

Australasian Lactation Courses NEWSLETTER 2009

www.australasianlactationcourses.com

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Breastfeeding is the best feeding

**Australasian
Lactation Courses
PO Box 336
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(08) 82718740**

**University credit
is available from
some Universities
Contact Jen for
more information**

***Health professionals
who work with new
mothers and babies
have an obligation to
have a sound
knowledge base in
both the art and
science of
breastfeeding***

* For further information

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australasianlactationcourses.com

What are the Australasian Lactation Courses?

Australasian Lactation Courses have been conducting courses both internally and externally since 1989. There have had more than 2500 midwives, doctors, child health nurses and other health professionals who have undertaken the various courses over this time. Jen Byrne and Ellen McIntyre have been conducting the courses however, Ellen has been on leave since 2006 whilst Jen continues to conduct the courses.

We have 3 different courses, a course for health professionals who wish to either update their knowledge on breastfeeding or sit the international exam. There is an 8 hours course for helping health services prepare for BFHI, or to update staff on breastfeeding and we also have an introductory course for people who want to know more about breastfeeding.

Jen is a midwife and lactation consultant. Jen teaches in the midwifery course at Flinders University mainly involved in the 3 year Bachelor of Midwifery program. Jen conducted a private practice as a lactation consultant from 1990 until insurance was unavailable in 2001. Jen has taught in the Australasian Lactation Courses both externally and internally since 1989.

The opportunity to undertake the International Board of Certified Lactation Consultants (IBCLC) Exam in 1988 began the impetus to offer education on breastfeeding to interested health professionals.

Once again, many of the students in our course in 2008 gained in the high 80s% for their IBCLC exam. Congratulations to them all.

The advantages of breastfeeding are so incredibly persuasive, yet we are still finding our breastfeeding rates in Australia are well below the WHO recommendations.

How can we as health professionals support women to both commence breastfeeding and then to continue to breastfeed?

There is a lot of information in the media currently in relation to both obesity and breast cancer. Both these conditions can be addressed by breastfeeding. We need to lobby the Government for policies to include breastfeeding in both these issues. We also need to be lobbying for paid maternity leave to enable mothers to establish breastfeeding and bonding before returning to work.

New information for those planning to sit the international exam (IBCLC)

You can review the changes on the website. In brief: to avoid extra fees, the eligibility criteria to sit the exam needs to be completed prior to submitting your application.

To receive maximum discount, apply by 28th February

The IBCLC exam is held on the last Monday of July each year all over the world.

For more information, visit the IBCLC website: www.ibclce.edu.au

or contact:

Regional Administrator Karolyn Vaughan

PO Box 1533 Oxenford Queensland 4210

Phone (07) 55298811 or Fax (07) 55298922

Email: karolyn.vaughan@ibclce.edu.au

To ensure you meet these requirements if you are planning to sit the exam and are undertaking our course Please contact Jen

Lactation Course for Health Professionals

This course has been designed for midwives, doctors, child health nurses, registered nurses, enrolled or mother craft nurses working in maternity areas or in paediatrics with new or young babies, speech pathologists, physiotherapists or Australian Breastfeeding Association counsellors.

The course was developed to expand existing knowledge of these health professionals through a self directed learning package. There is an internal course offered in Adelaide, South Australia, provided there are a minimum of 10 participants.

The course, both internal and external, consists of 10 modules, covering all areas identified in the International Lactation Consultants Examination package.

Each module consists of a hard copy of the study guide questions, multiple choice questions and case studies that give a variety of aspects for participants to respond. Students can send their responses for reviewing and feedback by either mail or on email.

Participants have 7 months to complete the course of 10 modules. The external course is taken at the participants own pace, however, we know life experiences do impact on study and extensions are readily available on request.

Around 4 or 5 hours a week is required to devote to study to enable completion in 7 months.

We have an extensive library available, however, depending on the time of year, there may be a waiting list for some books. We post one way and students post back.

The course is updated yearly taking into account new information and students feedback

It is not necessary to be sitting the exam to undertake this course. Many health professionals undertake the course who want to update their knowledge

Breastfeeding Management Workshop

The Breastfeeding Management Workshop is an 8 hour breastfeeding education package designed to help maternity units and community health units to provide breastfeeding education to their staff, particularly in readiness for working towards the Baby Friendly Health Initiative (Aus) accreditation.

The course can be conducted by ALC (Jen) or if there is a member of staff who has good breastfeeding knowledge, or a Lactation Consultant, then they can work from the pack-

Introductory Course

The Introductory Course on Breastfeeding is a course designed initially following requests from women who wanted to know more about breastfeeding without any or limited background maternity health knowledge. The first participant was a young journalist who was keen to understand why breastfeeding was important. Since we have had a number of participants, including enrolled nurses who would like to work in paediatrics or in nurseries, several child care workers, and a number of women who are either pregnant or have children they were unable to breastfeed for very long. Once the introductory course is completed the participant is able to gain credit in the Lactation Course for Health Professionals if they are keen to further their knowledge. The course is totally externalised and able to be done at the participants own pace.

You can now register and pay online, go to our website: www.australasianlactationcourses.com

I enjoyed doing the case-studies as I found I had to think about what I would do in that situation or how I would handle that problem. I think the course is really fantastic and I would recommend anyone to do it. Thank you

I was always and have been an advocate of breastfeeding. Now I know why!

This is a brilliant course of study modules that I would have no hesitation in recommending where LCs are both recertifying or wanting to study for the exam for the first time. Thanks.

I am extremely grateful for the resources you have provided in terms of texts, also for your enthusiasm and passion for breastfeeding which is contagious!

age in offering the 8 hour session. All resources are included for the sessions including lecture notes, interactive session outlines and group discussions. The power-point presentations are included on a CD as well as a video or DVD. ALC has conducted these workshops in numerous centres around Australia and many health services have purchased the package and conducted their own workshops.