



COURSE DESCRIPTION 2015-2016

Taught by Executive Director of CAPP A Lactation Programs  
and Lead Faculty  
Laurel Wilson, IBCLC, CLE, CCCE, CLD, CPPI

Thank you for your interest in the Certified Lactation Educator Training. CAPP A offers the only Certified Lactation Educator Course (CLE™) 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
- Medications, Illness and Mother's Milk
- Curriculum Development
- Marketing your Practice

**The three-day, 24 hour 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).
- The 20 Hour World Health Organization Curriculum to support the baby Friendly Hospital Initiative (BFHI).
- Doula breastfeeding education
- WIC Peer Counselor Training
- 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 (CLE™s) provide evidence based information to the community, families and professionals to encourage an increase in breastfeeding initiation, duration and support. CLE™s 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 CAPPA

CLE™s find employment in community, public health, and hospital based lactation support positions or in private practice as lactation educators. The hourly rate CLE™s earn ranges from \$15-\$40.

This training is the first step to becoming a CAPPA Certified Lactation Educator (CLE™). See [www.cappa.net](http://www.cappa.net).

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 CAPPA 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 CAPPA 20 Hour CLE course is not an IBCLC exam prep course, nor does the CAPPA CLE training prepare a student to become an IBCLC.*

### **Credit:**

24 CAPPA Contact Hours, 21.5 L-Cerps IBLCE, Nursing and RD Hours potentially available on request.

Questions, comments or requests should be made directly to the instructor, Laurel Wilson.