



Accreditation and Approval Review Committee
 on Education in Human Lactation and Breastfeeding
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AARC Approved Courses

These courses are approved through the Accreditation and Approval Review Committee (AARC) on Education in Human Lactation and Breastfeeding. AARC Approval is voluntary and provides a reliable indicator of educational quality to employers, insurers, counselors, educators, governmental officials, and the public, based on the fact that the education program adheres to established criteria and standards of the profession.

AARC serves in cooperation with the Commission on Accreditation of Allied Health Education Programs (CAAHEP) for official recognition of educational programs. AARC is sponsored by the International Lactation Consultant Association (ILCA) and the International Board of Lactation Consultant Examiners (IBLCE). CAAHEP, ILCA, and IBLCE cooperate to establish, maintain and promote appropriate standards of quality for educational programs in Lactation and Breastfeeding and to provide recognition for educational programs that meet or exceed the minimum standards.

An AARC Approved program meets the following criteria:

- The program has existed for more than one year and has been offered more than one time.
- The program offers a minimum of 45 contact hours and covers areas of the *IBLCE Exam Blueprint*.
- The primary faculty has been IBCLC certified for more than 5 years.

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Birthingway College of Midwifery

Lactation Consultant Program (45 hours)

AARC Approved through June 30, 2012

Approval Number: AA06302012

Contact: Nichole Reding

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Portland, Oregon 97266

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USA

Birthingway's biodynamic model of care reflects the centrality of biological processes while remaining very woman-centered and individual. A biodynamic birth will be one with the least amount of intervention while still protecting the well-being of mother and baby. Taking the biodynamic model of birth to its natural next step, Birthingway's Lactation Program approaches breastfeeding support with the same emphasis on physiologic processes and low intervention. Our on-site program consists of 3 college semester credits with 45 contact hours and 90 hours of homework, including extensive reading, research, clinical observations, and case studies, covering all topics on the *IBLCE Exam Blueprint*.

Breastfeeding Outlook

Comprehensive Lactation Course: Mastering the Blueprint (90 hours)

AARC Approved through December 14, 2014

Approval Number: AA12142014BO

Contact: Marie Biancuzzo

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Herndon, Virginia 20172

Email: info@breastfeedingoutlook.com

USA

Website: www.breastfeedingoutlook.com

Breastfeeding Support Consultants (BSC)

Lactation Consultant Course (200 hours - distance learning)

AARC Approved through December 31, 2012

Approval Number: AA12312012

Contact: Pamela J. Allyn, RN, BSN, IBCLC

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Villa Park, Illinois 60181

Website: www.bsccenter.org

USA

BSC is the premier source for Education through Distance Learning. Since 1981, BSC continues to develop, update, and revise courses and curricula to aid in exam preparation, and meet the needs of those working in the field of lactation. BSC's comprehensive Lactation Consultant Course covers all areas of the *IBLCE Exam Blueprint* and helps prepare exam candidates. Course work includes readings and written assignments, role plays, counseling exercises, and learning activities. A wide variety of shorter courses are offered to strengthen knowledge base, improve areas of weakness, and to keep current with new research and changes in the work environment.

Bright Future Lactation Resource Centre Ltd. (BFLRC)

Lactation Management / Exam Preparation Course (45 hours)

AARC Approved through October 31, 2012

Approval Number: AA10312012

Contact: Linda J. Smith, BSE, FACCE, IBCLC

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Dayton, Ohio 45459

Email: Lindaj@bflrc.com

USA

Website: www.BFLRC.com

Presents a comprehensive presentation of the skills and knowledge needed for evidence-based professional lactation consultant practice. Increases the knowledge and skill of perinatal health professionals, and helps prepare candidates for the examination sponsored by the International Board of Lactation Consultant Examiners. Six full days of instruction conclude with an examination simulation to help identify strengths and gaps in skill and knowledge areas. Interactive activities, clinical slides and videos, and skill-building techniques create a uniquely warm and supportive learning environment. This course was the first lactation course designed on the *IBLCE Exam Blueprint*, and is the longest-running course of its kind.

California State University, Northridge

Maternal Child Infant Nutrition (45 hours)
AARC Approved through November 30, 2014
Approval Number: AA11302014

Contact:	Merav Efrat	Phone:	818-677-7052
Address:	118111 Nordhoff Street	Fax:	818-667-2045
	Northridge, California 91330-8285	Email:	Merav.Efrat@csun.edu
	USA		

This course prepares health professionals and other interested individuals to become lactation educators. Participants will have the opportunity to develop the knowledge and skills needed to educate and support women in the community throughout the breastfeeding process. The *IBLCE Exam Blueprint* is a guide for the curriculum utilized in this course. Topics include: basic anatomy and physiology of lactation, maternal nutrition, strategies for addressing common barriers to initiating breastfeeding, cultural influence on breastfeeding, infant growth and development, effective counseling skills, breastfeeding techniques, hospital practices the support breastfeeding, common breastfeeding concerns and solutions, and breastfeeding devices and equipment.

County of Riverside Department of Public Health

Grow Our Own Lactation Consultant Program (105 hours)
AARC Approved through December 14, 2014
Approval Number: AA12142014

Contact:	Laurie Haessly, MA, RD, IBCLC	Phone:	951-358-5153
Address:	4065 County Circle Drive, Suite 207	Fax:	951-358-5472
	Riverside, California 92503	Email:	donna.lhaessly@rivcocha.org
	USA	Website:	www.lovingssupport.org/growourown

The Grow Our Own Lactation Consultant course is a 15 day, monthly or bi-monthly, 105 hour didactic lactation course which follows the *IBLCE Exam Blueprint*. Evidence based education is at a pace allowing for critical clinical experience, completion of assignments and course work. This course was birthed out of a need for more IBCLCs based in the Public Health setting including the WIC program. The Grow Our Own course offers a collaborative learning environment for WIC staff, Hospital RNs, La Leche League Leaders and Community Health workers.

Danish Committee for Health Education

Interdisciplinary Breastfeeding Course (45.75 hours)
AARC Approved through February 28, 2013
Approval Number: AA02282013

Contact:	Ingrid Nilsson	Phone:	+45-35-26-5400
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	Copenhagen, Denmark 2100	Email:	in@sundkom.dk

Deborah Robertson, IBCLC

Breastfeeding Specialist Course (120 hours)
AARC Approved through September 30, 2013
Approval Number: AA09302013

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	Kent ME1 2DW	Website:	www.breastfeedingspecialist.com
	UK		

This course comprises 12 days, one Saturday per month in London, done in any order and across one or more year. Teaching is a combination of lecture, game, video, discussion, handouts, practical demonstration, drama, case studies and skills practice, all linking theory to everyday work in lactation. We end with multiple choice questions on the day's topic, thus building exam-taking skills. Homework is set (consisting of reading from the set book, tests, reflective writing and preparing client or staff teaching material) which need to be submitted for assessment in the following month. 'Study buddying' is encouraged through our online group.

Douglas College

Breastfeeding Course for Health Care Providers (73.75 hours)

AARC Approved through February 28, 2014

Approval Number: AA02282014

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	North Vancouver, BC V7L 2M9	Email:	sandrayates@shaw.ca
	CANADA		

This comprehensive course will give you the foundational skills you need to confidently support and empower families to reach their breastfeeding goals. You will learn management of common breastfeeding concerns and challenges, develop a well-round and evidence-based understanding of current optimal infant feeding practices, and be able to link theory to everyday work providing effective breastfeeding support.

Course outline: 39 classroom hours; 38 documented observational hours; text book and web site readings; group project and presentation; mid-term and final exams. This course is offered throughout British Columbia and other Canadian provinces. Credits are granted from many educational institutions. [Course Registration Form](#)

Health e-Learning

BreastEd Series (120 hours - distance learning)

AARC Approved through July 1, 2012

Approval Number: AA07012012

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	AUSTRALIA	Website:	www.health-e-learning.com

Health e-Learning has been providing high quality online education since 1990. Studying our courses online you can interact with the course, your tutor and other students. Links to other quality websites, journal articles and online references help you to have a broad understanding of the topics, while case studies, videos and self-test quizzes keep you focused. The forums add an extra dimension to learning as the tutor draws your attention to new research, points of interest and more clinical case studies, while you ask questions and respond to questions. You'll be fully engaged learning online with Health e-Learning.

Healthy Children

Lactation Counselor Certificate Training (45 hours)

AARC Continuing Approval through August 31, 2016

Approval Number: AA07312011

Contact:	Vanessa Ford	Phone:	508-888-8044
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	USA	Website:	www.healthychildren.cc

Healthy Children's Center for Breastfeeding is the leader in lactation education through competency-based programs that are evidence-based, practical and comprehensive. This 45 L-CERP course prepares participants for professional work helping mothers and babies. Inherent in this training program is a counseling approach: this program trains participants how to gain insight into clients' problems, with a strong focus on counseling skills. Build your assessment skills, technical expertise and counseling skills in order to becoming a better lactation care practitioner.

Lactation Education Consultants

Certified Lactation Specialist Course (46 hours)
AARC Continuing Approval through January 31, 2017
Approval Number: 0112201

Contact: Jan Barger, RN, MA, IBCLC
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USA

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Email: LECoffice@aol.com
Website: www.lactationeducationconsultants.com

This course is 46 CERPs, encompassing all areas of the *IBLCE Exam Blueprint*. It is a stepping stone to becoming an IBCLC. The goal is to prepare you to practice hands-on as a lactation specialist. You will learn how to assess, evaluate, counsel, and treat the breastfeeding dyad. These valuable clinical skills and exposure to current research on lactation will make you a desirable practitioner. Enjoy three instructors who come from varied work settings and who continue to work with mothers and babies. Various teaching methods, lots of clinical slides, and plenty of humor make the class day go quickly.

Lactation Education Resources

The Lactation Consultant Training Program (45 hours)
AARC Approved through March 1, 2012
Approval Number: AA01012012

Contact: Vergie Hughes, RN, MS, IBCLC
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USA

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Email: LERonline@yahoo.com
Website: www.leron-line.com

This comprehensive lactation management course is taught by 20+ of the most experienced and committed lactation consultants, authors, researchers and educators. The course includes an in-depth discussion of all of the topics in the *IBLCE Exam Blueprint* as well as hands-on practice with clinical devices and techniques. Case studies enrich the understanding of didactic learning. Students meet for small group discussion with lactation consultants practicing in a variety of clinical practice settings for insight into actual work experience. This course has been in continuous operation since 1990 and has trained over 3,000 lactation consultants.

Mohawk College of Applied Arts & Technology

Breastfeeding Program (88 hours – distance learning)
AARC Approved through August 31, 2014
Approval Number: AA08312014

Contact: Donna Dunlop
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Hamilton, Ontario L8S 1C7
CANADA

Phone: 905-540-4247 ext 26709
Fax: 905-528-7706
Email: donna.dunlop@mohawkcollege.ca
Website: www.mohawkcollege.ca

This part time program offered by the Faculty of Continuing Education Health Sciences is designed to enhance the knowledge, skills and abilities of caregivers and individuals currently working with breastfeeding families. It incorporates information and care practices associated with healthy and problematic breastfeeding and a clinical practicum for application of breastfeeding knowledge and skills in both hospital and community settings. As of September 2011, using the *IBLCE Exam Blueprint*, the program is being updated to three consecutive theory courses to meet revised IBLCE curriculum requirements for certification as a lactation consultant.

Newman Breastfeeding Clinic & Institute

Lactation Medicine (58 hours)

AARC Approved through May 31, 2012

Approval Number: AA09302010

Contact: Eileen Park

Phone: 416-498-0002

Address: 1255 Sheppard Ave E

Fax: 416-498-0012

Toronto, Ontario M2K 1E2

Email: institute@drjacknewman.com

CANADA

Website: www.nbc.ca

NBCI offers programs and educational courses for those wishing to become an IBCLC and all healthcare professionals working with breastfeeding dyads. We also provide continuing education for those who are already IBCLCs. Our faculty consists of a multi-disciplinary team who are specialized in their respective areas of lactation medicine. Our comprehensive training programs, which are based on current and evidence based research, include a didactic learning component and a practical component (a critical element of the Institute) that fosters a unique level of competency when caring for the breastfeeding dyad. Please visit our website for program descriptions.

Northwest Area Health Education Center

North Carolina Lactation Educator Training Program (69 hours)

AARC Approved through April 30, 2012

Approval Number: AA04302012

Contact: Michelle Adams

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Winston-Salem, NC 27157

Email: micadams@wfubmc.edu

USA

Website: www.northwestahec.org

The North Carolina Educator Training Program is a collaboration between Forsyth Medical Center, the North Carolina Department of Health and Human Services (WIC) and Northwest Area Health Education Center. This is a seven-day course that targets healthcare professionals who work with breastfeeding mothers and offers the necessary knowledge and skills for providing basic breastfeeding management and support. These skills focus on basic prenatal and postpartum counseling and the management of common concerns and clinical problems. The interactive training involves five days of didactic sessions, two days of clinical rotations and an independent study assignment.

Portland Community College CLIMB Center for Advancement

Lactation Management in the 21st Century (45 hours)

AARC Approved through April 30, 2014

Approval Number: AA04302014

Contact: Sharmila Bose

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Address: 1626 SE Water Ave

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Portland, OR 97214

Email: sharmila.bose@pcc.edu

USA

Website: www.pcc.edu/climb/health

This comprehensive, evidence-based course is designed for health care professionals who want to improve their lactation skills, or for students who want to become lactation consultants. The entire course is offered twice each year and includes a combination of in-person instruction and distance learning. Class size is limited so that students can actively participate in a variety of educational activities, and skills assessments. Students that are not licensed/registered health professionals must complete prerequisite courses.

Presbyterian Hospital

Lactation Education Program (50 hours)

AARC Approved through August 31, 2012

Approval Number: AA07312012

Contact: Gretta Blythe

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Address: 200 Hawthorne Lane

Fax: 704-316-0286

Charlotte, North Carolina 28204

Email: ghblythe@novanthealth.org

USA

A comprehensive course offered every two years, one night a week for 12 weeks. Health care background or 2 years secondary education preferred. Covers basic lactation information, current research, evidence-based practice, counseling skills, positioning and latch. The *IBLCE Exam Blueprint* is a guide for the curriculum to assure a well balanced learning experience. Fun interactive classes involve role playing and “hands-on” labs. A six-hour clinical day offers an opportunity to see knowledge gained from classes in practice. After completing the program participants can enroll in Presbyterian’s Clinical Internship at Presbyterian to acquire clinical hours for Pathway 1 or Pathway 3.

University of California San Diego

Certificate for Lactation Consultant (128 hours)

AARC Approved through November 30, 2012

Approval Number: AA11302012

Contact: Nicole Mitchell

Phone: 858-964-1069

Address: UCSD Extension Healthcare

Fax: 858-964-1018

9500 Gilman Drive, 0170-E

Email: nmitchell@ucsd.edu

La Jolla, California, 92093

Website: www.breastfeeding-education.com

USA

The UC San Diego Lactation Consultant Course is a model lactation consultant training program that meets the requirements of IBLCE. The program is a 3 part program including classroom didactic, homework, and clinical rotations. Please visit our website for complete information, pre-requisites, locations, and dates for the program.

Wichita State University

Breastfeeding and Human Lactation (45 hours - distance learning)

AARC Approved through May 31, 2012

Approval Number: AA05312012

Contact: Jolynn A. Dowling, MSN, ARNP-NNP, IBCLC

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Fax: 316-978-3094

1845 Fairmount Street

Email: jolynn.dowling@wichita.edu

Wichita, Kansas 67260

Website: http://webs.wichita.edu/?u=CHP_NURS&p=/HumanLactationOnline/index/

USA

N720 Human Lactation is a popular, long-standing, graduate online course offered by the Wichita State University School of Nursing. The course is taught by Jolynn A. Dowling; MSN, ARNP-NNP, IBCLC. This course is designed for health professionals with a minimum of two years clinical experience working with breastfeeding dyads who plan to take the IBLCE exam within the year, and those needing a refresher course for recertification. It confers 45 CERPs (40 L-CERPs and 5 E-CERPs) and 3 graduate credit hours from an accredited university. Undergraduates are admitted to the program on a case-by-case basis. All classes are on-line. This course requires instructor approval and student clearance for enrollment.