

## CLS – Monday

Equity Lens & Terminology  
History of Breastfeeding  
Anatomy of the Breast  
Composition of Human Milk  
Normal Breastfeeding  
Infant Assessment & Conditions  
Becoming a CLS  
Counseling  
Physiology of Milk Production  
Promotion & Classes

## CLS – Tuesday

Eleven Steps to Successful Breastfeeding  
Prime Time: The Important First Hour  
Latch, Suck, Milk Transfer, and Positioning  
Sore Nipples/Raynaud's/Yeast  
Research  
Engorgement  
Plugged Ducts/Mastitis  
Postpartum Mood Disorders  
Supporting All Parents in Lactation (Diversity & Inclusivity)  
Maternal Conditions

## CLS – Wednesday

Hypoglycemia  
Jaundice  
Late Preterm and Preterm Infant  
Pumping  
Tongue Tie  
Alternative Feeding Methods  
Epidemiology  
Medications/Herbs  
Abuse & Trauma Informed Care  
Taking a Complete History/Doing a Consult

## CLS – Thursday

Growth & Development  
Nutrition  
Review Questions  
Fussy Baby

Co-Sleeping/SIDS

Perception of Low Milk Supply, Low Milk Supply, & Low Weight Gain

Ethics

Teens

Slide Review

CLS – Friday

Exam Prep

Exam

Interactive Consults/Scenarios

Working Venues

Second Night & Parenting

IBLCE

Baby Behavior

Culture & Cultural Humility

Lactation Case Studies

Formula

Facilitating Change/Burnout