

Celebrating Breastfeeding with MCHB Grantees

Becoming Certified Lactation Counselors (CLC)

The Maternal and Child Health Bureau (MCHB) promotes the healthy nutrition of mothers, children, and families by establishing and enhancing nutrition centers of excellence to train future and current MCH nutrition professionals. Hear from **MCH nutrition trainees** as they share their experiences with becoming certified lactation counselors.



“After completing the training to become a certified lactation counselor, my learning and understanding about nutrition for infants, as well as women’s health, has greatly expanded... Learning (the) techniques to help mothers obtain the optimal latch with their child has provided me with a foundation to help counsel mothers as they breastfeed.

The training also provided me with background on other problems (breastfeeding) mothers may face, how to identify these issues and counsel mothers appropriately... This course also covered other myths and misconceptions about breastfeeding.

Seeking to understand the entire perspective of the mother (and) family is essential to good counseling. Throughout the course, they...emphasized listening and the importance of “praising mother and baby;” “not commanding but suggesting.” **Not only do I feel these techniques will help with breastfeeding counseling, but as a future RD, I can apply these...techniques as I talk to future clients about nutrition.**

- Michaela H

“Before this course, I did not feel prepared to provide evidence-based answers to parents when they asked about breastfeeding. **This course has provided me with the knowledge and the confidence to answer these questions about breastfeeding.** Additionally, this course has taught me how to identify problems, pertaining to both parent and baby, that require referrals and further medical assessment. The experiences and knowledge from this course have provided me excellent tools to utilize throughout my dietetics career.

- Courtney M

“Completing this course has helped me feel confident in my current practice as a pediatric clinical dietitian when I meet with and provide nutrition care to mothers who are breastfeeding. This course has prepared me to ask **appropriate questions about breastfeeding patterns, latching issues, and baby hunger cues -- all of which are critical topics to understand for providing good patient care!**

- Emma W

To learn more about the **MCH Nutrition Training Program**, visit:
<https://mchb.hrsa.gov/programs-impact/programs/mch-nutrition-training>

For additional details on how HRSA supports breastfeeding visit:
<https://mchb.hrsa.gov/programs-impact/focus-areas/maternal-health/mchb-supports-breastfeeding>