



ADDRESS CORRECTION REQUESTED

Lactation Specialist Program  
With Child Breastfeeding Support Services  
5263 Beaumont Way  
Santa Rosa, CA 95409

# Certified Lactation Specialist Program

## Beyond the Basics: Effectively Assisting Breastfeeding Mothers



**July 31st, Aug 1st and 2nd, 2020\***  
**Bridges Prenatal Clinic**  
750 Mendocino Ave  
Santa Rosa, CA

\* Due to the COVID pandemic size is limited to 10 students and students will be required to have the ability to ZOOM and to do some independent study.

## COURSE DESCRIPTION

The Certified Lactation Specialist Program offers comprehensive information on breastfeeding with an emphasis on hands-on skills to enable the provider to give effective and individualized assistance to breastfeeding mothers.

Participants may take the course for content only (20 CEUs), or they can continue their education with the follow-up of five breastfeeding mothers for six weeks each to receive a Certified Lactation Specialist, (CLS) certificate (32 CEUs). Consultation and support are available for participants until the course work is completed. This course meets the requirements of Baby Friendly USA and the hours within the course and during the case studies can be applied to future education requirements for becoming an International Board Certified Lactation Consultant. ([www.iblce.org](http://www.iblce.org)).

### Course Objectives

Upon completion, the participant will be able to:

Apply advance knowledge of lactation to assess, assist and educate breastfeeding mothers, including those with special situations.

Describe the appropriate use of a variety of breastfeeding techniques and devices.

Function as a resource for patients, other healthcare professionals and the community by providing breastfeeding information and referrals. And so much more!

### Continuing Education

Provider approved by the California BRN #11761 for 32 CEUs: 20 CEUs for class attendance and 12 CEUs and certificate of completion for fulfillment of follow-up requirements.

# Lactation Specialist Program

This program is for healthcare providers or educators who want to effectively help new mothers successfully breastfeed their babies.

While breastfeeding problems range from simple to complex, most can be resolved successfully so that breastfeeding is a joy for mother and baby, as well as providing optimal nutrition for the infant.

With an emphasis on evidence-based practice and practical skills, the Lactation Specialist Program will give you a solid foundation for working with mothers in many situations. From establishing breastfeeding with a normal newborn, to helping a mother with challenging circumstances, Lactation Specialists work with mothers in postpartum units, newborn nurseries, NICU's, freestanding birth centers, WIC programs, public health nursing programs, and offices.

Many Lactation Specialists use their knowledge found in this program to continue their studies and become Board Certified Lactation Consultants. Other students use the program to enhance and expand their clinical skills in the field of lactation.

The limited class size allows for interaction



## Beyond the Basics: Effectively Assisting Breastfeeding Mothers

### **Day 1 8:30 AM – 5:00 PM**

Anatomy & Physiology of the Breast  
Human Lactation, Nutrition & Breastfeeding  
Properties of Human Milk and Artificial Baby Milks  
Foreign Substances in Human Milk

### **Day 2 8:30 AM - 5:00 PM**

Prenatal Factors Influencing Breastfeeding  
Infant Sucking  
The Immediate Postpartum Period  
Use of Artificial Baby Milk When Medically Indicated  
Supporting Ongoing Breastfeeding  
Counseling the Breastfeeding Mother

### **Day 3 8:30 AM – 5:00 PM**

Common Problems in the Early Days  
Special Situations  
Breastfeeding Techniques and Devices  
Resources for Lactation Professionals  
Follow-up Case study Program

### **Instructor:**

Rosanne Gephart MSN, CNM, IBCLC  
*Rosanne has worked with breastfeeding women for 40 years in clinics, hospitals, birth centers and at homes. She founded the Womens Health & Birth Center in Santa Rosa, CA and the non-profit Better Beginnings, a non-profit with the mission of helping more babies receive the best food in the world....human milk!*



## Registration Form

Early Registration (30 days prior) 20 CEUs \$425.00  
Regular Registration: 20 CEUs \$525.00  
Follow up program for certification \$100.00

Name \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

City State Zip \_\_\_\_\_

Phone: \_\_\_\_\_

License # (if CEUs desired) \_\_\_\_\_

Dates of class selected \_\_\_\_\_

For further information, leave a message at (707) 722-5059 or email [Rosanne@sonic.net](mailto:Rosanne@sonic.net)

Class size will not exceed 25. Early registration is advised. Cancellations must be received 2 weeks prior to class.

### **Send Registration to:**

[Rosanne@sonic.net](mailto:Rosanne@sonic.net); or mail to  
With Child  
5263 Beaumont Way; Santa Rosa, CA 95409  
Make checks payable to: With Child  
Credit Card Information:

Card #: \_\_\_\_\_

Amount to charge: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Code on back of card: \_\_\_\_\_

Card Billing address: \_\_\_\_\_

\_\_\_\_\_  
Zip \_\_\_\_\_

Signature: \_\_\_\_\_