Certified Lactation Counselor - Academic Content Checklist

You must also provide proof of completion of the course(s). Please attach certificate(s) or transcripts to this checklist.

General Principles and Parameters of Lactation Counseling	Title of Education Program that Covered Each Bullet Point
I. Human Anatomy, Physiology & Child Development	
Task 1 - Construct and maintain conditions of mothers and babies in an uncomplicated breastfeeding experience by following accepted guidelines. Knowledge of: • Managing uncomplicated breastfeeding challenges (i.e. suckling difficulties, causes and management of common infant feeding difficulties; causes and management of common maternal feeding difficulties) • Guidance and support strategies needed to successfully breastfeed (i.e. positioning and attachment; assessing effective milk removal; assessing signs of adequate intake; observing and assessing breastfeeding and suggesting changes if necessary) • Benefits of optimal infant feeding (i.e. benefits of breastfeeding for infant, mother, family and community; benefits of exclusive breastfeeding; education on the preparation instructions and risks of powdered infant formula feeding) • Taking a comprehensive maternal and infant feeding history • Breastfeeding evaluations using evidence-based tools (i.e. the Lactation Assessment Tool)	

Task 2 - Monitor and evaluate behavioral, cultural and social conditions of mothers and babies in an uncomplicated breastfeeding experience. Knowledge of: • Managing and preventing common breastfeeding problems (i.e. normal physical, behavioral and developmental changes in mother and baby from prenatal to weaning stages; strategies to achieve long term breastfeeding goals) • Methods and process of hand expression • Contraceptive options (i.e. LAM method; advantages and disadvantages of child spacing methods; cultural considerations; pharmaceutical medication options) • Cultural beliefs and practices on breastfeeding • Cultural humility and social appropriateness in plans of care	
Task 3 - Assess for, monitor and evaluate physical conditions of mothers and babies in complex breastfeeding experiences. Knowledge of: • Lactation in event of maternal health conditions and treatments (i.e. cancer; thyroid complications; dysphoric milk ejection • Maternal-related challenges as they relate to infant feeding (i.e. fatigue; stress; parents of multiples; anemia) • Lactation-related challenges (i.e. breastfeeding-related pain; inadequate latch; Raynaud's disease; nipple injuries; piercings; engorgement; mastitis; yeast/thrush; ineffective positioning • Breast milk collection and breastfeeding in cases of physical/medical/developmental challenges in mother and baby • Breastfeeding in infants with special health needs, including premature infants (i.e. risks and benefits of breastmilk; needs of premature infants; modifications for infant feeding) • Slow weight gain and milk supply challenges and appropriate solutions (i.e. issues and perceptions of insufficient milk supply; breastfeeding-related pain) • Anatomy and physiology of mother and infant for breastfeeding (i.e. discrepant breast size; breast surgery or injury; PCOS; anemia; thyroid conditions) • Breastfeeding mothers with complex physical and developmental challenges (i.e. prematurity, cleft-lip and palette, down syndrome, paralysis, inadequate breast tissue, etc.) • Lactation during separation from infants due to various reasons (i.e. illness; hospitalization of mother and/or child; natural disasters; emergencies; war)	

• Understanding health care provider's resources to support a mother and baby with complex physical and developmental challenges and appropriate referrals for support *Task 4 - Monitor and evaluate behavioral, cultural, and social conditions of mothers and babies in complex breastfeeding experiences.* Knowledge of: • Infant-related feeding challenges (i.e. biting; refusal to feed; growth challenges; illness; formula intolerance; weaning; normal developmental changes related to feeding, such as distractibility) • Breast milk collection and breastfeeding in cases of psycho-social or cultural challenges in mother and baby • Mood and anxiety disorders in the post-partum period, including the use of tools for assessment (i.e. Edinburgh Postnatal Depression Scale) • Breastfeeding mothers with complex psycho-social and/or cultural challenges • Understanding health care provider's resources to support a mother and baby with complex physical and developmental challenges and appropriate referrals for support	
II. Successful Breastfeeding Management Programs	
Task 1 - Identify and advocate for aspects of breastfeeding management programs that facilitate optimal health outcomes. Knowledge of: • Evidenced-based practices to healthcare providers, parents, and community members about skin-to-skin practices, rooming in practices, responsive feeding practices, and other aspects of the Baby-Friendly Hospital Initiative (BFHI) and WHO's International Code of Marketing of Breastmilk Substitutes (the Code).	
III. Counseling Techniques	
Task 1 - Use counseling skills and techniques that are supportive to breastfeeding mothers and babies. Knowledge of: • Counseling skills to provide anticipatory guidance during the antenatal and postpartum periods (i.e. breastfeeding history; taking a maternal and infant history; how to get off to a good start, including	

skin-to-skin practices; counseling targeted towards maternal and infant support) • Counseling skills addressing maternal and infant nutrition (i.e. building milk supply; fussy babies; insufficient milk volume; vitamins; etc.) • Counseling skills to increase maternal confidence through the counseling process (i.e. hands-off breastfeeding support) • Effective interpersonal communication and counseling skills (i.e. use of appropriate language; providing praise and support; considering viewpoints of the family) • Developmentally appropriate complementary foods (i.e. growth patterns; exclusive breastfeeding for 6 months; micronutrient deficiencies; common feeding difficulties and solutions; local beliefs about feeding practices; relactation) • Nutritional needs of pregnant and lactating women and provide counseling and/or referrals as necessary (i.e. dietary practices; obesity; eating disorders) • Social challenges related to infant feeding (i.e. lack of family support; inadequate knowledge of breastfeeding; family dynamics; socio-cultural influences; mixed-feeding choices) • Real-life challenges related to infant feeding (i.e. returning to work or school; ending maternity leave; unsupportive workplaces) • Stages and changes of milk composition, as appropriate (i.e. lactogenesis stages; diurnal patterns; milk changes over years of breastfeeding; tandem nursing; nursing through pregnancy) • Counseling skills to address weaning • Counseling skills to address latch-on and positioning • Counseling skills to address milk supply/formula/supplementation • Counseling skills to address special circumstances of mother or baby (i.e. Down Syndrome • Counseling skills to address long-term breastfeeding (i.e. complimentary feeding; weaning; pumping; teething; etc.) • Counseling skills to address the promotion of breastfeeding (i.e. staff training; support of breastfeeding-friendly practices; etc.) • Counseling skills to address common management techniques (i.e. skin-to-skin; responsive feeding cues; etc.) • Counseling skills to address nipple and breast problems (i.e. sore nipples; mastitis; plugged ducts; engorgement; etc.)	
IV. Protections for Breastfeeding as a Public Health Strategy	
Task 1 - Identify and advocate for public health strategies that serve to protect breastfeeding.	

Knowledge of: • Sustaining lactation when returning to work/school (i.e. pumping strategies; hand expression; storage of breastmilk; use of pumps; knowledge of local laws on breastfeeding protections) • Continuity of care policies that promotes lactation services and support from pregnancy through the postpartum period • Policies that support breastfeeding (i.e. local breastfeeding tasks forces; updating hospital best practice guides; local breastfeeding coalitions; local community support groups; breastfeeding promotion groups)	
V. Professional Ethics and Behavior	
Task 1 - Coordinate care consistent with standards of professional ethics and behavior Knowledge of: • Signs and symptoms of maternal and infant problems necessitating referral to other health care professionals • Proper usage of commercial products through training and report problems to the appropriate manufacturer and/or government entity • Violations of the WHO's Code of Marketing of Breastmilk Substitutes (i.e. powdered infant formula advertisements in healthcare settings; sponsored social media posts; incorrect preparation instructions on powdered infant formula can labels) • Job roles and responsibilities (i.e. Scope of Practice) of a CLC	

My signature attests that the educational courses submitted covered every topic on this checklist. I understand that if a course review determines that any of these topics were not covered by the academic work submitted by the applicant, I will not be eligible to sit for the Certified Lactation Counselor Exam.

Name (print) _____

Signature_____ Date_____