

Training to Become a Lactation Consultant with *Lactation Education Resources*



Course format

Video instruction lessons ([webcast](#)) of about 1-2 hours each by a variety of experienced instructors.

Printable power point presentation handout so you can follow along with the lecture and take notes if you choose. (In a 2 per page and a 6 per page format)

Bibliography

Other handouts attached to the lesson as appropriate

Brief post-test at the end of each lesson

Final exam upon completion of all lessons (may be retaken if necessary). Formatted like the IBLCE certification exam with more than ½ of the questions containing pictures for your practice.

Which program to choose

[The Lactation Consultant Training Program – Enriched \(90 hours\)](#)

- You want a comprehensive lactation training course to qualify for the IBLCE certification exam
- The Breastfeeding Specialist Certificate is awarded at the successful completion of this course. This trademarked certificate is good for 5 years.

[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 to pursue
- You are in need of quick training in order to apply for employment
- The Breastfeeding Specialist Certificate is available at the successful completion of this course. This trademarked certificate is good for 5 years.

[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 have taken Core Phase I and are now ready to complete the training
- You are an IBCLC in need of a substantial number of CERPs to become re-certified



Lactation Education Resources

Course Syllabus

[The Lactation Consultant Training Course](#)

[Core – Phase I](#)

45 Nursing Contact Hours, L-CERPs and CPEs awarded

- Initiating Breastfeeding: A Biological Perspective
- Initiating Breastfeeding: Facilitators and Barriers
- Essentials of Positioning and Latch-on
- Anatomy and Physiology
- Composition of Human milk
- Jaundice and Breastfeeding
- Engorgement and Mastitis
- Breastfeeding Multiples
- Maternal Recovery
- Breastfeeding the Late Preterm Infant
- Breastfeeding the Premature Infant
- Breastfeeding the Infant with Medical Challenges
- Nutrition for Nursing Mothers
- Medications and the Breastfeeding Mother
- Herbals and the Breastfeeding Mother
- Augmentation and Reduction Surgery
- Maternal Infectious Disease
- Maternal Disease in Lactation
- Breast Pumps and Manual Expression
- Formula Feeding
- Anatomy of a Lactation Consult
- Clinical Skills Videos
- Case Studies 1, 2, 3, 4, 5

- Final Exam 80 questions with references

[The Lactation Consultant Training Course](#)

[Core – Phase II](#)

45 Nursing Contact Hours, L-CERPs and CPEs awarded

- Infant Oral Anatomy
- Infant Assessment, Growth & Development
- Counseling Skills
- Allergies in the Breastfeeding Infant
- Gastroesophageal Reflux Disease
- Slow Weight Gain in the Breastfed Infant
- Re-lactation and Induced Lactation
- Obesity and Lactation
- When Breastfeeding Fails
- Impact of Culture
- Partners and Breastfeeding
- Safe Sleep
- Sexuality and the Breastfeeding Family
- The Employed Breastfeeding Mother
- Interpretation of Breastfeeding Research
- Professional Development
- Teaching Breastfeeding Classes
- Social Media
- The Politics of Breastfeeding
- Breastfeeding in Disasters
- Legal and Ethical Concerns for the IBCLC
- The Breastfeeding LGBTQI family
- Milk Banking
- Breastfeeding the Older Nursing and Weaning
- Comprehensive Review of Infant Suck

- Clinical Practice Area Interviews (Bonus / optional)
 - Interviews with practicing lactation consultants to obtain an “insider’s view” of work as a LC

- Final exam 65 questions with references



The Lactation Consultant Training Course – Enriched

90 Nursing Contact Hours, L-CERPs and CPEs awarded

- Initiating Breastfeeding: A Biological Perspective
- Initiating Breastfeeding: Facilitators and Barriers
- Essentials of Positioning and Latch-on
- Anatomy and Physiology
- Infant Oral Anatomy
- Composition of Human Milk
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- Engorgement and Mastitis
- Breastfeeding Multiples
- Breastfeeding the Late Preterm Infant
- Breastfeeding the Premature Infant
- Breastfeeding the Infant with Medical Challenges
- Slow Weight Gain in the Breastfed Infant
- Maternal Recovery
- Nutrition During Lactation
- Medications and the Breastfeeding Mother
- Herbals and the Breastfeeding Mother
- Augmentation and Reduction Surgery
- Re-lactation and Induced Lactation
- Infectious Disease in the Breastfeeding Mother
- Maternal Disease in Lactation
- Obesity and Breastfeeding
- When Breastfeeding Fails
- Impact of Culture
- Partners and Breastfeeding
- Safe Sleep
- Sexuality and the Breastfeeding Family
- The Employed Breastfeeding Mother
- Anatomy of a Consult
- Clinical Skills Videos
- Case Studies 1, 2, 3, 4, 5
- Interpretation of Breastfeeding Research
- Professional Development
- Teaching Breastfeeding Classes
- Social Media and Lactation
- The Politics of Breastfeeding
- Breastfeeding in Disasters
- Legal and Ethical Concerns for the IBCLC
- Breast Pumps and Manual Expression
- The Breastfeeding LGBTQI
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- Breastfeeding the Older Nursing and Weaning
- Comprehensive Review of Infant Suck
- Clinical Practice Area Interviews (Bonus / Optional)
Interviews with practicing lactation consultants to obtain an “insider’s view” of work as a LC
- Final exam 100 questions with references



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, dietitians, 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 combined experience in a variety of clinical settings!

Vergie Hughes RN MS IBCLC FILCA

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Distinguished Author, Educator, Researcher

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Pharmacist, Author of Nonprescription Drugs for the
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