

# Human Lactation (HLACT) 302

## Fundamentals of Lactation for Lactation Consultant Assistants (2.5 units)



American River College  
4700 College Oak Drive  
Sacramento, CA 95841  
916-4824-8254

find Schedule of Classes,  
Application,  
& Registration at  
<http://www.arc.losrios.edu/>

Funding provided by:



Contact:

*Kathleen A. Fox, RNC-OB, CNM, MSN,  
IBCLC, CD/BDT(DONA)  
Professor – Maternal-Newborn Nursing,  
Human Lactation  
916.484.8768  
[foxk@arc.losrios.edu](mailto:foxk@arc.losrios.edu)*



Awards 45 continuing education hours  
California BRN Provider No. CEP11603

**Prerequisite: None**  
**Course Transferable to CSU**  
**Hours: 45 hours LEC**



**Description:** This course is designed for community workers responsible for promoting and protecting breastfeeding and charged with providing basic assessment, support, and appropriate referral for breastfeeding mothers in the community.

It is also an introductory course in human lactation for students entering or preparing for professions in nursing, nutrition, health education, or early childhood development as well as for practicing professionals in these fields.

This course provides an overview of factors impacting breastfeeding rates, explores health effects and current recommendations, discusses the anatomy and physiology of lactation, and considers the role of the lactation consultant assistant in facilitating breastfeeding. It covers counseling skills, cultural awareness, and community resources for promoting, protecting, and supporting breastfeeding. This course is formerly known as NURSE 390.

Fall 2016, 8-week 2, Oct 16-Dec 6

| Day | Time          | Instructor | Location          | Section # |
|-----|---------------|------------|-------------------|-----------|
| MW  | 4:30PM-7:00PM | K.Fox      | ARC MAIN HeEd 710 | 13195     |

**Textbooks will be at Beaver Bookstore:**

3-hole punch manual & lecture handouts – provide own 3-ring binders

*Enrollment Fee for this 2.5-unit class is \$115; 70% of our students qualify for a BOG fee waiver.*