

# CHAMPS

## Breastfeeding Clinical Competencies

**Thursday, February 22<sup>nd</sup>, 2018**

Two sessions available:  
8am-12pm or 1pm-5pm

Morning Session Registration: <http://bit.ly/2DK5pgU>

Afternoon Session Registration: <http://bit.ly/2GfVIPf>

### **Merit Health Central**

Leadership Hall, 1<sup>st</sup> Floor  
1850 Chadwick Dr.  
Jackson, MS 39204



This free 4-hour course is designed to cover four of the five hands-on clinical competency training hours required by Baby-Friendly USA™. This course will cover basic clinical skills supporting breastfeeding, including: counseling skills, skin-to-skin practices, how to breastfeed, hand expression, and safe formula preparation. The Breastfeeding Clinical Competencies course is free for hospitals enrolled in CHAMPS. For general information regarding the training, please email the CHAMPS team at [CHAMPSbreastfeed@gmail.com](mailto:CHAMPSbreastfeed@gmail.com).

## Meet the Trainer: **Cathy Carothers**

**Cathy Carothers**, BLA, IBCLC, FILCA, is an International Board Certified Lactation Consultant since 1996, and a national breastfeeding promotion and support expert. She has provided more than 650 lactation workshops and training programs in every U.S. State and territory and many countries. The former president of the International Lactation Consultant Association and chair of the U.S. Breastfeeding Committee, she has developed national breastfeeding training curricula for the USDA WIC program, and spearheaded the national *Supporting Nursing Moms at Work* initiative for the HHS Office on Women's Health.



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