

# Breastfeeding Courses Recognized by LEAARC

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These courses received recognition through the Lactation Education Accreditation and Approval Review Committee (LEAARC). LEAARC recognition 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. This recognition is for courses whose stated mission is to prepare students as breastfeeding educators or counselors. These courses offer 40-89 hours and prepare students to educate families and provide anticipatory guidance, assistance, and support in the normal course of breastfeeding. The *Criteria for Breastfeeding Course Recognition* 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. LEAARC also provides Approval for comprehensive lactation management courses with 90 or more contact hours. In addition, LEAARC serves in cooperation with the Commission on Accreditation of Allied Health Education Programs (CAAHEP) for official recognition of academic lactation programs which meet IBLCE Pathway 2 criteria.

## CLICK ON TITLE FOR COURSE PROVIDER INFORMATION

California Advanced Lactation Institute .....	2
California State University, Northridge.....	2
California State University, Northridge.....	2
Comunidad De La Leche .....	2
Global Lactation Education Associates, LLC.....	3
Lactation Education Consultants .....	3
Lactation Education Resources, Phase 1 .....	3
Lactation Education Resources, Phase 2 .....	3
Northwest Area Health Education Center .....	4
University of California San Diego .....	4
Wichita State University School of Nursing .....	4

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## California Advanced Lactation Institute

Lactation Education Specialist Training  
45 hours  
Recognized since December 1, 2017

Contact: Christine Staricka, BS, IBCLC, RLC, CCE  
Address: 7201 Noah Avenue  
Bakersfield, CA 93308, USA  
Phone: 661-747-5195  
Email: [christineibclc@outlook.com](mailto:christineibclc@outlook.com)  
Website: [www.californiaadvancedlactationinstitute.com](http://www.californiaadvancedlactationinstitute.com)

## California State University, Northridge

Lactation Education  
45 hours  
Recognized since November 30, 2011

Contact: Merav Efrat, Ed.D, MPH, IBCLC  
Address: 18111 Nordhoff Street  
Northridge, California 91330-8285, USA  
Phone: 818-677-7052  
Fax: 818-667-2045  
Email: [lactation.education@csun.edu](mailto:lactation.education@csun.edu)  
Website: [www.CSUN.edu/lactation-education](http://www.CSUN.edu/lactation-education)

This course provides students with the opportunity to develop the knowledge and skills needed to serve as lactation educators in the community. Topics covered in this course include: the history of infant feeding, promotion initiatives and epidemiological trends in breastfeeding, basic anatomy and physiology of human lactation, counseling skills, key concepts women need to know to successfully breastfeed, factors influencing breastfeeding initiation and duration rates, and the lactation educator's scope of practice.

## California State University, Northridge

Lactation Education for Healthcare Professional  
45 hours  
Recognized since August 13, 2018

Contact: Merav Efrat, Ed.D, MPH, IBCLC  
Address: 18111 Nordhoff Street  
Northridge, California 91330-8285, USA  
Phone: 818-677-7052  
Fax: 818-667-2045  
Email: [lactation.education@csun.edu](mailto:lactation.education@csun.edu)  
Website: [www.CSUN.edu/lactation-education](http://www.CSUN.edu/lactation-education)

This course provides graduate students with the opportunity to learn and apply approaches used by public health professionals to promote breastfeeding in the community. Emphasis is on analyzing breastfeeding behavior using a social-ecological model of thinking. Topics include epidemiological trends in breastfeeding, health outcomes associated with breastfeeding, public health initiatives and policies that influence breastfeeding, social norms and cultural factors influencing breastfeeding, and key breastfeeding concepts. Skill development in breastfeeding promotion includes the lactation educator's scope of practice, counseling skills, application of theory to understand factors influencing breastfeeding behavior, and selection of strategies to influence breastfeeding behavior.

## Comunidad De La Leche

Curso de Consejeros en Lactancia Materna  
150 hours  
Approved since August 13, 2018

Contact: Paula Herrera  
Address: Augusto Leguía Nte 85  
Las Condes, Metropolitan Region, Chile  
Phone: +56 9 3052 9091  
Email: [academia@deleche.com](mailto:academia@deleche.com)  
Website: [delaleche.com](http://delaleche.com)

La Comunidad de la Leche was born in 2015 in response to the need for a group of women to learn more about the breastfeeding process and to acquire tools to support other mothers. Today as a Corporation, their main mission is to promote and strengthen breastfeeding in Chile and Latin America, breaking down the geographical and socio-economic barriers that prevent access to timely information and support. La Comunidad de la Leche is a comprehensive educational program of 150 hours that offers technical training and interpersonal skills.

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## Global Lactation Education Associates, LLC

Breastfeeding Educator Course

45 hours

Recognized since April 1, 2017

Contact: Amanda L. Watkins, PhD, RD, LDN, IBCLC  
Address: 3940 Colinwood Lane,  
Raleigh, North Carolina, 27606, USA  
Phone: 480-750-1599  
Email: [Amanda@lactationed.com](mailto:Amanda@lactationed.com)  
Website: [www.lactationed.com](http://www.lactationed.com)

## Lactation Education Consultants

Certified Lactation Specialist Course

45 hours

Recognized since March 1, 2005

Approval Number: CA03012020LEC

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](mailto:LECoffice@aol.com)  
Website: [www.lactationeducationconsultants.com](http://www.lactationeducationconsultants.com)

This course is 46 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 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 Course Phase 1

45 hours —Distance learning

Recognized since March 1, 2005

Contact: Vergie Hughes, RN, MS, IBCLC  
Address: 6320 Genoa Road  
Tracys Landing, Maryland 20779, USA  
Phone: 443-203-8553  
Fax: 410-648-2570  
Email: [LER@LactationTraining.com](mailto:LER@LactationTraining.com)  
Website: [www.lactationtraining.com](http://www.lactationtraining.com)

This on-line course provides the basic knowledge and skills training for students who want to begin assisting breastfeeding mothers and infants. This course provides a Breastfeeding Specialist certificate upon completion and can be used to begin practice as a Breastfeeding Specialist. Instruction is evidence based and updated continuously. Case studies enrich the understanding of didactic learning. Students have access to these lessons for a full year and may begin at any time. Students are encouraged to also complete Core Phase II to finish the remainder of the topics on the IBLCE Detailed Content Outline for the Certification Exam.

## Lactation Education Resources

The Lactation Consultant Training Course Phase 2

45 hours —Distance learning

Recognized since March 1, 2016

Contact: Vergie Hughes, RN, MS, IBCLC  
Address: 6320 Genoa Road  
Tracys Landing, Maryland 20779, USA  
Phone: 443-203-8553  
Fax: 410-648-2570  
Email: [LER@LactationTraining.com](mailto:LER@LactationTraining.com)  
Website: [www.lactationtraining.com](http://www.lactationtraining.com)

The on-line course provides the remainder of the topics not covered in the Core Phase I Course in preparation for taking the IBLCE certification exam. Instruction is evidence based and updated continuously. Students listen to interviews of practicing lactation consultants in a variety of settings for insight into actual work experience. This course can be used to supplement training for those who have taken another 45-hour course previously and need additional training hours to qualify for the IBLCE certification exam. Students have access to these lessons for a full year and may begin at any time.

# Breastfeeding Courses Recognized by LEARC

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## Northwest Area Health Education Center

North Carolina Lactation Educator Training Program  
69 hours  
Recognized since May 1, 2009

Contact: Mona Ketner  
Address: Medical Center Boulevard  
Winston-Salem, NC 27157-1060, USA  
Phone: 336-713-7730  
Fax: 336-713-7701  
Email: [mketner@wakehealth.edu](mailto:mketner@wakehealth.edu)  
Website: [www.northwestahec.org](http://www.northwestahec.org)

The North Carolina Educator Training Program is a collaboration between Forsyth Medical Center, the North Carolina Department of Health and Human Services (WIC) and Northwest Area Health Education Center. This is a seven-day course that targets healthcare professionals who work with breastfeeding mothers and offers the necessary knowledge and skills for providing basic breastfeeding management and support. These skills focus on basic prenatal and postpartum counseling and the management of common concerns and clinical problems. The interactive training involves five days of didactic sessions, two days of clinical rotations and an independent study assignment.

## University of California San Diego

Lactation Educator Counselor Course  
45 hours - Distance learning  
Recognized since December 1, 2006

Contact: Nicole Mitchell  
Address: UCSD Extension Healthcare  
9500 Gilman Drive, 0170-E  
La Jolla CA 92093  
Phone: 858.534.9276  
Fax: 858.534.9257  
Email: [nmitchell@ucsd.edu](mailto:nmitchell@ucsd.edu)  
Website: <http://extension.ucsd.edu/lactation-programs>

This training prepares health professionals and other interested individuals to become lactation educators. It furnishes the basic information necessary to promote breastfeeding and to interact in the breastfeeding situation by assisting and encouraging the breastfeeding triad of mother, baby, and support person. Topics include basic anatomy and physiology of lactation, early attachment of the baby, hospital care, support during the postpartum stage, common concerns and solutions, and appliances and apparatuses used in breastfeeding. Training is offered either in-person (5-day course) or Online (video lecture, quarter long course). This course can also be brought to a facility for personalized staff training. Please visit our website for complete information, locations, and dates for courses.

## Wichita State University School of Nursing

Human Lactation Program  
60 hours - Distance learning  
Recognized since March 1, 2006

Contact: Jolynn A. Dowling, MSN, ARNP-NNP, IBCLC  
Address: PO Box 41, 1845 Fairmount Street  
Wichita, Kansas 67260, USA  
Phone: 316-978-5717  
Fax: 316-978-3094  
Email: [jolynn.dowling@wichita.edu](mailto:jolynn.dowling@wichita.edu)  
<http://webs.wichita.edu/?u=nursing&p=/humanlactation/>

N720 Human Lactation is a popular, long-standing, graduate online course offered by the Wichita State University School of Nursing. The course is taught by Jolynn A. Dowling; MSN, ARNP-NNP, IBCLC. This course is designed for health professionals with a minimum of two years clinical experience working with breastfeeding dyads who plan to take the IBLCE exam within the year, and those needing a refresher course for recertification. It confers 60 CERPs and 4 graduate credit hours from an accredited university. Undergraduates are admitted to the program on a case-by-case basis. All classes are on-line and a scholarly paper/project is required. This course requires instructor approval and student clearance for enrollment.