact us!**

## THREE DAY COURSES

### TAKE THE 20 HOUR COURSE

RNs: 20 Contact Hours; RDs: 20; IBCLCs: 20L CERPs

Based on the 20 hour curriculum in support of the Ten Steps to Successful Breastfeeding, this three day course was developed to support the US Baby-Friendly Hospital Initiative (BFHI). This basic course fulfills the didactic recommendations for those who work with mothers and babies.

### COMMUNITY BREASTFEEDING EDUCATOR (CBE)

RNs: 20 Contact Hours; RDs: 18; IBCLCs: 20L CERPs; Can be used towards CLC recertification

This foundation course for community workers in maternal child health focuses on providing services to pregnant women to encourage the initiation and continuation of breastfeeding. Strategies are presented for providing anticipatory guidance and support in order to prevent breastfeeding problems as well as to address barriers to breastfeeding in order to enable women to overcome any perceived or actual breastfeeding problems.

### MATERNAL INFANT ASSESSMENT FOR BREASTFEEDING AND HUMAN LACTATION

RNs: 28.25 Contact Hours; RDs: 28.25; IBCLCs: 28.25L CERPs; College Credit Recommendations: 2 credits. Can be used towards CLC recertification.

This course utilizes a case study format to develop proficiency in the process of assessment and analysis of the breastfeeding dyad, and to differentiate optimal conditions from those that are sub-optimal, as well as summarize and document the assessment. Major topics covered in the course are optimal and sub-optimal breastfeeding related anatomy of mother and infant, normal and abnormal development of the anatomy and physiology of the breastfeeding mother and baby, breastfeeding assessment tools, breastfeeding assessment and the lexicon of breastfeeding and human lactation. *Required texts: Cadwell, K., Turner-Maffei, C., O'Connor, B., Blair, A., Arnold, L., and Blair, E. (2006). Maternal and infant assessment for breastfeeding and human lactation : a guide for the practitioner, 2nd ed. (Sudbury Mass.: Jones and Bartlett Publishers). Sanders, L. (2010). Every patient tells a story: medical mysteries and the art of diagnosis (New York: Broadway Books).*

## INDEPENDENT STUDY/DISTANCE COURSE

### SELF STUDY MODULES

Through Health Education Associates, Inc., we are able to offer a variety of continuing education options that offer you the opportunity to learn at home. Topics include Research and International Policies Related to Infant Feeding and the Baby-Friendly Hospital Initiative, The Role of Donor Milk in the Reduction of Infant Mortality, the Association Between Breastfeeding, Higher IQ and Better Vision, and many more!

Please email [info@healthed.cc](mailto:info@healthed.cc) or call (508) 888 8044 to request a flyer. Visit [healthed.cc](http://healthed.cc) for more information or to download a complete catalog.

*\* Early Bird registration discount is available if your check or credit card information is received 4 weeks (28 days) prior to the beginning of the class. Please see registration form on insert.*

## FIVE DAY COURSES

### LACTATION COUNSELOR TRAINING COURSE

RNs: 45 Contact Hours; RDs: 45; IBCLCs: 45.0L CERP; College Credit Recommendation: 3 credits

This comprehensive, practical, evidence-based breastfeeding management course includes skills improvement, theoretical foundations, and competency verification. Technical issues are explored within the context of counseling the mother in the hospital and in public health and community settings. This course prepares participants for professional work helping mothers and babies: it trains participants on how to gain insight into clients' problems, with a strong focus on counseling skills. Successful completion of this course allows participants to sit for the Certified Lactation Counselor Exam administered by the Academy of Lactation Policy and Practice. The exam is required to receive college credit recommendations. See below for details.

The Lactation Counselor Training Course is Approved by the Lactation Education Accreditation and Approval Review Committee (LEAARC).

*Required text: Cadwell, K. & Turner-Maffei, C. (2017). Pocket Guide for Lactation Management, 3rd Ed. Burlington, MA: Jones & Bartlett Learning.*

### ADVANCED ISSUES IN LACTATION PRACTICE (ANLC OR ALC)

RNs: 45 Contact Hours; RDs: 45; IBCLCs: 39L and 6E CERP; College Credit Recommendations: 3 credits. Can be used towards CLC recertification.

**Pre-requisites for taking this course:** For Advanced Nurse Lactation Consultant Certification eligibility: A current RN license plus either an IBCLC or an ALPP CLC. For Advanced Lactation Consultant certification eligibility: successful completion of the course Maternal Infant Assessment for Breastfeeding and Human Lactation plus either an IBCLC or an ALPP CLC.

This interactive course provides IBCLCs and CLCs with the opportunity to qualify for an advanced certificate in lactation management while verifying the insight, knowledge and skills essential to the development and implementation of management strategies for complex problems related to breastfeeding and human lactation. Participants will examine actual challenging cases, and develop management strategies using knowledge of psychology, sociology, infant development, gender studies, professional interrelations and ethics. Successful completion of this course allows participants to sit for the Advanced Lactation Consultant Exam administered by the Academy of Lactation Policy and Practice. The exam is required to receive college credit recommendations. See below for details. *Required text: Cadwell, K., Turner-Maffei, C., 2004. Case studies in breastfeeding : problem-solving skills & strategies. Sudbury, MA: Jones and Bartlett Publishers.*

In agreement with Healthy Children Project, Inc., the Academy of Lactation Policy and Practice, Inc. (ALPP) will administer the exam on the last day of these courses. ALPP is a non-profit organization that provides a national certification program in breastfeeding and human lactation. ALPP is dedicated to improving the foundation of breastfeeding comprehension and understanding throughout the United States by providing lactation professionals the opportunity to sit for the Certified Lactation Counselor® exam in order to earn the CLC® designation as well as the Advanced Issues in Lactation Practice Certification exam to earn the ANLC/ALC designation. The American National Standards Institute (ANSI) has accredited the CLC certification program based on the ISO/IEC 17024 Standard.

### APPLIED TEACHING METHODS IN LACTATION EDUCATION

RNs: 44.5 Contact Hours; RDs: 44.5; IBCLCs: 44.5L CERP; College Credit Recommendations: 3 credits. Can be used towards CLC recertification.

This course examines contemporary theories of adult education related to adult learning and develops health education skills with the goal of supporting the achievement of continuity of care in the maternal child health care setting. Course content provides a thorough grounding in adult learning principles for use in educating health care professionals and in fostering systems change through transformative learning. Students will engage in a variety of learning laboratory activities (including delivering a 45 minute lactation specific presentation to the class-topics will be assigned in class) Participants will gain experience in the design and delivery of educational offerings with a focus on supporting continuity of care in the area of breastfeeding and human lactation. These strategies may be useful for those who want to implement change such as implementation of the WHO/UNICEF 10 Steps to Successful Breastfeeding. Each participant will receive a health systems copy of the Curriculum in Support of the Ten Steps to Successful Breastfeeding as well as basic PowerPoint files to teach each of the 15 Sessions within the Curriculum. *Required texts: Cadwell, K., & Turner-Maffei, C. (2009). Continuity of care in breastfeeding : best practices in the maternity setting. Sudbury Mass.: Jones and Bartlett Publishers. Cadwell, K., and Turner-Maffei, C. (2017). The Curriculum in Support of the Ten Steps to Successful Breastfeeding: A 20-Hour Interdisciplinary Breastfeeding Management Course for the United States. (East Sandwich, Mass: Health Educational Associates, Inc.). Gawande, A. (2013, July 22). Spreading Slow Ideas. The New Yorker. Retrieved from <https://www.newyorker.com/magazine/2013/07/29/slow-ideas>*

**Please see the insert for locations, dates, and registration forms for these courses or  
visit our website [www.centerforbreastfeeding.org](http://www.centerforbreastfeeding.org)  
Call (508) 888-8044, fax (508) 888-8050, or email [info@centerforbreastfeeding.org](mailto:info@centerforbreastfeeding.org)**

**PLEASE NOTE:** Travel, lodging, meals and coffee breaks are the participant's responsibility. **Please do not make travel arrangements until you have received a written confirmation from Healthy Children Project, Inc.** Refunds are given upon receipt of written notice up to 10 days prior to program. Refunds are subject to \$50.00 processing fee. If you notify us in writing at least 10 days prior to program, you may find a substitute or transfer your credit to a future training. We are unable to refund tuition within 10 days prior to the start of program, or after the program begins, or for "no shows." Healthy Children Project, Inc. reserves the right to cancel the program four weeks in advance if there is insufficient participation. In that case, all registrations will be refunded with no processing fee. Group discounts are available if four or more from the same agency are attending. It is your responsibility to find out how many people from your agency are attending the training program. Group discounts are not given retroactively. An early bird registration discount of \$50.00 is available to those whose check or credit card information is received more than 28 days before the beginning of the program, and cannot be made retroactively. Space is limited and trainings may fill to capacity months in advance. Participant seats are not reserved until full payment is received and participant receives written confirmation. The confirmation is the receipt. Confirmations and information about the exact location and local overnight accommodations will be mailed or faxed to registrants. Children will not be admitted to the teaching room except for quietly nursing babies under 6 months. Children, including babies, may not be present during the exam. Babies (or adult participants as well) who have an infectious disease including (but not limited to) cold or flu symptoms may not attend the training program. The complete policy is available at [www.centerforbreastfeeding.org](http://www.centerforbreastfeeding.org).

#### **CONTACT HOURS AND COLLEGE CREDIT RECOMMENDATIONS**

Each of these training programs have contact hours that may be used for continuing education for nurses. These courses can be used towards CLC recertification. Provider approved by the California Board of Registered Nursing, Provider Number CEP4931. Florida Provider Number: FBN3373. RD credit is provided through ADA. IBCLCs will receive CERP's from IBLCE. Partial credit will not be given to participants who attend only part of a program.

*Healthy Children Project, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.*

*Participants who successfully complete selected courses from Healthy Children Project gain college credit recommendations from NCCRS (National College Credit Recommendation Service). NCCRS, founded in 1973 by the Board of Regents of The University of the State of New York, strives to increase access to higher education through recognition of non-collegiate learning. Using an academic peer review model, NCCRS conducts independent, third-party evaluations of courses and examinations to determine their comparability to college-level learning. Courses and examinations that meet appropriate standards receive college credit recommendations which are listed within CCRS Online, a web directory maintained by NCCRS.*

*As part of Healthy Children Project, Inc.'s mission, we present most of our conferences in collaboration with private, public and non-profit agencies. If your organization would like to provide space for a training program in exchange for free registrations, please call us!*

**Call for more information about our International Conferences. Or check our website at [www.centerforbreastfeeding.org](http://www.centerforbreastfeeding.org). Locations and dates for these courses and more are available on the calendar insert, or on our website. Call (508) 888-8044, fax (508) 888-8050 or email [info@centerforbreastfeeding.org](mailto:info@centerforbreastfeeding.org)**