CHRISTY JO HENDRICKS

IBCLC, RLC, CLP, CLE, CCCE, Doula

"Normalizing Breastfeeding through Education and Support"

2026 Speaker Prospectus

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BIOGRAPHY

Christy Jo Hendricks, IBCLC, is an international speaker, health educator, inventor, and author. She instructs in an entertaining way that simplifies learning and keeps audiences engaged. Her lactation career, spanning over two decades, has allowed her to serve families in hospital settings, through public health programs, at local WIC clinics, during weekly community groups and in private practice.

Christy Jo has a vision to support and enable individuals who desire to pursue the IBCLC credential. She created an IBCLC prep course that earned state-wide recognition. She is the founder of Lactation University which offers a LEAARC endorsed IBLCE Prep Course. Her trainings have successfully engaged over 2,000 students in lactation education.

She has been awarded the Presidential Volunteer Award, Who's Who among Teachers, Phyllis Klaus Award for Positive Impact on Parent/Infant Bond, Above and Beyond Award for Innovative Practice by the Department of Public Health and Lactation Faculty of the Year from CAPPA. She has also been recognized for her publications.

She resides with her family in California where she continues to serve her community and aspiring IBCLCs as an IBCLC, Childbirth Educator, Doula and the Director of Lactation University.

RECENT SPEAKING ENGAGEMENTS

Honored to be a returning speaker*

Refer to the current Curriculum Vitae for a complete list of organizations and presentations

- Central Arizona Lactation Consultant Association
- Nevada State WIC*
- California Breastfeeding Summit*
- GOLD Lactation Conferences*
- Postpartum University
- iLactation Conferences*
- Breastfeeding Conferences *
- InJoy Annual Summit*
- CAPPA Conferences*
- Unicef Baby Friendly Conference
- Talk Tools*
- Public Health Nursing and Home Visitation*
- Wisconsin Association of Lactation Consultants (WALC)*
- Doulas of North America (DONA)
- Doulas Doing Business Summit*
- **Women, Infants and Children Conferences**
  - Alaska WIC Staff Training*
  - Alameda County WIC Regional Training*
  - National WIC
  - Nevada State WIC*
  - Texas State WIC
  - Michigan State WIC
  - Arkansas Peer Counselor Training
  - Nevada Peer Counselor Training*
  - Riverside County WIC In-services*
  - Florida Health, Miami-Dade WIC
  - North Carolina WIC
  - Illinois Peer Counselor Training
- **Breastfeeding Coalitions**
  - Inland Empire Breastfeeding Coalition*
  - Northern Illinois Lactation Consultant Association
  - California Breastfeeding Coalition*

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FEEDBACK

"The training was amazing! Christy Jo is extremely knowledgeable. The course included many different learning styles. She is the best instructor I have ever met."-Director of Women and Infants Center

"Christy Jo will be asked back to teach our employees every time for certifications and recertifications."-WIC Supervisor

"The Nevada WIC program was the recipient of USDA's Breastfeeding Bonus Award for the greatest increases in exclusive breastfeeding rates...I am confident that Christy Jo's training played a large part in that, and will continue to for the coming years." -State BF Coordinator

"I love Christy Jo's enthusiasm and am happy she is promoting breastfeeding with this same enthusiasm. She has inspired me and I will strive to help spread the invaluable worth of breastfeeding. -GOLD Attendee

"I applaud you for this powerful and engaging lecture." -Conference Attendee

MOST POPULAR 2025 PRESENTATIONS

Keynote and Conference Sessions (60-90 minutes)

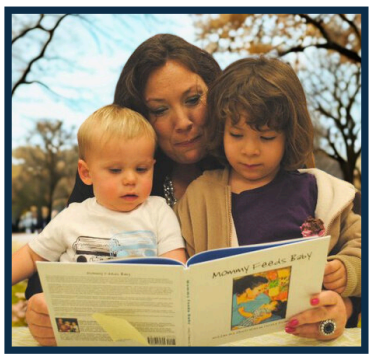
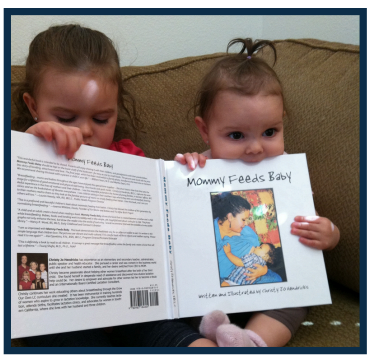
- Bridging the Gap to Provide a Continuum of Care
- Generation Next-How to Reach and Teach the Millennial Parent (social media campaigns and virtual support)
- The World is Our Audience-Expanding the Reach of Lactation Education
- A Formula for Deception-How Predatory Marketing Affects New Parents
- Don't Just Survive-Thrive! Practical, Tangible Self-Care to Prevent Burnout
- Simplifying Breastfeeding through Easy-to-Understand Analogies
- From Hospital to Home: Ensuring a Safe Transition Through Lactation Support and Postpartum Education
- Beyond the Consultation: Diversifying Your Perinatal Practice for Long-Term Sustainability
- Motivational Interviewing: Enhanced Counseling Skills for the Perinatal Professional

WIC Staff Development and In-Services

- From Hospital to Home--How Peer Counselors Can Ease the Transition and Save Lives
- Lactation Tools, How to Educate and When to Refer
- Growing IBCLC Staff through Upskilling Current Employees
- Thriving, Not Just Surviving, Self-care for Staff
- Public Health Focus on Participant Centered Education
- The Generational Impact of the Peer Counselor

Professional Training

- The Certified Lactation Professional (CLP) Course (96 LEAARC Endorsed IBCLC Prep Course)
- How to Become an IBCLC
- Fundamentals of Lactation Education (FLE) Training (24 CERPs)
- Diversifying Your Perinatal Practice for Long-Term Sustainability
- 5 Hour Communication Course (L-Cerps from IBLCE)
- WHO Code Training (2 E-CERPs 1 L-CERP)

Additional Themed or Focused Sessions by Request

PUBLICATIONS