



Lactation Training Options for Medical Offices

To improve continuity of care and breastfeeding outcomes for patients, Advancing Breastfeeding in Colorado (ABC) compiled this list of recommended lactation training for various staff within your organization.

1. Introductory Lactation Trainings

As part of the Breastfeeding Friendly Medical Office certification process, all staff should complete BF 101. Providers and staff that have patient contact should complete an additional 1 hour of training annually:

BF 101: Breastfeeding Friendly Medical Office Lunch & Learn - YouTube A free 31-minute video covering basic information about breastfeeding and lactation management. The video can be watched as a group (over a staff lunch or meeting) or individually

- ▶ At the end of this video there are two links that detail [latch](#) and [milk supply](#)
- ▶ This [link](#) provides more information on pumping

[Michigan Breastfeeding Network: Great Lakes Breastfeeding Webinars](#) Free. Length: 1 hour. Continuing education hours available

[U.S. Breastfeeding Committee \(USBC\) Racial Equity Webinars](#) Free. Length: 1.5 hours

[Natural Breastfeeding for an Easier Start](#) Free. Length: 40 minutes

[InJoy Health Education Webinars](#) Free. Length: 1 hour

2. Specialty Topics in Lactation and Feeding (Commonly requested by providers and clinical staff)

Prior to certification, providers and staff that have contact with patients should complete 3 additional lactation training specialty topics:

Webinars, Courses, and Presentations

- ▶ [GOLD Lactation Webinars](#)
Length varies; some options are free and some are available in Spanish. Offers IBCLC CERPs.
- ▶ [Lactation Education Resources Courses](#) Free. Length: varies
- ▶ [iLactation Presentations](#) Free. Length: varies
- ▶ [NACCHO Breastfeeding Webinars](#) Free. Length: 1 hour
- ▶ [The B.L.A.C.K. Course](#) Cost: \$750. Virtual 5-day, 45-hour course for aspiring IBCLCs and breastfeeding counselors supporting Black communities

Podcasts

- ▶ [InJoy Podcasts \(InCast\) – Inspiring Insightful Interviews](#) Free. Length: varies
- ▶ [The Institute for Breastfeeding and Lactation Education \(IABLE\) Podcasts](#) Free. Length: varies

Journal Club

- ▶ [Lactation Journal Club](#) Cost: \$35. Length: 2 hours

Jefferson County Public Health Milk Hour Sessions

- ▶ Free. Register [here](#). Length: 1 hour

For questions, please visit colo.health/ABC for your county's ABC contact.

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3. Lactation Training Certification Options

The following comprehensive courses could prepare staff for IBCLC certification or can be taken independently:

[Certified Lactation Counselor \(CLC\)](#) Includes certifying exam. Ideal for PAs, NPs, RNs, and RDs.

- ▶ In person or online – 40 hours
- ▶ For online option, must complete modules, phone observations, and online exam within 6 months from start of course

[Certified Lactation Educator \(CLE\)](#) Ideal for MAs, Patient Navigators, Referral Coordinators, and those providing education and support but without the scope to diagnose.

- ▶ Requirements to obtain the credential include but are not limited to:
 - Attendance in person or online for the 3-day, 21.5-hour course
 - Documented observation/attendance at 2 breastfeeding support groups
 - 4 hours of clinical IBCLC observation
 - 2 letters of recommendation

[Community Lactation Access Project \(CLAP\)](#) Ideal for all levels of staff. Classes are tailored to participants and offer readiness to sit for CLC exam or IBCLC exam (if meeting all other criteria for those courses).

- ▶ Will soon be available in Spanish, and scholarships are available for people who self-identify as Black, Indigenous, Latinx, LGBTQ+, and others
- ▶ In-person and online – 45 hours

[Institute for the Advancement of Breastfeeding & Lactation Education \(IABLE\)](#) Training options and courses for all levels of staff with an emphasis on up-to-date information for providers. Offerings include:

- ▶ 5-day clinical “Breastfeeding Medicine Course for Physicians and Other Providers”
- ▶ 16-hour “Outpatient Breastfeeding Champion Course” for medical offices – applicable for any staff member who is a breastfeeding supporter

4. Latest Lactation Guidelines and Protocols

Links to website resources

- ▶ [Academy of Breastfeeding Medicine](#) Guidelines on a variety of breastfeeding concerns and best practices for treating and supporting the lactating family from pregnancy to weaning, available in English, Spanish, Chinese, Croatian, Korean, Italian, German, and Japanese. Includes a variety of popular topics, such as resources on COVID-19 and bed sharing.
- ▶ [American Academy of Pediatrics Policy Statement on Breastfeeding and the Use of Human Milk](#)
- ▶ [American Academy of Pediatrics – healthychildren.org](#) Short articles on common questions for both the provider and the parent, available in English and Spanish.
- ▶ [The American College of Obstetricians and Gynecologists](#) Breastfeeding section provides resources, clinical guidance, education materials, and more.
- ▶ [U.S. Department of Health and Human Services Office on Women’s Health](#) Breastfeeding section includes resources, videos, patient education materials, posters, and more.
- ▶ [Colorado Department of Public Health and Environment: Breastfeeding Essentials](#) Data and breastfeeding rates, local trainings and resources, patient materials, information on the breastfeeding-friendly medical office model, hot topics, and more.
- ▶ [Colorado Breastfeeding Coalition](#) Information for families and providers including local meetings, laws, trainings, frequently asked questions, and links to reputable resources.