



## Lactation Management Courses

These courses received recognition through the Lactation Education Accreditation and Approval Review Committee (LEAARC). LEAARC Approval is voluntary and provides a reliable indicator of educational quality to employers, insurers, counselors, educators, governmental officials, and the public, based on the fact that the course provider adheres to established criteria and standards of the profession. LEAARC Approved courses offer 90 hours of didactic instruction, which meets the IBLCE® requirement for lactation education. The *Criteria for Lactation Course Approval* are posted on the LEAARC website.

LEAARC is sponsored by the International Lactation Consultant Association® (ILCA®) and the International Board of Lactation Consultant Examiners® (IBLCE®). LEAARC and its sponsors cooperate to establish, maintain and promote appropriate standards of quality for breastfeeding and lactation education and to provide recognition for programs and courses that meet or exceed the minimum criteria. In addition to granting course recognition, LEAARC also serves in cooperation with the Commission on Accreditation of Allied Health Education Programs (CAAHEP) for official recognition of academic lactation programs that meet IBLCE Pathway 2 criteria.

**Click on the Bookmark icon to navigate directly to each program**

Academia Edupro (Distance learning)	2
Arizona State University	2
BreastfeedLA	3
Bright Future Lactation Resource Center Ltd.	3
Centre for Breastfeeding Education	3
Deborah Robertson, IBCLC	3
Douglas College (Hybrid distance learning)	4
Health e-Learning – IHL (Distance learning)	4
Healthy Children Project, Inc.	4
The International Institute of Human Lactation, Inc. / L'Institut international de lactation humaine, Ltd.	5
Komiteen for Sundhedsoplysning	5
Lactation Education Consultants	5
Lactation Education Resources (Lactation Consultant Training Program – Enriched) (Distance learning)	6
Lactation Education Resources (Clinical Internship Program)	6
Mohawk College of Applied Arts and Technology (Distance learning)	6
North Carolina State's Maternal and Infant Lactation Knowledge (MILK) Research and Educational Group	7
ProMAMA Center Association (Hybrid distance learning)	7
Riverside University Health System – Public Health	7
Winthrop University	8
YIYN Education	8

## Academia Edupro

Certificado Profesional en Educador en Lactancia Materna  
167.5 hours – Distance Learning – Spanish  
Approved since August 1, 2016

Contact: Ana-M. Parrilla-Rodriguez  
Address: P. O. Box 21179  
San Juan, PR 00928, Puerto Rico  
Phone: 787-758-7725  
Fax: 787-758-2489  
Email: [Ana-parrilla@edupro.net](mailto:Ana-parrilla@edupro.net)  
Website: <http://www.educadorenlactancia.com/>

El Certificado Profesional en Educador en Lactancia Materna es un ofrecimiento donde el/la estudiante tiene la oportunidad de estudiar completamente a distancia los conceptos básicos en lactancia materna. Consta de tres cursos, divididos en 167 horas de educación en lactancia materna. El participante tendrá más de 200 horas de estudio y participación activa. Este programa está dirigido a médicos, enfermeras, nutricionistas y otros profesionales de la salud especializados en algún aspecto del cuidado perinatal, que provean atención a las madres o los infantes regularmente. También es un curso idóneo para otros profesionales o líderes de la comunidad que quiera mejorar sus destrezas para apoyar la lactancia. El programa se ofrecerá completamente a distancia usando el formato de Webinar y la plataforma Blackboard. Será uno interactivo en donde los participantes tendrán la oportunidad de intercambiar preguntas y puntos de vista con los conferenciantes y los otros estudiantes.

The Certificado Profesional en Educador en Lactancia Materna is a Spanish language offering wherein the student has the opportunity of studying by distance learning the basic concept of breastfeeding. It consists of three courses, divided into 167 hours of breastfeeding education. The participant will have more than 200 hours of study and active participation. This program is intended for physicians, nurses, nutritionists, and other health professionals specialized in some aspect of perinatal care who provide care for mothers and infants regularly. It is also an ideal course for other professionals or community leaders who want to improve their skills to support breastfeeding. The program is completely online using the webinar format and the Blackboard platform. It will be an inter-active one where participants will have the opportunity to ask questions and exchange points of view with lecturers and other students.

## Arizona State University

Lactation Education Comprehensive  
90 hours – Combination onsite and distance learning  
Approved since January 11, 2013

Contact: Amy Fitzgerald  
Address: 550 N. 3<sup>rd</sup> Street  
Phoenix, AZ 85004-0886, USA  
Phone: 602-946-2175  
Email: [Amy.fitzgerald@asu.edu](mailto:Amy.fitzgerald@asu.edu)  
Website: [www.nursingandhealth.asu.edu/programs/lactation/lactation](http://www.nursingandhealth.asu.edu/programs/lactation/lactation)

Arizona State University's Lactation Education Comprehensive course provides professional and paraprofessional healthcare providers with basic information about the process of lactation and basic skills for supporting and promoting breastfeeding. Our instructors are experts in their fields, including internationally recognized breastfeeding researchers, professional educators, and re-certified IBCLCs. Topics in this online course include: history of infant feeding in the U.S.; benefits of breastfeeding; basic anatomy and physiology of human lactation; composition of human milk; infant development; observational assessment of breastfeeding; methods to provide evidence-based breastfeeding support for expectant and new mothers; identification of common breastfeeding problems; and, guidelines for referrals.

## BreastfeedLA

Comprehensive Lactation Education Course / clinical breastfeeding support and lactation skills  
95 hours

Contact: Hannah Halliwell, IBCLC  
Address: 2851 West 120<sup>th</sup> St., Suite E #35  
Hawthorne, CA 90250 USA  
Phone: 323-210-8505  
Email: [info@breastfeedLA.org](mailto:info@breastfeedLA.org)  
Website: [www.breastfeedla.org/lactation-education](http://www.breastfeedla.org/lactation-education)

BreastfeedLA provides both in-person and online comprehensive lactation education courses that touch on all areas of the IBLCE Detailed Content Outline for the Certification Exam. Our 95-hour program is divided into two parts. Part 1 prepares students to work as Lactation Educators, while Part 2 covers clinical breastfeeding support and lactation skills. BreastfeedLA's Lactation Education Specialist Course was created as part of an initiative to diversify the lactation workforce and is proudly taught by women of color Lactation Consultants within a framework of reproductive justice. Our curriculum is culturally responsive, intentionally inclusive, and tailored to the specific needs of our diverse communities.

## Bright Future Lactation Resource Centre Ltd.

Lactation Management / Exam Preparation Course  
90 hours  
Approved since November 1, 2009

Contact: Linda J. Smith, BSE, FACCE, IBCLC  
Address: 6540 Cedarview Court  
Dayton, OH 45459 UA  
Phone: 937-438-9458  
Fax: 937-438-3229  
Email: [lindaj@blfrc.com](mailto:lindaj@blfrc.com)  
Website: [www.BFLRC.com](http://www.BFLRC.com)

Presents a comprehensive presentation of the skills and knowledge needed for evidence-based professional lactation consultant practice. Increases the knowledge and skill of perinatal health professionals, and help prepare candidates for the examination sponsored by the International Board of Lactation Consultant Examiners. Six full days of instruction conclude with an examination simulation to help identify strengths and gaps in skill and knowledge areas. Interactive activities, clinical slides and videos, and skill-building techniques create a uniquely warm and supportive learning environment. This course was the first lactation course designed on the *IBLCE* Exam Blueprint and is the longest-running course of its kind.

## Centre for Breastfeeding Education

Lactation Medicine Programme  
102 hours  
Approved since June 1, 2009

Contact: Josée Forget  
Address: 1255 Sheppard Ave E  
Toronto, Ontario M2K 1E2, CANADA  
Phone: 416-498-0002  
Fax: 416-498-0012  
Email: [education@ibconline.ca](mailto:education@ibconline.ca)  
Website: [www.ibconline.ca](http://www.ibconline.ca)

The Centre for Breastfeeding Education offers program and educational courses for those wishing to become an IBCLC and all healthcare professionals working with breastfeeding dyads. We also provide continuing education for those who are already IBCLCs. Our faculty consists of a multi-disciplinary team who are specialized in their respective areas of lactation medicine. Our comprehensive training programs, which are based on current and evidence-based research, include a didactic learning component and a practical component (a critical element of the Institute) that fosters a unique level of competency when caring for the breastfeeding dyad. Please visit our website for program descriptions.

## Deborah Robertson, IBCLC

Breastfeeding Specialist Courses  
120 Hours  
Approved since October 5, 2010

Contact: Deborah Robertson, BED (Hons), IBCLC  
Address: 34 Rochester Avenue  
Rochester, Kent ME1-2DW, UK  
Phone: +01-63-48-14221  
Email: [deborahuk@yahoo.co.uk](mailto:deborahuk@yahoo.co.uk)  
Website: [www.breastfeedingspecialist.com](http://www.breastfeedingspecialist.com)

This course comprises 12 days, one Saturday per month, in London, done in any order and across one or more years. Teaching is a combination of lecture, game, video, discussion, handouts, practical demonstration, drama, case studies and skills practice, all linking theory to everyday work in lactation. We end with multiple choice questions on the day's topic, thus building exam taking skills. Homework is set (consisting of reading from the set books, tests, reflective writing and preparing client or staff teaching materials which need to be submitted for assessment in the following month. "Study-buddying" is encouraged through our online group.

## Douglas College

Breastfeeding Course for Health Care Providers  
136 hours – hybrid distance learning  
Approved since March 11, 2011

Contact: Ivette Musso, RN, BSN, IBCLC  
Address: 1250 Pinetree Way  
Coquitlam, BC V3B 7X3, CANADA  
Phone: 604-777-6463  
Email: [mussoi@douglascollege.ca](mailto:mussoi@douglascollege.ca)

This hybrid course provides comprehensive information in breastfeeding counseling and lactation theory. The course is intended for health care providers and health care provider students. It offers the tools needed to help participants support, counsel and empower families to reach their breastfeeding goals. Students will learn how to manage common breastfeeding concerns and challenges and will develop a well-rounded and evidence-informed understanding of current optimal infant feeding practices. This course includes 3 mandatory face-to-face classes where students will practice and apply what they have learned during the interactive lectures. Participants will also attend various clinical observational experiences as a way to consolidate their learning by observing the application of theory to practice in real life settings.

## Health e-Learning - IIHL

BreastEd Series Lactation Studies  
120 hours – distance learning

Contact: Carole Dobrich, RN, IBCLC  
Address: 5890 Monkland Avenue, Suit 16  
Montreal, Quebec, H4A 1G2, CANADA  
Phone: Australia: +61-427-853-368  
US & Canada: 213-261-7605  
Email: [admin@health-e-learning.com](mailto:admin@health-e-learning.com)  
Website: [www.health-e-learning.com](http://www.health-e-learning.com)

Health E-Learning has been providing high quality online education since 1990 and as of March 5, 2013, is managed by the International Institute of Human Lactation, Inc. By studying our courses online, you can interact with the course, your tutor, and other students. Links to other quality websites, journal articles, and online references help you to have a broad understanding of the topics. Case studies, videos, and self-test quizzes are provided to help focus your learning. The forums add an extra dimension to learning as our course facilitators draw your attention to new research, points of interest, and clinical case studies. The forums also provide an opportunity for you to ask and respond to questions related to your courses. You'll be fully engaged learning online with Health e-Learning.

## Healthy Children Project, Inc.

Lactation Counselor Training Courses  
90 hours  
Approved since August 22, 2008

Contact: Meg Morris  
Address: 327 Quaker Meeting House Road  
E. Sandwich, Massachusetts 02537, USA  
Phone: 508-888-8044  
Fax: 508-888-8050  
Email: [info@healthchildren.cc](mailto:info@healthchildren.cc)  
Website: [www.healthchildren.cc](http://www.healthchildren.cc)

The Lactation Counselor Training Course is a comprehensive, evidence-based, college-level, breastfeeding management course that includes practical skills, theoretical foundations and competency verification. Basic and complex technical issues are explored within the context of problem solving and counseling strategies. This course prepares participants for professional work in the hospital and in public health and community settings. It trains participants in how to gain insight into clients' problems with a strong focus on counseling skills.

## The International Institute of Human Lactation, Inc. / L'Institut international de lactation humaine, Inc.

Lactation Education Program  
108 hours  
Approved since April 16, 2012

Contact: Carole Dobrich, RN, IBCLC  
Address: 5890 Monkland Avenue, Suite 16  
Montreal, Quebec, H4A 1G2, CANADA  
Phone: 514-894-7769  
Fax: 514-484-8723  
Email: [aussiecan@videotron.ca](mailto:aussiecan@videotron.ca)

The IHL-IHL was established to expand the original Montreal Institute for Lactation Consultants (MILC) lactation education program (founded in 2002) internationally. Our current program is offered in French and English, 2 – 4 times a year, consisting of 14 courses over 7 months (September to February) and a practice exam with review. In addition to the lectures/discussion/case studies, there is opportunity for a clinical rotation at a tertiary level hospital based breastfeeding clinic. Our instructors provide a comprehensive, evidence-based, overview, covering areas of the *IBLCE Exam Blueprint*, thereby preparing candidates with knowledge and skills to sit the exam, toward obtaining the IBCLC credential.

## Komiteen for Sundhedsoplysning

Education for Breastfeeding Consultants  
90 hours  
Approved since March 1, 2010  
Approval Number: CA02282021

Contact: Ingrid Nilsson  
Address: Classensgade 71, 5. Sal  
DK2100 Copenhagen, DENMARK  
Phone: +45-35-26-5400  
Fax: +45-35-43-0213  
Email: [in@sundkom.dk](mailto:in@sundkom.dk)

## Lactation Education Consultants

Certified Lactation Specialist Course Plus  
90 hours  
Approved since March 1, 2005

Contact: Jan Barger, RN, MA, IBCLC  
Address: 618 N. Wheaton Avenue  
Wheaton, Illinois 60187, USA  
Phone: 630-260-4847  
Fax: 630-260-8879  
Email: [LECOoffice@aol.com](mailto:LECOoffice@aol.com)  
Website: [www.lactationeducationconsultants.com](http://www.lactationeducationconsultants.com)

This course is 90 CERPs, encompassing all areas of the IBLCE Exam Blueprint. It is a stepping stone to becoming an IBCLC. The goal is to prepare you to practice hands-on as a lactation specialist. You will then learn how to assess, evaluate, counsel, and treat the breastfeeding dyad. These valuable clinical skills and exposure to current research on lactation will make you a desirable practitioner. Enjoy three instructors who come from varied work settings and who continue to work with mothers and babies. Various teaching methods, lots of clinical slides, and plenty of humor make the class day go quickly.

## Lactation Education Resources

The Lactation Consultant Training Program – Enriched  
90 hours – Distance

Contact: Wendy Lawrence, LER Program Manager  
Address: 712 Childs Point Road  
Annapolis, Maryland 21404 USA  
Phone: 443-203-8553 (USA)  
Fax: 410-648-2570 (USA)  
Email: [support@lactationtraining.com](mailto:support@lactationtraining.com)  
Website: [www.lactationtraining.com](http://www.lactationtraining.com)

This comprehensive on-line lactation management course is taught by 15+ experienced and committed lactation consultants, authors, researchers and educators. The course includes an in-depth discussion of all the topics in the IBLCE Detailed Content Outline for the Certification Exam. Instruction is all evidence based and updated continuously as new information becomes available. Case studies enrich the understanding of didactic learning. Students listen to interviews with lactation consultants practicing in a variety of clinical practice settings for insight into actual work experience. This course has been in continuous operation since 1990 and has trained over 6,000 lactation consultants. This course provides a Breastfeeding Specialist certificate upon completion to be used as a stepping stone to IBLCE certification.

## Lactation Education Resources

Clinical Internship Program  
500+ hours  
Approved since December 16, 2019

Contact: Wendy Lawrence, LER Program Manager  
Address: 712 Childs Point Road  
Annapolis, Maryland 21404 USA  
Phone: 443-203-8553 (USA)  
Fax: 410-648-2570 (USA)  
Email: [support@lactationtraining.com](mailto:support@lactationtraining.com)  
Website: [www.lactationtraining.com](http://www.lactationtraining.com)

Lactation Education Resources facilitates 500 hour clinical internships throughout the United States. Clinical experience typically starts with observation, participation, and eventually independent practice with your mentor nearby. The internship program requires clinical competencies, attendance at meetings and classes, case studies and a final presentation to provide a full education. LER works with interns to provide successful internships at clinical sites and supports the mentors at your site to ensure a quality program that will prepare you for the IBLCE exam. In addition, we facilitate new agreements with clinical sites on behalf of interns and mentors as needed.

## Mohawk College of Applied Arts & Technology

Breastfeeding Program  
108 hours – distance learning  
Approved since August 31, 2011

Contact: James Humphreys  
Address: Institute of Applied Health Sciences  
1400 Main St., W  
Hamilton, Ontario L8S 1C7, CANADA  
Phone: 905-540-4247, Ext. 26709  
Fax: 905-528-7706  
Email: [james.humphreys@mohawkcollege.ca](mailto:james.humphreys@mohawkcollege.ca)  
Website: [www.mohawkcollege.ca](http://www.mohawkcollege.ca)

## North Carolina State's Maternal and Infant Lactation Knowledge (MILK) Research and Educational Group

Breastfeeding and Public Health and Clinical Breastfeeding Support Courses  
110 hours

Contact: Nicole Singletary, MAT, PhD, IBCLC  
Address: 400 Dan Allen Dr., Room 128C  
Raleigh, NC 27695 USA  
Phone: 919-515-5203  
Email: [msingle@ncsu.edu](mailto:msingle@ncsu.edu)  
Website: <https://breastfeeding.cals.ncsu.edu/education/>

North Carolina State University offers rigorous lactation education courses for the aspiring International Board Certified Lactation Consultants. Courses are taught in-person and online, and may be taken for college credit, for credit needed to become an IBCLC, or both. The 110-hour program is divided into two courses. Part 1L Breastfeeding and Public Health, includes many topics from Psychology, Sociology, and Anthropology; Ethical and Legal issues; Research; Development and Nutrition, and Public Health Advocacy. Part 2: Clinical Breastfeeding Support covers topics including physiology and Endocrinology; Pathology; Pharmacology and Toxicology; Techniques; and Clinical Lactation Skills.

## ProMAMA Center Association

Education in Lactation  
90 hours – distance learning and hybrid course  
Approved since June 25, 2013

Contact: Marta Muresan  
Address: Str. Elena Caragiani nr. 20 A, sector 1  
Bucharest, 014214 ROMANIA  
Phone: +40.726.71.51.52  
Email: [contact@promama.ro](mailto:contact@promama.ro)  
Website: [www.consultant-lactatie.ro](http://www.consultant-lactatie.ro)

ProMAMA Breastfeeding Center is the first and the unique center in Romania that offers educational courses for those who want to become an IBCLC. "Education in Lactation" course has a total of 90 hours theoretical content and is designed on the IBLCE Exam Blueprint and based on current and evidence based research. In addition to theory, it includes interactive training, 2 and ½ month home work (online multiple choice questions in English and Romanian, online case presentation, summary of a scientific article, online workshop, journal of clinical practice activity) and a course exam (simulation of the IBLCE exam) accompanied with a Certificate of Attendance. The course is an onsite course with online transmission, an in-depth training program in lactation and breastfeeding management, designed for the IBLCE exam and is also suitable for all health professionals and other persons working with breastfeeding dyads.

## Riverside University Health System - Public Health

Grow Our Own Lactation Consultant Program  
105 hours  
Approved since December 15, 2011

Contact: Kayelle Laschec  
Address: 4210 Riverwalk Parkway, 4<sup>th</sup> Floor  
Riverside, California 92505, USA  
Phone: 760-778-2097  
Email: [kayoung@rivcocha.org](mailto:kayoung@rivcocha.org)  
Website: [www.lovingssupport.org](http://www.lovingssupport.org)

The Grown Our Own Lactation Consultant course is a 15-day, monthly or bimonthly, 105 hour didactic lactation course which follows the *IBLCE Exam Blueprint*. Evidence based education is at a pace allowing for critical clinical experience, completion of assignments and course work. This course was birthed out of a need for more IBCLCs based in the Public Health setting including the WIC program. The Grow Our Own course offers a collaborative learning environment for WIC staff, Hospital RNs, La Leche League Leaders and Community Health workers.

## Winthrop University

Certificate in Human Lactation  
96 hours  
Approved since December 16, 2019

Contact: Hop K. Lima, MS, PhD, IBCLC  
Address: 701 Oakland Avenue  
Rock Hill, South Carolina 29733 USA  
Phone: +1 803-323-2101  
Email: [limah@winthrop.edu](mailto:limah@winthrop.edu)  
Website: [www.winthrop.edu](http://www.winthrop.edu)

NUTR 535: This course is an evidence-based introduction to medical lactation support including communication and counseling, local and global public health implications of breastfeeding, and current national and international legislation and policies. Professional responsibilities and practice components of becoming an International Board Certified Lactation Consultant are also covered as an introduction to working in the field of lactation.

NUTR 536: This course focuses on clinical breastfeeding care of the mother-infant dyad including challenges for the new mother, pregnancy, labor and birth complications, breastfeeding initiation, management, and weaning, challenges for breastfeeding premature infants and multiples, and clinical management of breastfeeding issues.

## YIYN Education

Core Lactation Course  
120+ hours  
Approved since April 15, 2020

Contact: Zhao Wenhong  
Address: Room 306, No 1288, Longdong Avenue,  
Pudong District  
Shanghai, CHINA  
Phone: 021-503271  
Email: [Charlene.zhao@yiyn.com.cn](mailto:Charlene.zhao@yiyn.com.cn)  
Website: <http://www.yiyn.com.cn>

YIYN Education is a professional education institution for those who want to be lactation consultants. YIYN has been providing a series of Chinese lactation education and relevant continued education from 2013. YIYN Core Lactation Course has been approved since LEAARC since 2020 as the first one in Asia.

You can get comprehensive, high-quality online lessons and interactive practice training in YIYN. And, you will be part of YIYN student WeChat group where you can get a timely tutorial from YIYN tutors and discussions with other students. During the study, you are not alone and **You Inspire You Nurture**.