



BECOME A CERTIFIED LACTATION COUNSELOR!

**DPH IS OFFERING A FREE TRAINING OPPORTUNITY TO
INCREASE DIVERSITY IN THE LACTATION SUPPORT
COMMUNITY IN CONNECTICUT**

Course Dates: June 24-28, 2019

Location: Gateway Community College

20 Church Street, New Haven, CT 06510

Apply for the training at: <https://www.surveymonkey.com/r/DPHCLC2019>

Application deadline: April 24, 2019

Applicants will be notified by May 10, 2019 of their acceptance.

For more information contact Marilyn.Lonczak@ct.gov or call 860-509-8261

The Certified Lactation Counselor (CLC)[®] is a national certification in Lactation Management for the United States. CLC certification holders have demonstrated competency in the lactation skills, knowledge, and attitudes that are essential to help women. CLCs can provide knowledge and counseling about optimal and sub-optimal breastfeeding. The CDC refers to CLCs as professional breastfeeding experts who are members of the health care team (2014 Breastfeeding Report Card).

Research has shown that the education required of CLCs prior to certification is associated with improved breastfeeding exclusivity and duration. The Certified Lactation Counselor (CLC[®]) Certification is accredited by the American National Standards Institute (ANSI) based on the ISO/IEC 17024 standard.

Financial support for this training is provided by the Centers for Disease Control and Prevention (CDC), Cooperative Agreement NU58DP006509-01-01 DP18-1807. CDC does not endorse any products, services, or organizations provided by Department of Public Health.

The State of Connecticut is an affirmative action/equal opportunity employer.

About the Lactation Counselor Training Course

5-day course, Monday - Friday

- Hours: 8:15 AM - 4:30 PM
Lunch Break (on your own): 12:00 PM - 1:00 PM
- 6 hours of assignments must be completed during lunchtime or evenings.

Attendance

- Participants must attend all sessions and cannot miss more than a total of 15 minutes of class for the entire week. Any participant who misses more than 15 minutes will be ineligible to receive contact hours or to sit for the exam.

Contact Hours

American Nurses Credentialing Center's Commission on Accreditation.

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



- Contact Hours will be awarded to participants who attend the program in its entirety. Partial credit will not be given to participants who attend only part of a workshop.
- This 5-day course provides 52 Contact Hours for RNs (participants who opt out of the exam will be awarded 49 hours)
- Provider approved by the California Board of Registered Nursing, Provider #: CEP4931
- Florida Provider #: FBN3373
- IBCLCs will receive 52.0 L-CERPs from IBLCE. Long-term provider #CLT108-06
- The Commission on Dietetic Registration reciprocates ANCC approved credit for RDs.
- The content and objectives in this course cover the blueprint for lactation practice as laid out by IBLCE and awards 52 of the L-CERPs needed to qualify for the International Exam.
- Add on 168 additional study and contact hours to do at home--LEAARC approved.
- The CLC and the IBCLC can also be used as a prerequisite for the Advanced Issues in Lactation Practice course to achieve the Advanced Nurse Lactation Consultant (ANLC) or the Advanced Lactation Consultant (ALC) designations.
- Program can be applied towards Lamaze recertification.



Available Accommodations:



American Sign Language (ASL) interpreter services may be available for the training. Indicate on the application if you require this accommodation. Please note, the CLC course is offered in English only but can be interpreted in ASL.

Course Curriculum

- The US version of the WHO/UNICEF Breastfeeding Counseling Training
- The Ten Steps to Successful Breastfeeding
- Examination of factors influencing success at breastfeeding
- Distinct weight gain patterns of breastfed babies
- Anatomy and physiology of lactation
- Composition of human milk
- Hormones of lactation, insufficient milk syndrome
- Examination of effect on milk supply of nicotine, alcohol, contraceptives, use of pacifiers & bottles, engorgement, fluid intake, and diet
- Hypoglycemia and hyperbilirubinemia and supplementation
- Medical significance of breastfeeding for the mother and infant
- Problems with infant formulas
- How to discuss breastfeeding with pregnant women
- The hospital experience: labor and delivery
- Infant self-attachment
- Collaborative feeding, infant feeding cues, normal suckling, assessing breastfeeding, strategies to use with infants who present with attachment problems
- Enhanced effectiveness in lactation counseling, with a focus on counseling skills
- The high criticality of early support within the traditional “zone of professional unavailability”
- Sociologic and psychologic issues impacting breastfeeding
- Strategies for premature and ill infants, late term premies, multiples (twins, triplets, quads), babies with Down Syndrome, cleft lip and palate
- Breast problems (sore nipples, plugged ducts, mastitis, abscess, etc.)
- Maternal nutrition
- Effect of various foods on the nursing infant
- Postpartum mood disorders and breastfeeding
- Fertility in breastfeeding women: Lactational Amenorrhea Method, birth control, oral contraceptives
- Working and breastfeeding
- Medical problems of the mother and contraindications to breastfeeding
- Common concerns after the early weeks: developmental ages and stages in breastfeeding and child nutrition
- Weaning, nursing older babies & toddlers, breast refusal, nursing strike
- Nursing during pregnancy
- Scope of practice: professional responsibilities, ethics, and role delineation
- The Baby-Friendly Hospital Initiative in the US

About ALPP and the CLC Certification Exam

The Academy of Lactation Policy and Practice (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. The American National Standards Institute (ANSI) has accredited the CLC certification program based on the ISO/IEC 17024 Standard.

In agreement with Healthy Children Project, Inc., ALPP will administer the exam on the last day of the course. ALPP will notify you in writing of your examination results within 6 to 8 weeks of taking the examination.

Requirements for CLC Designation

- Successfully complete a training program approved by ALPP (see www.alpp.org for a list of approved providers)
- Pass the CLC Examination administered by ALPP, and
- Agree to comply with the ALPP CLC Program requirements, including the Code of Ethics

Candidates who meet these requirements will be authorized to use the certification marks Certified Lactation Counselor and CLC. Certification is valid for three years. In order to renew, CLCs must provide a minimum of 18 appropriate contact hours prior to the expiration date.

Faculty

All Healthy Children Inc.'s faculty are at the top of the lactation field and have many years' experience. Our faculty holds advanced degrees, sits on local and national boards, works with mothers and babies in a variety of settings, has numerous published articles, teaches college courses, and is continuously engaged in the national conversation about the field of lactation and its implications for maternal child health.

Please visit the website:

www.centerforbreastfeeding.org for a complete listing of our faculty members and their bios.

CLC certification means that a person has received training and competency verification in breastfeeding and human lactation support, including assessing the latching and feeding process, providing corrective interventions, counseling mothers, understanding and applying knowledge of milk production including in special circumstances and other commonly encountered situations.

Cancellations

If you are selected for the training and determine you cannot attend the training, we require up to 2 weeks written notice of cancellation prior to class start date. Notice is required so we are able to extend an invitation for another interested party to attend the training. **If you cancel after the deadline, you may be required to reimburse DPH the cost of tuition, which is \$500.00.**

Babies and Children

We love the sound of little ones; however, our goal is to give all course participants the optimal learning experience. Quietly nursing babies (6 months or younger) are allowed in the classroom during the course only. They may not be present during the exam. Older babies and children are not permitted during class or test sessions.