What are the benefits of the UNICEF/WHO 20-hr breastfeeding course?

The 20-hr course is required for hospitals seeking Baby-Friendly status, and helps any institution support breastfeeding more effectively. One recent study found that in-hospital exclusive breastfeeding rates nearly doubled when staff took the 20-hr training1.

Why choose CAPPA for professional lactation training?

The small-group, interactive nature of CAPPA workshops empowers participants with practical skills as well as foundational knowledge.

The CAPPA breastfeeding curriculum stresses proactive breastfeeding education and support. CAPPA lactation educators learn to provide anticipatory education and support to help avoid problems, support mothers in solving their routine problems, and identify complex problems early for timely referral to an IBCLC.

How can our staff receive this training?

Individuals can attend any open CAPPA CLE training workshop, or you can schedule one onsite for 8 or more people. In-house trainings can be scheduled on days and times convenient for your staff. Details and registration at http://motherfeeding.com/classes/professional/cappa/

Are Continuing Education credits available?

Yes! This training is approved for nursing CEUs and for L-CERPS. Approval for RD CE credits is pending. The workshop is a cost-effective way to earn CE credits, while enhancing breastfeeding support.

Who is the instructor?

CAPPA faculty member Jessica Lang Kosa PhD, IBCLC is a lactation consultant with a background in research and teaching at institutions including UC Berkeley School of Public Health and Massachusetts Institute of Technology. She provides comprehensive lactation consulting services in the Boston area, and teaches breastfeeding courses for professionals around New England.

What have previous participants said about this training?

“I liked the activities that helped us understand breastfeeding research and how to properly utilize it.”

“Jessica Lang Kosa is a wonderful, knowledgable teacher. The CAPPA manual is easy to read and thorough.”

“Jessica was VERY knowledgeable and used techniques to keep everyone engaged. The days went fast by switching things up often. Thank you!”

“I have little direct experience in this field and am looking to transition into being a midwife to include breastfeeding support. I found this class to be incredibly helpful, full of a lot of information I did not know. I also left with a lot of great information & support materials.”

“Jessica is so clear, articulate, and knowledgable! She brings her own expertise, anecdotes, and tricks into the CAPPA outline seamlessly and in a useful way.”

“The class was a great combination of visual learning and lecture/discussion. We talked through specific scenarios, which was very helpful. there was a lot of information, but Jessica presented it very clearly, and with helpful anecdotes and analogies to assist us in remembering it all.”

What is the cost?

Individuals attending an open workshop pay $450. Tuition can be discounted for a group at an in-house training. Contact instructor for details.

jkosa@motherfeeding.com 781-489-8681 www.motherfeeding.com