

## CAPPA 20 Hour Certified Lactation Educator Workshop Outline

### DAY ONE

- Reaistration
- Introductions
- Goals and Roles of Lactation Professionals
- Cultural Competencies in Breastfeeding
- Evaluating Research
- Three Step Counselling and Learning Styles
- Breastfeeding History and Global Initiatives
- Politics of Breastfeeding in America
- Value of Human Milk
- Marketing of Artificial Human Milk

### DAY TWO

- Anatomy and Physiology of Breastfeeding
- Prenatal Concerns and Preparation
- Impact of Birthing Practices on Breastfeeding
- Successful Breastfeeding In the First Few Hours (Skin to Skin)
- Baby Friendly Hospital Initiative (BFHI)
- Latch Assessment (Asymmetrical and Baby Led Breastfeeding)
- Infant Stages
- Signs of Breastfeeding Success

### DAY THREE

- Nutrition and Breastfeeding
- Infant Challenges in Breastfeeding
- Maternal Challenges in Breastfeeding
- Positive Communication as Breastfeeding Professionals
- Pumping/Expressing Milk/Maintaining Breastfeeding while Employed
- Medications/Illness and Mother's Milk
- Curriculum Development

In order to tailor CLE training courses specifically to the needs of the institution, four packages have been developed. In addition to the courses outlined below, custom trainings are available for an additional fee.

### Packages A, B, C and D are geared towards the 20 Hour Certified Lactation Educator Course (CLE) for On-Site Training.

Delighted to Doula provides the CAPP A 20 Hour Lactation Educator Course to nursing staff, home visitation liaisons, peer counselors and other key staff. This course covers the Core Breastfeeding Competencies of the USBC and satisfies the World Health Organization and Baby Friendly Hospital Initiative 20 Hour Course requirements. The CLE™ Course also provides the opportunity for attendees to become Certified Lactation Educators (CLEs) through CAPP A Academy (additional steps and fees required). The CLE™ Course has been effectively used to train public health nurses, home visitation nurses, prenatal educators, WIC staff, Welcome Baby liaisons, peer counselors and other individuals in hospitals or community service.

## Training Package A

### Lactation Educator Training Workshop Only

Students who complete the three-day intensive training, pre-workshop study guide, reading assignments and classwork will receive a **Certificate of Completion**. This course fulfills the 20 Hour Baby Friendly Hospital Initiative (BFHI) and peer training requirements. This package DOES NOT include certification fees. It is a workshop only package.

Students have the option of pursuing certification by becoming a CAPP A member for \$55 (yearly membership) and enrolling in CAPP A Academy for an additional \$175 in order to complete the process and become "Certified." Package A is for institutions and individuals who desire the information and are seeking a training to satisfy the BFHI requirements or the prerequisite to become CLEs.

**Cost per student (1-10) \$425**

**Cost per student (11-15) \$400**

**Cost per student (16 or more) \$375**

Fees cover curriculum, three day workshop and training resource notebook.

## Training Package B

### Workshop plus CAPP A Membership Only

This package includes three day Workshop and the fees for CAPP A Membership. Membership affords many advantages including: membership in the world’s largest childbirth education organization, personal listing on CAPP A.net to allow others to locate your services, free annual conferences (including free CEUs for main sessions), a monthly newsletter sent to your inbox, marketing and networking opportunities and a free editable profile page.

**Cost per student (1-10)            \$525**

**Cost per student (11-15)        \$500**

**Cost per student (16 or more) \$475**

Fees cover curriculum, workshop material, training resource notebook and CAPP A Membership

## Training Package C

### Workshop plus CAPP A Academy Only

#### (Membership must be purchased separately)

This package includes all elements of Package A plus the \$175 CAPP A Academy tuition fee. CAPP A Academy is the online required course for anyone who aspires to become a “Certified” Lactation Educator (CLE™). Students have access to CAPP A Academy for one year. This option is available without the membership fees since some institutions might have a stipulation that they cannot pay membership fees (Package B or D) Students have the option of purchasing CAPP A Membership personally. Membership is required in order to earn the CLE™ credential.

**Cost per student (1-10)            \$600**

**Cost per student (11-15)        \$575**

**Cost per student (16 or more) \$550**

Fees cover curriculum, workshop material, training resource notebook and Tuition for CAPP A Academy (Online Certification Program).

## Training Package D

### Workshop, Enrollment in CAPP A Academy & 2 Year CAPP A Membership

The most affordable, complete Certified Lactation Educator Training Available. This package is **ALL-INCLUSIVE**. It includes the fees and material for the 20 Hour Lactation Educator Workshop, CAPP A Academy tuition (online certification program) and CAPP A Membership fees for two full years. Students have up to two years to complete the certification process. CAPP A Membership must be maintained for certification to be current.

**Cost per student (1-10)            \$695**

**Cost per student (11-15)        \$675**

**Cost per student (16 or more) \$655**

Student fees cover curriculum, workshop material, training notebook, enrollment for CAPP A Academy (Certification Program) and a two-year CAPP A Membership. CAPP A Conferences and Conference CEUs are free to CAPP A members (breakout sessions at conference are available for additional fees). Members also have access to online resources and networking sites.

***Please note: membership and CAPP A Academy may be purchased separately.***

Lactation Educator Training Contract

To be completed only after verbal agreement and training confirmation has been given. *(Final once both parties have committed and signed the agreement)*

Our organization, \_\_\_\_\_ located at \_\_\_\_\_ is entering a contract with Delighted to Doula and Prinscilla Moore, CLE, to facilitate a Childbirth and Postpartum Professional Association (CAPPA) 20 Hour Certified Lactation Educator Training (CLE™) Course. The training is scheduled to be held on \_\_\_\_\_, 2016. The organization agrees to register and submit funds to train a minimum of 15 students. The organization will confirm the exact number of students a minimum of four weeks prior to the scheduled training (unless otherwise agreed upon). The hosting hospital also agrees to provide beverage service (coffee and water) and a light continental breakfast or morning snack.

The Training Package our organization has selected is:

- \_\_\_\_\_ Training Package A (Workshop only)
- \_\_\_\_\_ Training Package B (Workshop and CAPPA Membership Only)
- \_\_\_\_\_ Training Package C (Workshop and CAPPA Academy Tuition Only)
- \_\_\_\_\_ Training Package D, All-inclusive training for individuals pursuing certification (Workshop, CAPPA Academy Tuition and a two-year CAPPA Membership)

Training Package <i>(choose one)</i>	Number of Students	Cost per Student <i>(refer to pricing chart and group discount)</i>	CAPPA Membership 1-Year Only (\$55 each; add to package A or C)	CAPPA Academy <i>(online certification program; \$175 per student)</i>	Total Due to <i>Delighted to Doula</i>
Package A					
Package B			2 years incl.		
Package C				included	
Package D			included	included	

\_\_\_\_\_  
Name (Please Print)      Title      Authorized Signature      Date

*Accepted and agreed upon by*

\_\_\_\_\_  
Prinscilla Moore, CPD, CAPPA CLE Faculty      Date

Hospitals generally award 20 CEUs to the students enrolled in the course. Instructor can provide CV, Course Outline and Objectives upon request. A W-9 is also available for institutions who request a copy or would like to make payment with a Purchase Order.

To request an Invoice for Delighted to Doula, please complete the contract and email to [delightedtodoula@yahoo.com](mailto:delightedtodoula@yahoo.com).

To pay by mail, complete the contract and send a copy, along with payment, to  
Delighted to Doula  
30485 Old Stream Circle  
Southfield, MI 48076

Contact Prinscilla Moore with any additional questions or concerns  
248-445-0126

Please note Delighted to Doula offers specialized training to meet the needs of any organization, but the CAPPa CLE Course is specifically outlined in this proposal. This is a sample proposal only. We can work with any budget and any need.