



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.

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Lactation Management Courses

Academia Edupró

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

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El Certificado Profesional en Educador en Lactancia Materna es un ofrecimiento donde el/la estudiante tiene la oportunidad de estudiar completamente 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 basics concepts 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 interactive 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
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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.



Lactation Management Courses

Breastfeeding Outlook

90 hours

Comprehensive Lactation Course: Cornerstones of Clinical Care and Exam Success
Approved since December 15, 2011

Contact: Linda Menke
Address: PO Box 387
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Website: www.breastfeedingoutlook.com

Breastfeeding Outlook is a global leader in providing the most up-to-date, cutting-edge, evidence-based information on breastfeeding and lactation. Suited for novices as well as experts, we enable nurses, WIC breastfeeding counselors, lactation consultants, dietitians, doulas, and other healthcare professionals to improve their daily practice in hospitals and clinics. For those seeking IBLCE certification, we provide the critical support they need through either our Comprehensive Lactation Course or our Lactation Exam Review. Those who wish to earn continuing education credits or broaden their knowledge base and hone their clinical skills will discover that our conveniently-packaged programs accommodate their busy lifestyle.

Bright Future Lactation Resource Centre Ltd

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

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Address: 6540 Cedarview Court
Dayton, Ohio 45459, USA
Phone: 937-438-9458
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Website: 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 helps 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
Website: www.ibconline.ca

The Centre for Breastfeeding Education offers programs 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.



Lactation Management Courses

Deborah Robertson, IBCLC

Breastfeeding Specialist Course
120 hours
Approved since October 5, 2010

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This course comprises 12 days, one Saturday per month in London, done in any order and across one or more year. 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 book, tests, reflective writing and preparing client or staff teaching material) which need to be submitted for assessment in the following month. 'Study buddies' is encouraged through our online group.

Douglas College

Breastfeeding Course for Health Care Providers
136 hours — Hybrid distance learning
Approved since March 1, 2011

Contact: Ivette Musso, RN, MN, BSN, IBCLC
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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 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
Approved since June 1, 2006

Contact: Carole Dobrich RN, IBCLC
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Email: admin@health-e-learning.com
Website: 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.



Lactation Management Courses

Healthy Children Project, Inc.

Lactation Counselor Training Course

90 hours

Approved since August 22, 2008

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Phone: 508-888-8044
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Website: www.healthychildren.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
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The IHL-IILH was established to expand the original Montréal 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 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

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Lactation Management Courses

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: LECoffice@aol.com
Website: www.lactationeducationconsultants.com

This course is 90 CERPs, encompassing all areas of the IBCLC 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 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 learning
Approved since March 1, 2012

Contact: Wendy Lawrence, LER Program Manager
Address: 6320 Genoa Road
Tracys Landing, Maryland 20779, USA
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Email: LER@LactationTraining.com
Website: 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 IBCLC 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 IBCLC certification.

Lactation Education Resources

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

Contact: Amy Black
Address: 6329 Genoa Rd.
Tracys Landing, MD 2079 USA
Phone: +1(803) 323-2101
Email: interns@lactationtraining.com
Website: <https://www.lactationtraining.com/our-courses/internship/clinical-internship-program>

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 IBCLC exam. In addition, we facilitate new agreements with clinical sites on behalf of interns and mentors as needed.



Lactation Management Courses

Mohawk College of Applied Arts & Technology

Breastfeeding Program
108 hours — Distance learning
Approved since August 31, 2011

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Email: emma.gibbons@mohawkcollege.ca
Website: 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: Nicola Singletary, MAT, PhD, IBCLC
Address: 400 Dan Allen Dr. Room 128C
Raleigh, NC 27695 USA
Phone: 919-515-5203
Email: nsingle@ncsu.edu
Website: <https://breastfeeding.cals.ncsu.edu/education/>
Breastfeeding and Public Health and Clinical Breastfeeding Support Courses
110 hours

North Carolina State University offers rigorous lactation education courses for 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 110hr program is divided into two courses. Part 1: 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

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Phone: +40.726.71.51.52
Email: contact@promama.ro
Website: 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 1/2 month home work (online multiple choice questions in English and Romanian, online case presentation, summary of an 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.



Lactation Management Courses

Riverside University Health System-Public Health

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

Contact: Kayellen Laschec
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Riverside, California 92505, USA
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Website: www.lovingssupport.org

The Grow Our Own Lactation Consultant course is a 15 day, monthly or bi-monthly, 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: Hope K. Lima, MS, PhD, IBCLC
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Email: limah@winthrop.edu
Website: 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.