



20 Hour Lactation Educator™

CAPPA CLE Course

Course Objectives 2015-2016

Taught by Jodi Krentzman, CLE, CPD

CAPPA Faculty Lactation Educator and Postpartum Doula

Thank you for your interest in the Certified Lactation Educator Training. CAPPA offers the only Certified Lactation Educator Course (CLE™) available. The Certified Lactation Educator Training is a professional, evidence-based course that prepares students to effectively communicate many aspects of breastfeeding.

Day One Objectives

- Students will be able to define the scope of practice of the Certified Lactation Educator
Students will be able to identify the scope of practice differences between professionals in the field of lactation
- Students will be able to summarize the “Ten Steps to the Baby Friendly Hospital Initiative” and WHO Code of Marketing of Breastmilk Substitutes
- Students will be able to define the LEARN method when providing peer counseling to optimize cultural competencies
- Students will demonstrate active listening and counseling strategies
- Students will be able to list three adult learning styles effective with lactation education
- Students will be able to identify at least three methods that are effective for both right and left brain learners
- Students will be able to identify the three essential parts of “Three Step Counseling”
- Students will be able to identify at least 10 components found exclusively in breast milk and be able to explain how these ingredients promote optimal health
- Students will be list three unethical marketing strategies of formula companies
- Students will list at least five health hazards of artificial breast milk feeding

Day Two Objectives

- Students will be able to identify and describe the anatomy and physiology of the lactating breast
- Students will be able to name and describe the two main hormones involved in lactation
- Students will be able to summarize the elements of an optimal latch
- Students will be able to identify the nine infant stages following birth
- Students will be able to define “Kangaroo Mother Care” and skin to skin
- Students will be able to identify two alternative methods to bottle feeding of dispensing human milk
- Students will be able to recognize many breastfeeding aids and understand their uses
- Students will be able to demonstrate alternate feeding methods
- Students will be able to demonstrate breastfeeding positions
- Students will be able to summarize the influence of birth practices upon breastfeeding

Day Three Objectives

- Students will be able to demonstrate three methods for calming a baby
- Students will identify indications for the use of various breast pumps
- Students will be able to list at least 5 common feeding cues
- Students will be able to list resources for lactation referrals
- Students will be able to identify infant challenges to breastfeeding
- Students will be able to identify the main cause and at least two treatments for the following maternal challenges to breastfeeding: sore nipples, engorgement, plugged ducts, mastitis, and thrush
- Students will be able to identify and define the 5 lactation safety levels for maternal medication use
- Students will be able to identify three challenges of breastfeeding the late preterm infant
- Students will be able to write objectives and goals for a curriculum
- Students will be able to identify at least three breastfeeding advocacy organizations

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Hip to Heart

PO Box 142 Foxboro, MA 02035

jodi@hiptoheart.com 617.438.9723 www.hiptoheart.com