

**Bright Future
Lactation
Resource
Centre**

Prepare for the IBLCE
Lactation Consultant
Examination

**Comprehensive
Lactation Consultant
Exam Preparation
Course**



**April 2-4 and
16-18, 2020**

NEW! 90 CERPS

Cincinnati Birth Center

**Lactation Management
Course**

This course is a comprehensive review of the skills and knowledge needed for evidence-based professional lactation consultant practice. The course will help prepare candidates for the certification examination sponsored by the International Board of Lactation Consultant Examiners (IBLCE).

Six days of instruction and 54 hours of independent-study clinical exercises conclude with a practice exam to identify strengths and gaps in skill and knowledge. Interactive activities, slides and videos, and skill-building techniques create a uniquely warm and supportive learning environment.

**Bright Future Lactation
Resource Centre's mission is
Supporting the People who
Support Breastfeeding**

Linda J. Smith, MPH, IBCLC

Author of 4 lactation textbooks; internationally-known speaker & consultant; delegate to the United States Breastfeeding Committee



Course Objectives and Accreditation

Upon completion* of the course, participants will be able to:

1. Explain the biological processes involved in breastfeeding and human lactation
2. Describe psychological, sociological, and cultural issues affecting breastfeeding families
3. Explain pharmacological principles affecting the breastfeeding dyad
4. Interpret research findings that pertain to lactation and the mother-baby breastfeeding dyad
5. Discuss Legal, ethical, and professional issues of lactation consultant practice
6. Describe public health aspects and implications of breastfeeding
7. Explain normal and abnormal variations and conditions pertinent to the course of lactation
8. Demonstrate appropriate counseling skills that support breastfeeding



- women
9. Demonstrate clinical assessment, management skills, & use of breastfeeding equipment
10. Demonstrate test-taking strategies by completing a simulated examination

**Participants must complete 54 hours of clinical exercises as part of this comprehensive course.*

The 2020 Comprehensive course is approved for **90 CERPs** by the International Board of Lactation Consultant Examiners (IBLCE) and is approved by the Lactation Education Accreditation and Approval Review Committee (LEAARC).

Course Agenda

Day 1: 9 am to 5 pm: Overview; principles of lactation management; breast anatomy and milk synthesis; infant physiology, suck, and milk transfer including positioning and latch-on at breast; assessing a breastfeed; skills practice. *(Please bring a newborn-size doll for skills practice)*

Day 2: 9 am to 5 pm: Biochemistry of human milk; short and long-term affects of infant diet and feeding; milk collection & storage, donor milk banking; pharmacology and maternal medications; global policies; resources and educational tools.

Day 3: 9 am to 5 pm: Lifecycle of the mother-baby dyad and breastfeeding relationship; growth patterns; family foods; weaning; sleep issues; politics of breastfeeding including WHO Code; legal and ethical issues, LC role and scope of practice guidelines.

Day 4: 9 am to 5 pm: Breast pathology; clinical skills: ABC protocol, problem assessment; equipment and technology; communication & counseling skills.

Day 5 9 am to 5 pm: : Special babies and infant illness, Prematurity, jaundice, allergy, supplementation, establishing and restoring breastfeeding, case studies and action plans; Maternal health issues during lactation, fertility, multiple births, social and cultural issues, employment.

Day 6: 9 am to 5 pm: Interpretation of research & statistics; course review; implementation in practice settings; submission of clinical exercises; test-taking and study strategies; practice exam, scoring and discussion; course evaluation.

BRIGHT FUTURE LACTATION RESOURCE CENTRE

6540 Cedarview Court, Dayton Ohio 45459-1214

937-438-9458 Lindaj@bflrc.com www.BFLRC.com

The Cincinnati Birth Center has provided meeting room space for this course. The Center is not responsible in any way for any aspect of the course content, tuition, or registration. The Center is located at 841 Lincoln Ave, Cincinnati Ohio 45206; telephone (513) 399-7263. Meals and lodging are available nearby, and more information will be sent with registration confirmations.

Please DO NOT contact the Birth Center for course information.

Early registration is advised, as course size is limited. Registrations must be accompanied by tuition. Cancellations must be made in writing; those cancellations received less than 14 days prior to the course start date will be assessed a \$25 fee. No refunds will be made after the course has begun, for partial attendance, or for no-shows.

Confirmation, lodging information, and reading recommendations will be sent by mail. All meals and snacks are "on your own." The course materials are protected by international copyright laws. Photographic and/or electronic recording is prohibited. Exceptions must be requested in writing in advance.

**Clinical exercises must be completed within a specific period.*

BFLRC supports the *Innocenti Declaration* and recognizes that observing real babies and their mothers is a central part of breastfeeding education. Therefore breastfeeding babies are welcome to remain with their mothers during the entire course. The classroom is not suitable for mobile toddlers or loud children.

Registration

Name (please print legibly)

Organization or affiliation

Credentials (RN, RD, etc)

SSN (required for CERP credit)

Professional License # and state

Home Address

City, State, Zip

E-mail

Home Phone

Work Phone

Mobile Phone

Tuition 975.00*

** Includes ~500-page syllabus*

Check enclosed

Visa or Master Card

Credit Card # (we accept Visa or MasterCard only)

Exp. date

Signature