



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 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.

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.