

Learn-At-Home Modules

Superb CE options for Registered Nurses, Lactation Consultants, Lactation Counselors, and Dietitians. Look inside for exciting topics and options for getting L-CERPS and E-CERPS. Learn at your own pace in the comfort of your own home. Selections on many topics including Ethics, International Policies and the Baby Friendly Hospital Initiative, Best Practices in Hospital settings, and many more.



Continuing Education Materials for Lactation Care Providers (RNs, Lactation Consultants, Lactation Counselors, and Dietitians)

New this year, Learn at Home: The Curriculum in support of the Ten Steps to Successful Breastfeeding!

**327 Quaker Meeting House Road
East Sandwich, MA 02537-1300
Phone (508) 888-8044
Fax (508) 888-8050
www.centerforbreastfeeding.org
info@centerforbreastfeeding.org**

Our most popular module option!

A Collection of Five Modules.

Buy all 5 together and save \$30.00!

The purpose of these activities is to enable the learner to be able to support the statement that breastfeeding has health advantages for the mother and child with models and research regarding the association between breastfeeding, higher IQ & better visual functioning, the role of donor milk in the reduction of infant mortality & morbidity, the relationship between diabetes, breastfeeding and being breastfed, concerns about infant formula, and the benefits of breastfeeding & their economic impact.

The Association Between Breastfeeding, Higher IQ and Better Visual Functioning*

Objectives:

- Identify the correlation between the feeding of breast milk and higher IQ scores.
- Identify the correlation between the feeding of breast milk and visual functioning.

5 Contact Hours for RNs, 5.0L CERPs for IBCLCs, 5 CPEs for RDs, 5 contact hours for CLCs, Exam & Text, \$50.00

Breastmilk and Diabetes*

Objectives:

- Identify the characteristics of four different types of diabetes.
- Identify reasons why an individual who was breastfed as an infant has a lower risk of developing insulin dependent diabetes (Type I Diabetes or IDDM) and why formula fed infants may have a higher risk for developing this type of diabetes.

4 Contact Hours for RNs, 4.0L CERPs for IBCLCs, 4 CPEs for RDs, 4 contact hours for CLCs, Exam & Text, \$40.00

The Benefits of Breastfeeding and their Economic Impact*

Objectives:

- Identify five maternal health outcomes and five infant health outcomes associated with breastfeeding.
- Identify five outcomes of increased breastfeeding rates on health care and other costs.

2 Contact Hours for RNs, 2.0L CERPs for IBCLCs, 2 CPEs for RDs, 2 contact hours for CLCs, Exam & Text, \$20.00

The Role of Donor Milk in the Reduction of Infant Mortality and Morbidity: A Child Survival Issue*

Objectives:

- Describe the historic relationship between wet nursing and donor milk banking.
- Discuss at least three ways in which breastfeeding and donor milk fosters improved child survival.

3 Contact Hours for RNs, 3.0L CERPs for IBCLCs, 3 CPEs for RDs, 3 contact hours for CLCs, Exam & Text, \$30.00

Concerns about Infant Formula*

Objectives;

- Identify concerns raised in peer review journals about cow milk based formulas, soy formulas, lactose-free cow milk formulas, & hydrolysate formulas.
- Identify a problem that can result from the act of changing an infant formula in order to improve baby's behavior.

5 Contact Hours for RNs, 5.0L CERPs for IBCLCs, 5 CPEs for RDs, 5 contact hours for CLCs, Exam & Text, \$50.00



*** Purchase Selected Breastfeeding Topics: Text and Exam Packets for these 5 Modules \$160.00**
(19 Contact Hours for RNs, 19.0L CERPs for IBCLCs, 19 CPEs for RDs, 19 Contact Hours for CLCs)

The Politics of Breastfeeding

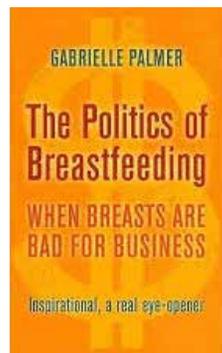
Exam packet: \$175 ♦ Text Sold Separately

*The Politics of Breastfeeding: When Breasts are Bad for Business** fully explores the political, economic, and social implications of bottlefeeding versus breastfeeding.

Objectives:

- Evaluate social, cultural, political and economic pressures impacting maternal child health, specifically surrounding birth and breastfeeding
- Explore issues of social justice within maternal child health
- Explain the implications of national and international legislation for maternal child health
- Identify conflicts and controversies within the field of maternal child health
- Apply concepts of biomedical ethics to maternal child health, specifically surrounding birth and breastfeeding

*Must Purchase the text separately, *The Politics of Breastfeeding: When Breasts are Bad for Business* by Gabrielle Palmer. The book may be purchased on Amazon.com, ISBN 978-1905177165



25 contact hours for RN's. 25.0L CERPS for IBCLCs, 25 contact hours for CLCs. Exam Packet \$175.00

International Policies and the Baby-Friendly Hospital Initiative (BFHI)

A Collection of Four Modules

Buy all 4 Together and save \$15.00

The purpose of these modules is to enable the learner to gain a deeper understanding about international policies and breastfeeding. Learn about the Baby-Friendly Hospital Initiative & the basis behind it!

Text & Exam Packet IB1

Objective:

- Identify the benefits of breastfeeding and economics and breastfeeding.
- Identify strategies for overcoming barriers to implementing the Ten Steps to Successful Breastfeeding (the foundation of the BFHI)

\$20.00, 2 contact hours for RNs, 2.0L CERPs for IBCLCs, 2 contact hours for CLCs

Text & Exam Packet IB2

Objectives:

- Describe the global strategy for infant and young child feeding and a guide for action on improving breastfeeding.
- Identify interventions with proven positive impacts and emphasizes providing mothers and families support.

\$30.00, 3 contact hours for RNs, 3.0L CERPS for IBCLCs, 3 contact hours for CLCs

Text & Exam Packet IB3

Objectives:

- Describe the Innocenti Declaration on the Protection, Promotion and Support of Breastfeeding.
- Identify its original purpose in 1990 of highlighting the importance of support for breastfeeding and the right of infants to nutritious food as an examination of the achievements and challenges recognized in its first 25 years.

\$50.00, 5 contact hours for RNs, 5.0L CERPs for IBCLCs, 5 contact hours for CLCs

Text & Exam Packet IB4

Objectives:

- Identify the evidence to support the Ten Steps to Successful Breastfeeding.
- Summarize the research behind each of the steps.

\$100.00, 10 contact hours for RNs, 10.0L CERPS for IBCLCs, 10 contact hours for CLCs

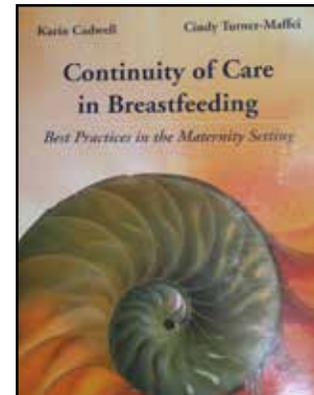
Purchase the set of Text & Exam Packets IB1, IB2, IB3, and IB4 for \$185.00
(20 contact hours for RNs, 20.0L CERPs for IBCLCs, 20 contact hours for CLCs)

Continuity of Care in Breastfeeding

\$65.95 for the text. Exam packets sold separately

Continuity of Care in Breastfeeding emphasizes the importance of sustaining seamless care for the breastfeeding mother. Topics of discussion include quality and continuity of care; management issues; and policies and procedures that support breastfeeding in the hospital setting whether in the inpatient maternity, NICU, or ambulatory care departments. This book gives readers strategies to improve patient-centered care and showcases research that supports change.

Written by two expert authors, Karin Cadwell and Cindy Turner-Maffei, this reference focuses on the consistency of maternal child health and is an imperative resource for practicing professionals, clinical specialists, and lactation consultants.



Exam Packet A

Objectives:

- Identify Evidence-Based Policy as a cornerstone of continuity of care
- Optimize breastfeeding knowledge, skill, and competency throughout the healthcare system
- Identify strategies to improve prenatal and perinatal education regarding infant feeding

\$42, 6 contact hours for RN's, 6.0L CERPs for IBCLCs, 6 contact hours for CLCs



Exam Packet B

Objectives:

- Identify strategies for getting breastfeeding off to a good start-
- Identify the importance of the first hour after birth
- Describe strategies for assessing and supporting breastfeeding beyond the first hour of life
- Identify key steps in supporting the breastfeeding couplet
- Identify strategies to assure exclusive breastfeeding
- Identify strategies to assure ongoing mother-baby contact

\$35, 5 contact hours for RN's, 5.0L CERPs for IBCLCs, 5 contact hours for CLCs

Exam Packet C

Objectives:

- Identify strategies regarding pacing breastfeedings
- Describe the importance of avoiding extracurricular suckling and feeding in the learning phase of breastfeeding
- Identify strategies to keep breastfeeding going
- Identify strategies to bridge the gap into the community
- Describe the baby-friendly hospital initiative as a tool for change
- Identify strategies for providing woman-centered breastfeeding care
- Identify strategies for improving maternity care for breastfeeding through practice change



\$56, 8 contact hours for RN's, 8.0L CERPs for IBCLCs, 8 contact hours for CLCs

Online version now available! Must order book separately either from Health Education Associates or Amazon.com

Purchase the text and all 3 exam packets for \$198.95

(19 Contact Hours for RNs, 19.0L CERPs for IBCLCs, 19 Contact Hours for CLCs)

Ethics and Breastfeeding: Lactation Care & Services

A great way to collect ethics credits. Information about ethics and breastfeeding and application to ethical dilemmas.

Objectives: Discuss the Gaffius model of Biomedical Ethics Education as applied to the field of lactation management.

Discuss how to resolve a conflict in belief within the health care system using the Gaffius Biomedical Ethics Education Model. Describe the Principles of Ethics in relation to a variety of health care scenarios.

6 contact hours for RN's. 6.0E CERPS for IBCLCs, 6 contact hours for CLCs. Text and Exam Packet \$67.00

Learn at Home Module: Curriculum in Support of the Ten Steps to Successful Breastfeeding

\$65.00 for the text, exam packets and additional materials sold separately

This 4th edition of the curriculum in support of the *Ten Steps to Successful Breastfeeding* was created specifically to support the implementation of the Baby Friendly Hospital Initiative in the United States. Based on the original 18 hour course, the curriculum has been expanded to meet the enhanced 20 hour training expectation of the BFHI as revised by WHO & UNICEF in 2009.

Objectives: Identify the 10 steps to successful breastfeeding. Identify strategies to aide in implementing the 10 steps to successful breastfeeding.

Exam Packet 1

Packet includes test questions and additional reading materials.

Objectives: Covers Sessions 1-8; The BFHI-a part of the Global Strategy, communication skills, how milk gets from the breast to the baby, promoting breastfeeding during pregnancy, birth practices and breastfeeding, helping with a breastfeeding, practices that assist breastfeeding, and milk supply.

\$63, 9 contact hours for RNs and CLCs, 9.0L CERPS for IBCLCs

(Must have or purchase curriculum)

Exam Packet 2

Packet includes test questions and additional reading materials.

Objectives: Covers sessions 9-15; supporting the non-breastfeeding mother and baby, infants and mothers with special needs, breast and nipple concerns, if the baby cannot feed at the breast, on-going support for mothers, protecting breastfeeding, making your hospital or birth center Baby-Friendly.

\$70, 10 contact hours for RNs and CLCs, 10.0L CERPS for IBCLCs

(Must have or purchase curriculum)

Healthy Children Project, Inc is proud to offer CEs to go along with our outstanding line of educational DVDs...

Latch 1, 2, 3: Troubleshooting Breastfeeding in the Early Weeks

Breastfeeding is the best choice for mothers, babies, families and society. But what happens if there are breastfeeding challenges in the early weeks? This DVD by Healthy Children's Center for Breastfeeding gives you step-by-step problem-solving strategies to help breastfeeding work. This DVD aids health care teams in sharing an understanding of feeding cues, baby state, the importance of skin-to-skin, latch, and other tips. DVD, 2008, 17 minutes, \$29.95 Must purchase or rent the DVD from Healthy Education Associates or Amazon.com.

Objectives: Discuss the ideal times and states for a baby to breastfeed; Identify the various positions for a mother and baby to breastfeed, .5 contact hour for RN's. .5L CERPS for IBCLCs, .5 contact hours for CLCs. Exam only \$5.00 (*Online version of exam now available!*)

Breastfeeding - Baby's Choice

This DVD demonstrates the newborn baby's natural instinct to search for and find the mother's breast. The baby we follow during the first hour of life will show us a variety of explicit behaviors such as looking, listening, touching and talking while exploring life outside the womb. A wonderful tool for parents or professionals. This DVD, which includes the role of the father, is based on the scientific results in midwifery research carried out at Karolinska Institute in Stockholm Sweden. In English and French. 8 minutes, \$39.00 DVD can be purchased from Health Education Associates.

Objective: Discuss the characteristics of the nine stages during skin to skin.

.25 contact hours for RN's, .25L CERPS for IBCLCs, .25 contact hours for CLCs. Exam only \$5.00 (*Online version of exam now available!*)

How to Milk by Hand/How to Feed from a Cup

A six minute DVD from the National Breastfeeding Committee of Denmark this DVD is now available in the US. It explains hand expression step-by-step and how to cup feed babies. A concise, great teaching tool for staff and mothers. 6 minutes, 1997/1998, \$19.95

Objective: Identify & discuss the mechanics of hand expression. DVD can be purchased from Health Education Associates.

.25 contact hours for RN's, .25L CERPS for IBCLCs, .25 contact hours for CLCs. Exam only \$5.00 (*Online version of exam now available!*)

Skin to Skin in the First Hour After Birth: Practical Advice for Staff after Vaginal and Cesarean Birth

This important video is intended to assist staff in providing behaviorally appropriate, individualized, baby adapted care for the full term newborn using the best practice of skin to skin contact in the first hour after birth. The video is divided into three sections: the importance of skin to skin and examples of the baby's stages during the first hour; practical advice for staff after a vaginal birth; and practical advice for staff after a cesarean birth. Must purchase or rent the DVD from Health Education Associates or Amazon.com. DVD, 2010, 39 minutes, \$39.00

Objectives: Discuss the nine instinctive stages of skin to skin in the first hour. Discuss the differences in skin to skin between vaginal and cesarean delivery 1 contact hour for RN's, 1L CERPS for IBCLCs, 1 contact hour for CLCs. Exam only \$10.00 (*Online version of exam now available!*)

Contact Hours

Healthy Children Project, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Healthy Children Project Inc. is a provider approved by the California Board of Registered Nursing, Provider Number CEP4931. Florida Provider Number FBN3373. Continuing education hours for RDs accredited from the ADA. All modules in this flyer were revised in 2016 and are valid from July 1, 2016 - June 30, 2018. Modules are scheduled for revision every 3 years or sooner as indicated by recent developments in the field.

Need additional answer sheets?

We are happy to have you share the text and books that come with our modules, but each person needs their own exam! If you would like to purchase additional exams, we make it easy for you. The additional exams cost \$7.00 per contact hour. For example if you need an additional exam for a module that is worth 5 contact hours, the cost for the additional exam would be \$35.00. Additional exams can be ordered with the form on the back of this booklet.

Shipping and Handling

Shipping and handling is based on the total cost of the order:

Order Total:	Shipping Charge:
Up to \$50.00	\$9.75
\$50.01-\$200.00	\$15.75
\$200.01-\$300.00	\$21.75
\$300.01-\$400.00	\$27.75

**Prices valid for continental US only*

Call (508) 888-8044 for shipping prices for totals above \$400 or beyond the contiguous 48 states. Shipping prices are subject to change.

Call for shipping charges on orders over \$400.00

Please note there is a 30% restocking fee on any returned materials. All returns must be in condition for resale.

DVDs cannot be returned.

Module Overview

Expectations

It is expected that each module will take you at least as many hours to complete as the number of contact hours the module awards. For example, if a module provides two contact hours, it should take at least two hours for the module to be fully completed. Answers must be legible.

Participant's name, address, and other information must be *clearly written* and *complete*. This helps us to avoid errors on the certificate or misdelivery of your results.

Participation

The time it takes to complete each module should include thoroughly reading the text and consulting the text to find the answers to the exam questions. For multiple choice questions, participants must carefully choose and circle on the answer sheet the *one* option that best answers each question. For essay questions, participants may choose to submit answers typewritten on a separate sheet of paper, or answer on the sheets provided in legible handwriting.

Please note: multiple choice questions with more than one answer marked or with no answer marked will be considered incorrect.

Grading and Results

Participants must earn a minimum passing grade of 75% to receive credit. Please submit *only* the exam answer sheet and module evaluation form for each module.

Modules are corrected and results are mailed out in the order in which they are received. When a module exam has been successfully passed, a certificate of completion will be mailed to the address provided. Please be aware that modules have a ten business day turn-around time from the day we receive your answer sheet to the day we mail your results.

If a participant receives a below passing score, a new answer sheet will be sent. There is no cost (other than postage) to re-submit exam answers and we strongly encourage participants to do so. Participants may submit module exams answers as many times as needed to obtain a passing score.

Disclosures

The faculty, Nurse Planner, Module Author and Planning Committee members declare that they have no conflicts of interest to disclose. Any royalties from books, DVDs or materials written by Healthy Children Project, Inc. have been donated directly to charity. This learning activity receives no commercial support or sponsorship. This activity is solely provided by Healthy Children Project, Inc. No co-providers are involved in the planning or presentation of this activity.

Review and Expiration Policy

All Modules were revised in 2016 and are valid from June 30, 2016 through July 1, 2018. Modules are scheduled for revision every three years hereafter or sooner as indicated by recent developments in the field.

Billing		Shipping	
Name		Name	
Company		Company	
Address		Address	
City		City	
State	Zip	State	Zip
Phone		Phone	
Email			

Selected Breastfeeding Topics: A Collection of 5 Modules

- The Association Between Breastfeeding, Higher IQ and Better Visual Functioning **\$50.00**
- The Role of Donor Milk in the Reduction of Infant Mortality and Morbidity **\$30.00**
- Breastmilk and Diabetes **\$40.00**
- Concerns about Infant Formula **\$50.00**
- The Benefits of Breastfeeding and their Economic Impact **\$20.00**
- The Complete Collection of these 5 **\$160.00**

Politics of Breastfeeding (Book must be purchased separately)

- Exam Packet **\$175.00**

International Policies and the Baby-Friendly Hospital Initiative (BFHI)

- Text and Exam Packet IB1 **\$20.00**
- Text and Exam Packet IB2 **\$30.00**
- Text and Exam Packet IB3 **\$50.00**
- Text and Exam Packet IB4 **\$100.00**
- Complete Set of 4 Text and Exam Packets **\$185.00**

Reclaiming Breastfeeding for the United States:

Protection, Promotion, and Support

- Exam Packet A **\$35.00**
- Exam Packet B **\$42.00**
- Exam Packet C **\$42.00**
- Exam Packet D **\$56.00**

Ethics and Breastfeeding: Lactation Care & Services

- Text and Exam Packet **\$67.00**

Continuity of Care in Breastfeeding

- Book **\$65.95**
- Exam Packet A **\$42.00**
- Exam Packet B **\$35.00**
- Exam Packet C **\$56.00**
- Complete set including book and 3 Exam Packets **\$198.95**

Learn at Home Module: The Curriculum in Support of the Ten Steps to Successful Breastfeeding

- Curriculum **\$65.00**
- Exam Packet 1 **\$63.00**
- Exam Packet 2 **\$70.00**
- Complete set including book and 2 Exam Packets **\$198.00**

DVDs and DVD Modules

- Latch 1,2,3: Troubleshooting Breastfeeding in the Early Weeks* DVD **\$29.95**
- Exam Packet **\$5.00**
- Breastfeeding - Baby's Choice* DVD **\$39.00**
- Exam Packet **\$5.00**
- How to Milk by Hand/How to Feed from a Cup* DVD **\$19.95**
- Exam Packet **\$5.00**
- Skin to Skin in the First Hour After Birth: Practical Advice for Staff after Vaginal and Cesarean Birth* DVD **\$39.00**
- Exam Packet **\$10.00**

Extra Exam Packets (specify module title and quantity)

\$7.00 per contact hour

Title _____ Price _____ Quantity _____

Title _____ Price _____ Quantity _____

Title _____ Price _____ Quantity _____

Shipping & Handling

Shipping and handling is based on the total cost of the order:

Order Total:	Shipping Charge:
Up to \$50.00	\$9.75
\$50.01-\$200.00	\$15.75
\$200.01-\$300.00	\$21.75

For orders over \$300, please call the office for a quote.

Payment Method:

- Purchase Order (# _____)
- Check/Money Order (US Funds Only)
- VISA MasterCard Discover American Express

Please include appropriate shipping and handling charges.

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Expiration Date: ___ / ___ Vcode** _____

Signature: _____

* Massachusetts customers only: Please include 6.25% state tax or your tax exempt number

**3 digit number on back of mc/visa/disc or 4 digit number on front of AmEx

Subtotal:
6.25% MA Sales Tax*
S&H
Total:

Health Education Associates Inc., Distributor
327 Quaker Meeting House Road, East Sandwich, MA 02537
Phone: (508) 888-8044 Fax (24 hour): (508) 888-8050

Thank You For Your Order!