

Certificated

# Lactation Educator

Training



**CSUN**<sup>®</sup>

# Certificated Lactation Educator Training

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CSUN's Certificated Lactation Educator Training provides students with the knowledge and skills necessary to provide families in the community with breastfeeding education and support during the prenatal and perinatal periods.

## TOPICS COVERED IN THIS COURSE INCLUDE:

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- The History of Infant Feeding
- Medical Advantages of Breastfeeding and Risks of Formula Feeding
- Understanding the Unique and Species-Specific Factors in Human Milk
- National and International Breastfeeding Promotion Initiatives
- Careers in Lactation
- Anatomy and Physiology of Lactation
- Application of Health Behavior Theory to Understanding Breastfeeding Behavior
- Common Breastfeeding Barriers and Strategies to Overcome those Barriers
- Lactation Myths and Misconceptions
- Counseling and Communication Skills for Lactation Professionals
- Nutrition During Pregnancy and Breastfeeding
- Hospital Practices that Influence Breastfeeding
- Key Concepts for Getting Breastfeeding Off to a Good Start



## BENEFITS OF COMPLETING THIS TRAINING INCLUDE:

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- Complete a Lactation Education Accreditation and Approval Review Committee (LEAARC)-recognized breastfeeding course, and earn the designation of Certificated Lactation Educator (CLE).
- Earn continuing education credits.
- Complete 45 of the 95 hours of lactation education, including 5 hours focused on communication skills, required to qualify for the certification exam one must pass to earn the designation of International Board-Certified Lactation Consultant.

CSUN also offers a comprehensive lactation education training which provides individuals with the opportunity to satisfy the 95-hour lactation education requirement, including 5 hours focused on communication skills to qualify for the exam administered by the International Board of Lactation Consultant Examiners (IBLCE). For more information on this training, please visit [www.csun.edu/lactation-ibclc](http://www.csun.edu/lactation-ibclc) or email us at [lactation.education@csun.edu](mailto:lactation.education@csun.edu).



### THIS TRAINING IS PROVIDED IN COLLABORATION WITH:

- CSUN's Minor in Human Lactation program
- CSUN's Master of Public Health program
- CSUN's Center for Health Promotion and Leadership
- The Perinatal Advisory Council: Leadership, Advocacy and Consultation (PAC/LAC)



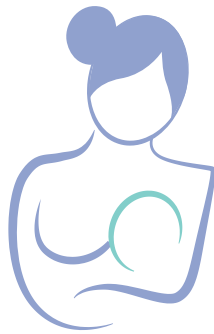
Continuing Education Units will be provided at no additional fee through our joint provider, PAC/LAC. PAC/LAC will provide continuing education units for Registered Nurses (RN CEU), Certified Health Education Specialists (CHES), Licensed Clinical Social Workers (LCSW-CE), and Licensed Marriage and Family Therapists (LMFT-CE).

### TRAINING FORMAT:

Fall and Spring training sessions are held in a virtual hybrid training format. Summer training sessions are held in a fully online self-paced training format.

For training details including fees, instructor(s), next training dates, times and details regarding continuing education credits, please visit [www.csun.edu/lactation-cle](http://www.csun.edu/lactation-cle) or email us at [lactation.education@csun.edu](mailto:lactation.education@csun.edu).





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For more information about the  
Certificated Lactation Educator Training,  
please contact us at:  
[lactation.education@csun.edu](mailto:lactation.education@csun.edu)  
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