

Component 4: Supplemental and elective courses

Unless otherwise stated, you must complete these requirements at Birthingway.

For the Certificate Track:

- Introduction to Communications for Lactation Consultants (ILC111q)- 1 quarter credit

For the Associate's Track:

- Pregnancy and Birth Impacts on Breastfeeding (IMP231q)- 3 quarter credits
- Perinatal Psychology for Lactation Professionals (PSL211q)- 1 quarter credit
- Lactation Consultant Practice Protocols (LPP211q)- 1 quarter credit
- Advanced Lactation Case Studies (ACS221q)- 2 quarter credits
- Communications I (COM121q)- 2 quarter credits
- Communications II (COM 112q)- 1 quarter credit
- Communications III (COM113q)- 1 quarter credit
- Botanicals I (BOT231q)- 3 quarter credits
- Introduction to Healing Systems (STM121q)- 2 quarter credits
- Electives (may be transferred in)- minimum of 2 quarter credits, see your Program Coordinator for a list of electives.

With all four components taken together, Birthingway has developed the following recommended course sequences (RCS). They have been created in such a way that you begin with foundational and introductory courses, and build towards more complicated material. Much of the later material is, in part, dependent upon the knowledge that is acquired in earlier courses.

Please be aware that while the RCS lists an *ideal* pathway through the program, it may not be possible to follow due to timing and demand within a clinical placement. This RCS will not likely be a *realistic* timeline for completion of the program. Please see the Lactation Program Coordinator to map out an individualized course completion plan.

2016 Matriculating Cohort Recommended Course Sequence: Certificate in Lactation Consultation

Students seeking the Certificate in Lactation Consultation who wish to graduate within one year must take all required courses as they are offered. Choosing to take only some of the courses when offered in the first year will delay your graduation. Speak with the Lactation Program Coordinator to create a course projection for your completion.

2016 Matriculating Cohort Recommended Course Sequence: Associate of Applied Science in Lactation Consultation

First Year			
Term	Type	Course Name	Credit Hours
Spring	Lactation-Specific	Introduction to Breastfeeding Theory (BRF131q)	3
		Breastfeeding Skills (BFS211q)	1
		Breastfeeding Education and Counseling (BEC221q)	2
	Supplemental	Communications I (COM121q)	2
		Introduction to Healing Systems (STM121q)	2
	Health Science	Using Medical Literature (UML111q)	1
		Information Literacy (INL111q)	1
Clinical Training Credits (LCT211q)			1
Total			13
Fall	Lactation-Specific	Advanced Breastfeeding Theory (BRF213q)	1
		Maternal Complex Breastfeeding Situations (MCS221q)	2
		Breastfeeding Politics and Policy (POL112q)	1
	Supplemental	Communications II (COM112q)	1
	Health Science	Human Anatomy and Physiology for Birth and Lactation Professionals (ANP151q)	5
		Medical Terminology (MED121q)	2
	Clinical Training (LCT211q)		
Total			14
Winter	Lactation- Specific	Infant Complex Breastfeeding Situations (ICS221q)	2
		Advanced Lactation Skills (ALS221q)	2
		Lactation Professional Standards and Practice (LPS221q)	2
	Supplemental	Communications III (COM113q)	1
	Health Science	Infancy (INF121q)	2
		Nutrition (NUT131q)	3
	Clinical Training (LCT211q)		
Total			14

Second Year			
Term	Type	Course Name	Credit Hours
Spring	Supplemental	Perinatal Psychology for Lactation Professionals (PSL211q)	1
		Pregnancy and Birth Impacts on Breastfeeding (IMP231q)	3
		Botanicals I (BOT231q)	3
	Clinical Training (LCT211q)		
Total			10

Fall	Supplemental	Lactation Consultant Practice Protocols (LPP211q)	1
		Advanced Lactation Case Studies (ACS221q)	2
	Health Science	Human Genetics (GEN231q)	3
		Working Cross Culturally (WCC211q)	1
	Elective		2
	Clinical Training (LCT211q)		3
			Total

Skills Acquisition

You will be exposed to many types of equipment while at Birthingway including, but not limited to, infant scales, pediatric stethoscope, model breasts, model babies, oral anatomy models, supplemental nursing systems, infant feeding tools, nipple shields, and manual and electric breast pumps.

Skills are introduced, practiced, and evaluated in the classroom, as well as during clinical training. You will be introduced to and practice skills included on the *CAAHEP/LEAARC Entry Level Competencies* which includes skills required by the International Board of Lactation Consultation Examiners (IBLCE). In addition, you will learn professional behavior, communication, and relationship skills; teaching and counseling skills; and decision-making ability in classroom and clinical settings.

In skills courses, you will receive *Classroom Skills Documentation* forms which list each of the skills taught and the number of times you must demonstrate the skill.

Skills are also acquired during your clinical training with a preceptor. Preceptors are required to meet with you each term that you are registered for clinical training credit to document which skills you can perform independently. These skills are evaluated using the *Clinical Competencies Checklist*. The *Clinical Competencies Checklist* includes all of the [required IBLCE skills](#), as well as some additional skills Birthingway requires before graduation.

Skills gained while working with a preceptor are practiced on clients and are not uniform because of the nature of clinical practice. You are responsible to document any new skills acquired, as well as the enhancement of classroom skills achieved during your clinical experience. A current copy of the *Clinical Competencies Checklist* is kept in your academic file. For more information, see [CLINICAL TRAINING](#).

Classroom Skills Participation

You may have the opportunity to serve as a model for your classmates in skills classes. This is optional.

Breastfeeding Skills

You should anticipate practicing and demonstrating proper use of universal precautions, a complete evaluation of breastfeeding assessment of both mother and infant, assessment of breast milk transfer, options for breastfeeding positions, devices and equipment use, and breast milk expression.

Advanced Lactation Skills

You should anticipate practicing and demonstrating proper assessment of prenatal considerations, assessment of true low milk supply, proper use of tools and equipment, pumping, options for milk storage, donation counseling, and infant oral exams.

Additional Learning Requirements

Cohort Time

Students who matriculate into the Lactation Consultation Program in the same academic year are considered a *cohort*. This group of students follows the lactation-specific course sequence together. This includes sharing the same core day for the year or two years, as appropriate to track, of lactation-specific courses.

On core days there is time set aside between morning theory and afternoon skills classes. The first half of the time is for lunch. The second half of the time is for cohort meeting time. The Cohort time that is set aside on