The Lactation Consultant Training Course
Core – Phase I

45 Nursing Contact Hours, L-CERPs and CPEUs awarded

- Anatomy and physiology
- Infant Oral Anatomy
- Composition of Human milk
- Infant Assessment, Growth & development
- Nutrition during Lactation
- Initiating Breastfeeding: Facilitators and Barriers
- Initiating Breastfeeding: A Biological Perspective
- Essentials of Positioning and Latch-on
- Impact of culture
- Breast Pumps and Manual Expression
- Breastfeeding Multiples
- Jaundice
- Allergies in the breastfeeding infant
- Breastfeeding the Infant with Medical Challenges
- Breastfeeding the The Late Preterm Infant
- Breastfeeding the Premature Infant
- Slow weight gain in the Breastfed Infant
- Breastfeeding the Older Nursling and Weaning
- Maternal Disease in Lactation
- Infectious Disease in the Breastfeeding Mother
- Engorgement and Mastitis
- Sexuality and the Breastfeeding Family
- Augmentation and Reduction Surgery
- Drugs and the Breastfeeding Mother
- Herbals and the Breastfeeding Mother
- Teaching so Parents Learn
- Final Exam 75 questions with references

The Lactation Consultant Training Course
Core – Phase II

45 Nursing Contact Hours, L-CERPs and CPEUs awarded

- Counseling Skills
- Breastfeeding Multiples
- Formula feeding
- Maternal Recovery
- The Employed Breastfeeding Mother
- Documentation for the Lactation Consultant
- Milk Banking
- Professional Development
- The Politics of Breastfeeding
- Re-lactation and Induced lactation
- Interpretation of Breastfeeding Research
- Ethical Considerations for Lactation Consultants
- Legal and Ethical Concerns
- Clinical Skills Online
  - Initiating Breastfeeding: A Biological Perspective
  - Essentials of Positioning and Latch-on
  - Clinical Skills Videos
  - Anatomy of a Consult
  - Case Studies
- Clinical Practice Area Interviews
  - Interviews with practicing lactation consultants to obtain an “insider’s view” of work as a LC
- Final exam 50 questions with references
Course format

Video instruction (webcast) of about 2 hour by a variety of experienced instructors
Printable power point presentation outline so you can follow along with the lecture and take notes if you choose.

Bibliography

Post-test of 5 questions at the end of each lesson
Final exam upon completion of all lessons (may be retaken if necessary. Format like the IBLCE certification exam for your practice).

Which program to choose

The Lactation Consultant Training Program – Enriched (90 hours)

- You want a comprehensive course to qualify for the IBLCE certification exam

The Lactation Consultant Training Program Core – Phase I (45 hours)

- You are new to breastfeeding support
- You want to see if this field is something you are interested in
- You are in need of quick training in order to apply for employment

The Lactation Consultant Training Program Core – Phase II (45 hours)

- You already have 45 hours of lactation training and need an additional 45 hours to qualify for the IBLCE certification exam
- You are already an IBLCE but need a substantial number of CERPs to become re-certified
Our Faculty

We are proud of our faculty. They each have been carefully chosen to present topics which are their special areas of expertise. This gives the program very high quality and depth of content. They are all experienced lactation consultants, nurses, nurse practitioners, dieticians, midwives, and physicians. Each provides their unique expertise, wealth of experience and many have taught in this program since its inception in 1990. They represent over 200 years of experience in a variety of clinical settings!

Vergie Hughes RN MS IBCLC
Program Director, Lactation Education Resources
Tracys Landing, MD

Lou Lamb RN MSN IBCLC
Lactation Consultant, Martha Jefferson Hospital, Charlottesville, VA

Jane Bradshaw RN BSN IBCLC
Lactation Consultant, Best Start Parenting Center, Private Practice Lynchburg VA

Liz Brooks JD IBCLC FILCA
Private Practice
Wyndmoor, PA

Kathleen Buckley RN PhD IBCLC
University of Maryland, School of Nursing
Baltimore, MD

Geraldine Fitzgerald RN CPNP IBCLC
Honey Suckle Private Practice
Garrett Park, MD

Cheryl Harrow RN FNP IBCLC
Johns Hopkins Bayview Medical Center
Baltimore, MD

Anamika Krishna MSW IBCLC
Lactation Consultant, Sibley Memorial Hospital
Washington DC

Karen Rechnitzer RN IBCLC
Lactation Consultant, Fair Oaks Hospital
Fairfax, VA

Angela Love-Zaranka IBCLC RLC
Lactation Consultant, DeWitt Army Hospital
Ft Belvior, VA

Susan Hatcher RN BSN IBCLC
HealthSource for Women, Private practice, Chesapeake, VA

Kelly Benson-Vogt MA CCC/SLP
Speech-Language Pathologist
Pediatric and Speech Solutions
Shepardstown, WV

Frank Nice RPh DPA
Pharmacist, Author of Nonprescription Drugs for the Breastfeeding Mother. Food & Drug Administration Rockville, MD

Linda Rogowsky RN BSN MS IBCLC
Lactation Consultant, Virginia Hospital Center
Arlington, VA