



LACTATION EDUCATION

CSUN

CALIFORNIA STATE UNIVERSITY NORTHRIDGE

Course Description

California State University, Northridge (CSUN) is one of the few universities in the U.S. that offers its students the opportunity to complete a course in lactation education.

Health Science 434: Lactation Education provides students with the opportunity to develop the knowledge and skills needed to serve as lactation educators in the community.





Topics covered in this course include:

- Promotion initiatives & epidemiological trends in breastfeeding.
- The history of infant feeding.
- Common breastfeeding barriers & strategies to overcome those barriers.
- Effective counseling skills for supporting and educating pregnant & breastfeeding mothers.
- The lactation educator's scope of practice.
- Key concepts women need to know to successfully breastfeed.

What Does a Lactation Educator Do?

Lactation Educators (sometimes also called lactation counsellors or specialists) are individuals who are trained to provide basic education and support to pregnant and breastfeeding women (Childbirth and Postpartum Professional Association, 2011).

Lactation Educator's job responsibilities may include:

 <p>teaching prenatal breastfeeding classes</p>	 <p>providing one on one breastfeeding education to new mothers during their hospital stay</p>
 <p>renting and selling breast pumps</p>	 <p>answering calls on breastfeeding information lines</p>

What Requirements Will This Course Satisfy For CSUN Students?

- B.S in Public Health degree requirements:
 - This course will satisfy 3 units of the 15 units of required elective coursework that is part of the B.S. in Public Health degree requirements.
- All other Majors:
 - Contact your department Advisor if you have specific questions on how the course will help you progress toward graduation.

I am Not a Student at CSUN, May I Take the Lactation Education (HSCI 434) Course?

- Yes, community members and students not currently enrolled in a degree program at CSUN may enroll in HSCI 434 through the Tseng College without formal application or admission to the university.
- Individuals may take this class on a space-available basis, if they receive instructor approval and meet course prerequisites. For details about the course or certificate of course completion, contact lactation.education@csun.edu.
- For specific questions about fees and how to enroll in HSCI 434 please contact the Tseng College Admissions Office at (818) 677-2504 or visit the following website: <http://tsengcollege.csun.edu/studentinfo/howtoregister>

After Taking HSCI 434: Lactation Education, What Designation May I Use?

- After successful completion of this course, you may call yourself a "Certificated Lactation Educator" (CLE).

Is This Course Recognized?

Yes, HSCI 434-Lactation Education is recognized by the Lactation Education Accreditation and Approval Committee (LEAARC) as basic education (under 90 hours) for breastfeeding educators and counselors.

For more information, please visit us at: <http://www.csun.edu/lactation-education>

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Where Do Lactation Educators Typically Work?

- Hospitals
- Medical groups
- Woman Infants and Children (WIC) programs
- Breastfeeding stores

Career Opportunities in Lactation

Increased demand for healthcare professionals with specialized knowledge in lactation is expected to increase as a result of the Affordable Care Act which requires health insurance companies to provide women with prenatal and postpartum lactation support and counseling services (US Department of Health and Human Services, 2012, Sept 27).

