



Lactation & Labor Doula Services

CAPPA CERTIFIED LACTATION EDUCATOR (CLE™) TRAINING

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Breastfeeding Essentials for the Professional Learner Objectives

Day One Objectives

- Students will be able to describe the scope of practice of the Certified Lactation Educator
- Students will be able to list the 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 Breast milk Substitutes
- Students will be able to identify Cultural Competencies
- Students will demonstrate active listening and counseling strategies
- Students will be able to list the three learning styles
- Students will be able to use methods for both right and left brain learners
- Students will be able to explain the essential parts of “Three Step Counseling”
- Students will be able to evaluate research articles and identify evidence-based research
- Students will understand the different components found exclusively in breast milk and be able to explain how these ingredients promote optimal health
- Students will be aware of marketing strategies of breast milk substitutes
- Students will understand the hazards of artificial breast milk
- Students will be able to list tips to assist with breastfeeding initiation

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 the hormones involved in lactation
- Students will be able to summarize the elements of an optimal latch
- Students will be able to identify infant stages following birth
- Students will be able to explain “Kangaroo Mother Care”
- Students will be able to list four maternal challenges to breastfeeding
- Students will be able to identify two alternative methods 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 methods for calming a baby
- Students will identify indications for the use of various breast pumps
- Students will be able to support women returning to work by sharing recommendations for maximizing maternal supply Students will be able to list 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 maternal challenges to breastfeeding
- Students will be able to explain maternal medication use and how it impacts breastfeeding
- Students will be able summarize breastfeeding and medication considerations
- Students will be able to identify unique needs of the late preterm infant
- Students will develop learner objectives
- Students will be able to identify support personnel and family dynamics
- Students will be able to use prenatal breastfeeding promotion strategies
- Students will be able to identify breastfeeding advocacy organizations

- Students will be able to identify collaborative approaches to networking with other breastfeeding professionals