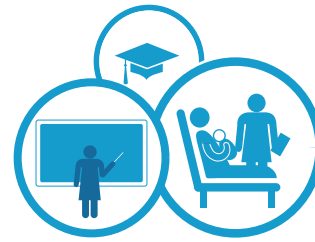




LACTATION EDUCATION

CSUN

CALIFORNIA
STATE UNIVERSITY
NORTHRIDGE



California State University, Northridge (CSUN) is one of the few universities in the U.S. that offers its undergraduate students the opportunity to complete a Lactation Education Accreditation and Approval Review Committee (LEAARC) recognized breastfeeding course.

Health Science 434: Lactation Education: Prenatal Perinatal Period:

- **Course Description:** Prerequisite: Junior standing. This course provides students with the knowledge and skills necessary to provide families in the community with breastfeeding education and support during the prenatal and perinatal period.

Topics Covered In The Course Include:

- National and international breastfeeding promotion initiatives
- The history of infant feeding
- Careers in lactation and counseling skills
- Nutrition during pregnancy and breastfeeding
- Anatomy and physiology of lactation
- Common breastfeeding barriers and strategies to overcome those barriers
- Hospital practices that influence breastfeeding
- Key concepts for getting breast feeding off to a good start

Is This Course Recognized?



- Yes, HSCI 434-Lactation Education: Prenatal Perinatal Period is recognized by the Lactation Education Accreditation and Approval Committee (LEAARC) as basic education (under 90 hrs) for breastfeeding educators and counselors.

What Requirements Will This Course Satisfy?

- **Minor in Human Lactation Requirements**
 - This course will satisfy one of the course requirements for the Minor in Human Lactation.
- **B.S in Public Health Degree Requirements**
 - This course will satisfy 3 units of the 12 units of required elective coursework that is part of the B.S. in Public Health degree requirements.
- **All Other Majors**
 - Contact your department Advisor if you have specific questions on how the course will help you progress toward graduation.

I Am Not a Student at CSUN, May I Take The Lactation Education (HSCI 434) Course?

- Yes, community members and students not currently enrolled in a degree program at CSUN may enroll in HSCI 434 through the Tseng College without formal application or admission to the university. Individuals may take this class on a space-available basis, if they receive instructor approval and meet course prerequisites. For details about the course or certificate of course completion, contact lactation.education@csun.edu. For specific questions about fees and how to enroll in HSCI 434 please contact the Tseng College Admissions Office at (818) 677-2504 or visit the following website: <http://tsengcollege.csun.edu/studentinfo/howtoregister>.

After Taking HSCI 434: Lactation Education, What Designation May I Use?

- After successful completion of this course, you may call yourself a "Certified Lactation Educator" (CLE).

For more information, please visit us at: <http://www.csun.edu/lactation-education>

*This lactation education training course has been generously supported by a grant from the United States Department of Agriculture.

