



## United South and Eastern Tribes, Inc.

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### **USET INVITES YOU TO ATTEND A LACTATION COUNSELOR TRAINING COURSE**

**Sponsored by USET and provided by:**



**Who should attend:** Nurses • Public Health / WIC • Childbirth Educators • Doulas • Pediatricians • Family Practice Physicians • OB / GYNs • Midwives • Perinatal Outreach Workers • IBCLCs earning CERPs • La Leche League Leaders • Speech / Language and Occupational Therapists

**Why you should attend:** The Lactation Counselor Training Course is a comprehensive, evidence-based, breastfeeding management course that includes practical skills, 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 and trains participants in how to gain insight into clients' problems with a strong focus on counseling skills.

**What you will learn:**

1. Comprehensive breastfeeding management training
2. Strategies to make breastfeeding a success
3. Strategies and tips for special circumstances (e.g., premies, Downs, newborns affected by drugs)
4. How to talk with mothers in a way that encourages them to choose breastfeeding
5. Public health/WIC strategies that work to increase breastfeeding success

**What is your cost:** **FREE** (based on available funding)

**USET** will sponsor up to two representatives per Tribe (pending funding availability) to attend the 5-day "**Lactation Counselor Training**" course and take the **Certified Lactation Counselor** certification exam. Upon completion of the course, USET will provide:

- Reimbursement for the course registration fee, textbook, and exam fee.
- A travel stipend of \$1,500 to help offset travel costs.

*(Dates/locations and instructions on next page)*

## How to Register:

1. Send the following information to Vicki French ([vfrench@usetinc.org](mailto:vfrench@usetinc.org)):
  - a. Participant's name
  - b. Participant's title
  - c. Participant's credentials
  - d. Training dates/location (select from list below)

USET will approve the request if funding is available. Requests will be approved on a first-come, first-served basis.

2. Once USET has approved your request, register for the course at <https://services.capecod.cc/healthychildren/signup/index.cfm?regform=clcus> or using the attached registration form.
3. After completing the course, send proof of examination to Vicki French ([vfrench@usetinc.org](mailto:vfrench@usetinc.org)) and USET will provide reimbursement for the course registration fee, textbook, and exam fee, as well as a travel stipend of \$1,500 to help offset travel costs.

## Where and When: Multiple locations and dates.

Portland, ME	June 6-10	Bronx, NY	August 1-5
Naperville, IL	June 6-10	Cincinnati, OH	August 8-12
Indianapolis, IN	June 6-10	Cheverly, MD	August 8-12
Cookeville, TN	June 13-17	Madison, WI	August 15-19
Mishawaka, IN	June 13-17	Savannah, GA	August 15-19
Champaign, IL	June 20-24	New York City, NY	August 15-19
Sanford, FL	June 20-24	Baton Rouge, LA	August 22-26
Macon, GA	July 11-15	Jackson, MI	August 22-26
Maryville, IL	July 18-22	Bushnell, FL	September 12-16
Oregon, OH	July 25-29	Naperville, IL	September 12-16
Marietta, GA	July 25-29	Providence, RI	September 12-16
Columbia, SC	August 1-5	Worcester, MA	September 19-23

**Please Note:** As this is a certification class, participants must attend the full five days. The Center for Breastfeeding has a very strict attendance policy. Please see the attached flyer for more information.

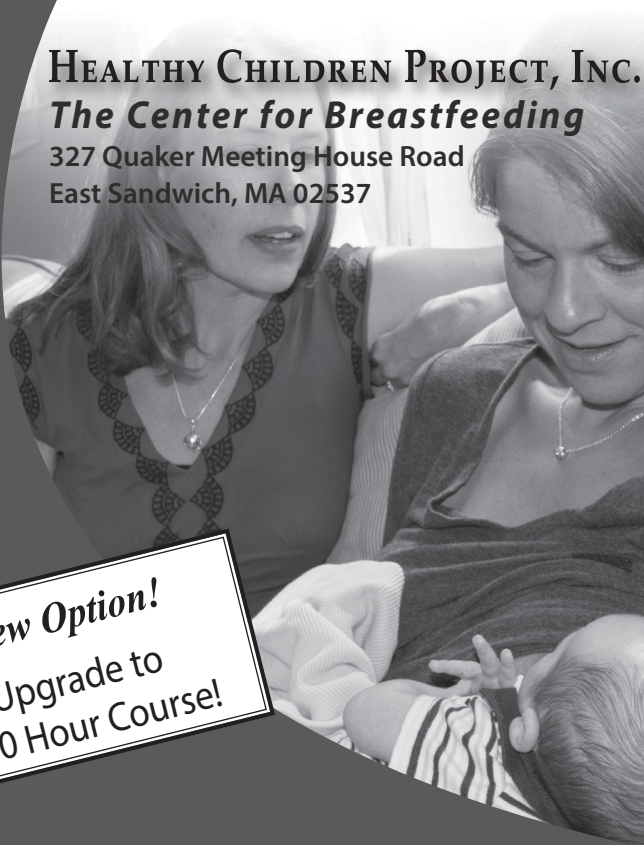
**Questions?** Please contact Vicki French at [vfrench@usetinc.org](mailto:vfrench@usetinc.org) or 615-467-1578.

*“Because there is strength in Unity”*



# HEALTHY CHILDREN PROJECT, INC. *The Center for Breastfeeding*

327 Quaker Meeting House Road  
East Sandwich, MA 02537



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SANDWICH MA 02563  
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RETURN SERVICE REQUESTED

TIME SENSITIVE MATERIAL

**New Option!**  
Upgrade to  
a 90 Hour Course!

## Winter-Spring 2016 Lactation Counselor Training Schedule

**International Breastfeeding Conference**  
Orlando FL , January 11-15

**Community Breastfeeding Educator**  
Lakeland, FL January 20-22

**Learn to Teach the 20-Hour Course**  
Sacramento, CA February 15-19

**Maternal and Infant Assessment**  
Sacramento, CA March 21-23  
Landstuhl, Germany March 23-25  
Tampa, FL March 30-April 1

**Advanced Issues in Lactation Practice**  
Landstuhl, Germany March 28-April 1  
Gillette, WY June 20-24

### **Bring this Course to Your Facility**

As part of Healthy Children Project'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 prepaid registration fees, please call (508) 888-8044 and ask for Mary.

### **Who should attend the Lactation Counselor Training Course?**

Anyone who wants to obtain a strong, up-to-date, evidence based foundation in breastfeeding knowledge and skills, and achieve the National Certification as a Certified Lactation Counselor (CLC®).

Attendees have a wide range of backgrounds and experience in supporting breastfeeding families:

- Nurses
- Public Health / WIC
- Childbirth Educators
- Visiting Nurses
- Pediatricians
- OB / GYNs
- Midwives
- Peer Counselors
- La Leche League Leaders
- Nursing Mothers Counsel Members
- Speech / Language and Occupational Therapists
- People interested in sitting for the IBCLC exam
- People interested in ALC/ANLC Certification
- Hospital Staff
- Public Health Nurses
- Doulas
- LPNs
- Family Practice Physicians
- Breastfeeding Advocates
- Perinatal Outreach Workers
- IBCLCs earning CERPs

The Lactation Counselor Training Course will afford you the opportunity to take the core competencies, the Lactation Assessment Tool Competency (LAT), and the exam to become a Certified Lactation Counselor® (CLC®) as designated through the Academy of Lactation Policy and Practice (ALPP). Research has shown that when healthcare providers take a course such as the Lactation Counselor Training Course and change practice, breastfeeding exclusivity and duration rates increase!

# LACTATION COUNSELOR TRAINING COURSE

## 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. If a participant misses more than 15 minutes they will be ineligible 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 45 Contact Hours for RNs (if a participant opts out of the exam they will be awarded only 40 hours)
- ⊙ Provider approved by the California Board of Registered Nursing, Provider #: CEP4931, for 45 contact hours.
- ⊙ Florida Provider #: FBN3373
- ⊙ Eligible for 4.5 CEUs for CNMs; American College of Nurse Midwives program number 2013/016
- ⊙ IBCLCs will receive 45.0 L-CERPs from IBLCE. Long-term provider #CLT108-06
- ⊙ Approved for RDs by the Commission on Dietetic Registration for 45 CPEs, Level 2.
- ⊙ The content and objectives in this course cover the blueprint for lactation practice as laid out by IBLCE and awards 45 of the L CERPs needed to qualify for the International Exam.
- ⊙ 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.
- ⊙ Optional upgrade to a 90 hour course - 45 L CERPS and contact hours to do at home.



### ANCC Nursing Skills Competency

- ⊙ The Lactation Counselor Training Program is an ANCC accredited Nursing Skills Competency Program for RNs.
- ⊙ Competency Validation: The ANCC Nursing Skills Competency certificate is only awarded to Registered Nurses (RNs) who meet all of the clinical competencies throughout the week and pass the exam.
- ⊙ ANCC Nursing Skills Competency Expiration Date: 06/01/2016



### Text Book

*The Pocket Guide for Lactation Management, 2<sup>nd</sup> edition* will be used during class and for homework. Participants may share books. This textbook can be purchased as you register, through our website, or from Amazon.com.

### Confirmations and Information

The exact location and local overnight accommodations will be emailed to registrants once the offering has been confirmed with a minimum number of participants. **Please delay purchase** of any travel arrangements including airline tickets until a training has been confirmed in writing. Your confirmation is your receipt. Travel, lodging, meals, and snacks are the participants' responsibility.

### Discounts

**Group discounts** are not given retroactively. It is your responsibility to find out the number of people from your agency who are attending the training program. **Early bird discounts** are not given retroactively. To be eligible to receive an early bird discount, your check or credit card information must be received **4 weeks (28 days) prior** to the training.

## Course curriculum will include:

- 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

### Faculty:

All of the Healthy Children faculty are at the top of the lactation field and have many years experience. Our faculty hold advanced degrees, sit on local and national boards, work with mothers and babies in a variety of settings, have numerous published articles, teach college courses, and are 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](http://www.centerforbreastfeeding.org) for a complete listing of our faculty and their bios.

## About the CLC Certification Exam

Founded in 1999, The Academy of Lactation Policy and Practice (ALPP) is dedicated to improving the foundation of breastfeeding comprehension and understanding throughout the United States by providing lactation professionals opportunities to sit for National Certification designations. The CLC® designation is ANSI accredited, a process (based on the ANSI/ISO/IEC 17024 standard) designed to increase the integrity, confidence, and mobility of certified professionals. For more information please see ALPP's website [www.talpp.org](http://www.talpp.org) or call (508) 833-1500.

### Certified Lactation Counselor® (CLC) designation

In order to achieve the designation of Certified Lactation Counselor (CLC®), you must meet all criteria and pass the written exam and the Lactation Assessment Tool Competency administered by The Academy of Lactation Policy and Practice (ALPP). In agreement with Healthy Children Project, Inc., ALPP will administer the exam on the last day of the course. If you would like to take the exam, you must mark the appropriate box on the registration form and submit payment. Upon completion of the exam, ALPP will notify you of your results in writing within 6-8 weeks.

### Requirements for CLC Designation

- ☉ Candidates must successfully complete an appropriate, eligible training program. See the ALPP candidate handbook.
- ☉ Candidates must pass the exam and competencies administered by the Academy of Lactation Policy and Practice.
- ☉ Candidates must comply with the ALPP Code of Ethics.
- ☉ Candidates who meet these requirements will be authorized to use the certification marks "Certified Lactation Counselor" and "CLC®."

### CLC Certification

- ☉ Certification as a Certified Lactation Counselor (CLC®) by the Academy of Lactation Policy and Practice is valid for three years. Re-certification must be completed through ALPP every three years with 18 appropriate Contact Hours.

### ANSI

- ☉ The CLC certification is accredited by the American National Standards Institute (ANSI) based on the ISO/IEC 17024 standard.

### PLEASE NOTE:

#### Refunds

Refunds are given upon receipt of **written notice up to 10 days prior to class start date** and are subject to a \$50 processing fee. Less than 10 days prior to class start date, we are unable to refund any portion of the tuition. You may find a substitute or transfer your credit to a future course if you notify us in writing **no later than 5 p.m.** on the Thursday prior to class start date. No refunds or transfers are given after the Thursday deadline.

#### Limited Space

Space is limited and offerings may fill to capacity months before the class date. Participant seats are not reserved until full payment is received and written confirmation is sent. Your confirmation is your receipt.

#### Cancellations

Healthy Children Project, Inc. reserves the right to cancel the offering if there is insufficient participation 4 weeks before the start. In that case, all tuitions and fees will be refunded in full.

#### Credit Card Charges

Credit card charges will appear on your statement as Healthy Children Project, Inc.

#### Babies and Children

Babies and children will not be admitted to the teaching room except for quietly nursing babies under 6 months; however, **babies are not permitted in the classroom during the administration of the exam.** Please call for the full policy.

#### Errors and Omissions

Healthy Children Project, Inc. makes continuing efforts to avoid incorrect dates or locations, omissions, and typographical errors. From time to time, mistakes may occur. In such an event, Healthy Children Project does not assume any responsibility for such errors, and is no way responsible for any consequential expenses or damages.

## Program Registration Form

Please print your name legibly so that it will be spelled correctly on your training documents. You may register online ([www.centerforbreastfeeding.org](http://www.centerforbreastfeeding.org)), by mail, fax, or phone.

Name \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ + \_\_\_\_\_

Phone \_\_\_\_\_

Email for confirmation \_\_\_\_\_

City you want to attend \_\_\_\_\_

### Continuing Education Credit

( ) RN license #: \_\_\_\_\_

( ) RD #: \_\_\_\_\_

( ) CNM# \_\_\_\_\_

( ) IBCLC #: \_\_\_\_\_ Exam Date \_\_\_\_\_

### Regular Tuition (per person)

( ) \$625 ( ) \$575 Early Bird \*

### Group Tuition (per person) - 4 or more people from same agency

( ) \$575 ( ) \$525 Early Bird\*

Agency or Group Name \_\_\_\_\_

\* Early Bird: an early registration discount of \$50 is available if your check or credit card information is **received 4 weeks (28 days) prior** to the training.

### Application and Exam Fees (per person)

The Certified Lactation Counselor Exam is administered by the Academy of Lactation Policy and Practice (ALPP)

( ) \$120 (includes Certified Lactation Counselor® exam fee of \$100, plus application fee of \$20)

### Textbook

( ) \$55 Pocket Guide for Lactation Management, 2<sup>nd</sup> edition

### Additional Hours

( ) \$350 Optional Additional 45 hours (must be combined with full course and exam)

### Payment Information

We are unable to hold a place without payment or a purchase order number

### Total Amount Due

( ) Check enclosed (make checks payable to Healthy Children Project, Inc.)

( ) PO Number (\$25 Fee per person) \_\_\_\_\_

There is a \$25 per person surcharge to use a PO or invoice / bill your agency.

( ) Credit Card Visa/MC/Amex/Discover

Expiration \_\_\_\_/\_\_\_\_ VCode \_\_\_\_\_

The VCode is the 3-digit code on the back of MC, Visa, Discover, and a 4-digit code on the front of Amex

Signature \_\_\_\_\_

Billing Address \_\_\_\_\_

Phone number of card holder \_\_\_\_\_

### Send to: The Center for Breastfeeding

Healthy Children Project, Inc.

327 Quaker Meeting House Road

East Sandwich, MA 02537

Tel: (508) 888-8044 | Fax: (508) 888-8050

[www.centerforbreastfeeding.org](http://www.centerforbreastfeeding.org)





# The Center for Breastfeeding

a major focus of HEALTHY CHILDREN PROJECT, INC.

defining the field of research based breastfeeding education and ethical, evidence-based breastfeeding practice

- a non-profit research and educational institution

## Lactation Counselor Training Course and CLC® Certification Exam Winter-Spring 2016

### The Lactation Counselor Training Course is a

comprehensive, evidence-based, breastfeeding management course that includes practical skills, 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 and trains participants in how to gain insight into clients' problems with a strong focus on counseling skills. The Lactation Counselor Training Course is recognized by ANCC as a Nursing Skills Competency Program for RNs.



### The Certified Lactation Counselor (CLC)®

certification is the premier national certification in Lactation Management for the United States. CLC certification holders have demonstrated competence in the lactation skills, knowledge, and attitudes that are essential to helping women. CLC's 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.

Metairie, LA	January 25-29
St. Augustine, FL	February 1-5
Oceanside, CA	February 1-5
Lubbock, TX	February 8-12
Chambersburg, PA	February 8-12
Miami, FL	February 15-19
Jonesboro, GA	February 15-19
Mt. Vernon, IL	February 22-26
Reno, NV	February 22-26
Metairie, LA	Feb 29-March 4
Tulsa, OK	Feb 29-March 4
Cincinnati, OH	March 7-11
Rutland, VT	March 7-11
Naperville, IL	March 7-11
Hartford, CT	March 14-18
Panama City, FL	March 14-18
Milwaukee, WI	April 4-8
Starkville, MS	April 4-8
Springfield, IL	April 11-15
Omaha, NE	April 11-15
Bemidji, MN	April 11-15
Memphis, TN	April 18-22
Longmont, CO	April 18-22
Tiffin, OH	April 25-29
Las Vegas, NV	April 25-29
Alexandria, LA	April 25-29
Gillette, WY	May 2-6
Hinsdale, IL	May 2-6
Sacramento, CA	May 9-13
Fayetteville, NC	May 9-13
Henderson, TN	May 16-20
Bismarck, ND	May 16-20
Louisville, KY	May 23-27
Spartanburg, SC	May 23-27
Ashland, WI	May 23-27
Portland, ME	June 6-10
Naperville, IL	June 6-10
Indianapolis, IN	June 6-10
Cookeville, TN	June 13-17
Mishawaka, IN	June 13-17
Champaign, IL	June 20-24
Sanford, FL	June 20-24

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www.centerforbreastfeeding.org  
www.healthychildren.cc