

**Core Course – Certified Breastfeeding Counselor  
Approved for 40 CERPS with IBLCE.org**



**Course Syllabus**

This course has a welcome section then 9 additional sections. Section 1 – 7 has required readings, homework and a test at the end of each section. Section 8 & 9 focus on role playing scenarios, counseling work and essays. Completion of this course offers you the title of CBC, Certified Breastfeeding Counselor, and 40 Continuing Education Recognition Points with IBLCE.org. CBC certification is valid for 5 years and is renewable every 5 years through our website.

**Section 1: History of Lactation and Breastfeeding Advocacy**

Section 1 explores the history of breastfeeding in humans and mammals. Advocacy is also covered here highlighting IFBAN, UNICEF, Baby Milk Action, plus the Code and the Nestle Boycott. In addition, the student is required to send me a video response to the question, “Why should I breastfeed?”

**Section 2: Counseling Methods and Skills**

Section 2 digs deep into the 7 principles of counseling a nursing mother, focusing on active listening, verbal vs non-verbal communication, using open ended questions and proven counseling skills. Here we also explore offering medical vs non-medical advice, covering client consultations, standards of practice and ethics for lactation counselors and consultants.

**Section 3: Anatomy, Breast Structure and the Beginning**

Section 3 focuses on the science of lactation, breastmilk components and production, breast and nipple structure, maternal nutrition and health factors and medications and mother’s milk.

**Section 4: Concerns Related to the Breast**

This section expands upon the challenges and solutions for breastfeeding mothers. We cover sore nipples, positioning and breastfeeding teaching tips; Breastfeeding videos; understanding and building a milk supply, exploring scenarios when there are problems with milk production and transfer. Also covered in this section is mothering multiples, using lactation techniques and devices, milk banking and use of donor milk.

**Section 5: Prenatal to Postpartum**

This section covers prenatal education, working with Pediatricians and understanding hospital practices. We also explore changes in the family, intimacy and contraception and special counseling situations digging into low-income and single moms, teen moms and women from various cultures.

**Section 6: Concerns Related to the Baby**

This section teaches the student about Infant Development. Covers infant anatomy, reflexes, rooting and sucking. Expands upon digestion, understanding output and weight, spitting up and food sensitivities. Explains safe sleep and ages and stages of infant development from birth and beyond.

**Section 7: Specialty Topics**

Section 7 teaches the student about a variety of complex topics. Jaundice; delayed breastfeeding; induced lactation and transgender information; Breastfeeding in emergencies; nursing strikes; preemies and kangaroo care, counseling a mother whose baby has died and back to work strategies.

**Section 8: Counseling Situations**

**Section 9: Breastfeeding Promotion and Change**

Required text: *Counseling the Nursing Mother, A Lactation Consultant’s Guide*, 6<sup>th</sup> Edition which can be purchased with our discount code at [jblearning.com](http://jblearning.com).

*International Breastfeeding Institute is the lactation school of International Doula Institute.*