

Alaska WIC offers The Lactation Counselor Certificate Training Program (CLC) by The Center for Breastfeeding

The training will be in Anchorage, Alaska the week of August 30th through September 3rd, 2010. This training program will be held over 5 days, from 8:15am to 5:00pm, with a lunch break (on your own) from 12:00pm to 1:30pm. In addition, 6 hours of assignments and competency verification must be completed during lunchtime or after class during the week. *The Pocket Guide for Lactation Management* will be used during class and for homework. This textbook will be provided to you at the training. Participants must attend all sessions to receive contact hours and be eligible to sit for the exam. On the fifth day of the training program, a Lactation Counselor Certification Exam is administered by the Academy of Lactation Policy and Practice (ALPP). A certificate, valid for three years, is awarded by ALPP and ANCC upon successful completion of course competencies, including the exam.

Training Curriculum

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

For questions about the training please contact afdr@uaa.alaska.edu or call 907-786-1462.