

Topical Outline for Certified Lactation Specialist Course – 2021

Day One

History of Breastfeeding
Anatomy & Physiology of the Breast
Composition of Human Milk
Infant Assessment and Conditions
Counseling Techniques
Normal Breastfeeding
Promotion and Teaching Breastfeeding; Dispelling Myths

Day Two

Eleven Steps to Successful Breastfeeding
Prime Time – The Important First Hour
Latch, Suck, Milk Transfer & Positioning
Sore Nipples
Research
Plugged Ducts, Mastitis
Epidemiology & Public Health Priorities
Maternal Conditions Impacting Breastfeeding
Baby Behavior

Day Three

Preterm and Late Preterm Infants
Hypoglycemia
Sexual Abuse and Trauma Informed Care
Pumping – Working When Breastfeeding
Tongue Tie
Alternative Feeding Methods
Hyperbilirubinemia
Medications & Herbs
Post Partum Mood Disorders
Taking a Complete History/Doing a Consultation

Day Four

Growth and Development
Nutrition
Fussy Baby
Co-sleeping/SIDS
Low Weight Gain/Low Milk Supply
Ethics
Teens

Day Five

Slide Review
Working Venues
Second Night & Parenting
Lactation Scenarios with Photos
Culture/Diversity
Formula Feeding
Facilitating Change/Burnout/Compassion Fatigue