




CHRISTY JO HENDRICKS

“Normalizing Breastfeeding through Education and Support”

IBCLC, RLC, CCCE, CLE©, Doula
2023 Curriculum Vitae

CONTACT

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BIOGRAPHY

Christy Jo Hendricks, IBCLC, is an international speaker, health educator, inventor, and author. She instructs in ways that simplify learning and keep 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 and facilitated an IBCLC prep course that earned state-wide recognition. She also teaches the Certified Lactation Educator (CLE©) Course. These programs have successfully prepared hundreds of students to become Lactation Consultants.

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 CAPP. She has also been recognized for her publications.

Christy Jo became certified as a childbirth educator and a birth doula to provide additional, trained support to low-income families. This role has allowed her to be present throughout a person's perinatal journey. She enjoys supporting families and mentoring other professionals in related fields.

She resides with her family in southern California where she continues to serve her community as an IBCLC, health educator, Certified Lactation Educator CLE©, Certified Childbirth Educator, birth doula and faculty for Childbirth and Postpartum Professional Association (CAPP).

EMPLOYMENT HISTORY

January 2010 to present

Birthing, Bonding and Breastfeeding

Lactation Consultant, Doula, Lactation and Childbirth Educator, Public Speaker

- Internationally Board-Certified Lactation Consultant (since 2008)
- Certified Lactation Educator (CLE©) Faculty for Childbirth and Postpartum Professional Association (CAPP)
- Childbirth Educator (CCCE) Faculty for Childbirth and Postpartum Professional Association (CAPP)
- Certified Childbirth Educator
- International Conference Speaker
- Author, Mommy Feeds Baby/Mama Alimenta al Bebe
- Co-Author Making Milk, An Adult Coloring Book
- Contributor to monthly periodicals
- Created 3B Publishing for Lactation Publications
- Certified Birth Doula
- Postpartum Doula

December 2011 to present

Department of Public Health, Women, Infants and Children (WIC) Program
Health Educator Assistant II

- Creator, editor, and faculty for the Grow Our Own 105 Didactic Hour IBCLC Prep Course
- Prenatal and Postpartum Health Educator
- Internationally Board-Certified Lactation Consultant
- Nutrition Educator
- Community Liaison
- WIC Ambassador
- Grant Writer

June 2003 to December 2011

Riverside County Department of Public Health-Nutrition Services
Health Educator Assistant II

- Promoted Loving Support Breastfeeding Program (First 5 Riverside Grant)
- Created and Initiated the Grow Our Own Lactation Consultant/IBCLC Prep Course (GOO)
- Prepared over 300 professionals to sit for the IBCLC Exam
- Provided in-services for Public Health organizations
- Trained WIC staff as breastfeeding counselors and peer counselors
- Collaborated with hospitals on behalf of Loving Support
- Coordinated outreach for physicians' offices
- Provided breastfeeding support and counseling
- Developed curriculum for instructing medical staff
- Provided Skill's Day assessments for nurses
- Co-authored grants
- Staffed walk-in breastfeeding clinics
- Facilitated Moms Groups

June 2002 – June 2003

Riverside County Department of Public Health-Nutrition Services
Health Educator Assistant I

- Gathered breastfeeding statistics
- Provided after-hours on-call lactation counseling
- Developed prenatal curriculum
- Organized World Breastfeeding Month Celebration
- Wrote Press-Releases for events
- Represented Loving Support at conferences and collaborations

Degree and Continuing Education Units

June 2020

San Diego Christian College, San Diego, CA
Communication Degree
Magna cum laude

May 1991

Pacific Coast BBC, San Dimas, CA
Bachelor of Arts in Secondary Education
Valedictorian

Continuing Education

- January 2023; Integrating PMAD Education and Prevention Into All Systems of Care, Kate Kripke, LCSW, PMH-C
- January 2023; Panel: "It Takes a Culturally Competent Village" The Importance of Having Care Providers That Understand Their Client, Dominique Vincent, Julie Salandanan, Venus Mahmoodi, PhD, Mauro Jo Lynch, MA
- January 2023; Keeping the Passion: Staying Current, Compassionate, Up to Date, and Energized After 20+ Years, Elizabeth Kirts, MPH, ICCCE, IBCLC, RLC
- January 2023; Avoiding NTSV Cesarean Sections: What is the Latest? Dr. David Lagrew
- January 2023; Impact of Tethered Oral Tissues on the Fascial System, Ankita Shah, MDS
- January 2023; Ankyloglossia Differential Diagnosis: Tongue-Tie, Retrognathia or Hypotonia? Camila Palma, DDS, MSc (Master in Pediatric Dentistry) & IBCLC
- January 2023; Tongue-Tied and Troubled: A Breastfeeding Journey at Risk, Christine Staricka, BS, IBCLC, RLC, CE
- January 2023; Research Findings on the Short Lingual Frenulum and Reflux, Dr. Philip Hand, BDS MSc
- January 2023; Case Studies of Missed Tongue Ties and Subsequent Consequences, Melanie Henstrom, BS, IBCLC
- January 2023; Compensatory vs Novel Movements: 3 Keys for Babies With Tongue, Lip and Buccal Restrictions, Michelle Emanuel, OTR/L, IBCLC, CST, NBCR
- January 2023; Frenectomy: The Importance of Anticipatory Guidance and Post Procedure Support, Dr. Rajeev Agarwal, MD
- January 2023; Tongue-tie Assessment Using the Lingual Frenulum Protocol for Infants, Roberta Martinelli, SLP
- January 2023; Beyond Breastfeeding: The Long-Term Implications of Tongue-Tie in Our Adult Patients, Sarah Hornsby, RDH
- January 2023; COVID-19 and Implications for Tongue-Tie Division in Infants, Sarah Oakley, RN, IBCLC
- December 2022; Providing Virtual Support to Chest/Breastfeeding Families, Robin Kaplan, MEd, IBCLC
- December 2022; "Look at me, Mum!" A focus on maternal gaze. Breastfeeding as a window into the visual dialogue between mother and baby, Rachel Chiodo, BA, GradDip
- December 2022; Breastfeeding and Hypoglycemia: The Highs and Lows (the never-ending story) Nancy Wight, MD, IBCLC, FAAP, FABM
- December 2022; Pump it up! Kimarie Bugg, DNP, MPH, FANN, IBCLC
- November 2022; Your Responsibility to the WHO Code: Evaluating Real-World Scenarios for Compliance, Christine Staricka, IBCLC
- November 2022; Beyond Fenugreek: An Individualized Approach to Dietary and Herbal Galactagogues, Melissa Cole, IBCLC
- November 2022; Tik Tok Times: The Impact of Social Media on Parents During Pregnancy and Lactation, Laurel Wilson, IBCLC
- November 2022; Tongue and Lip Tie: A Comprehensive Approach to Assessment and Care, Melissa Cole, IBCLC
- November 2022; Mind What You Say: Using Mindfulness and Three-Part Communication for Lactation Success, Laurel Wilson, IBCLC
- November 2022, Maternal Mental Health Disorders & Breastfeeding, Emily Bernard, MA, IBCLC
- November 2022; Using Medications in Breastfeeding Mothers, Thomas Hale, Ph.D., R.Ph.
- November 2022; Research Ethics and Infant Feeding, Zainab Yate
- November 2022; In whose best interest? The ethics of autonomy, coercion and informed consent in infant feeding, Dr. Alison Stube
- October 2022; Milk Exosomal MicroRNAs in the Prevention and Treatment of Necrotizing Enterocolitis, Bodo Melnick, MD
- October 2022; Breastfeeding Challenges of Refugee Mothers in Canada: challenges, opportunities and the way forward, Shela Hirani, PhD, IBCLC, RN, Advanced Diploma in ECD
- October 2022; Lactation Support for Patients with Larger Breasts/Chests, Megan Dunn, BS, IBCLC
- October 2022; Also known as the WHO Code: understanding and making the International Code relevant, Lourdes Santaballa Mora, MS, IBCLC, CLAAS, IYCF

- October 2022; Male Inclusion is Essential to Maternal Health, Joel Austin
- October 2022; Pump It Up! Supporting Exclusively Pumping Parents, Nichelle Clark, IBCLC
- October 2022; Trauma Informed Care through a Lactation Lens, Stephanie George
- October 2022; Towards a National Perinatal Mental Health Strategy, Jaime Charlebois and Patricia Tomasi
- October 2022; Introduction to Reimagining Postpartum Support: A New Paradigm to Help You Add Scope, Value, and Prenatal Hours To your Postpartum Doula Offerings, Sally Placksin
- October 2022; Roadmap to Breastfeeding Success: How baby's normal development impacts the breastfeeding experience, Jan Tedder
- September 2022; The Functional Anatomy of Swallowing and Airway Protection in The Breastfeeding Infant: Understanding the Impact of Positioning, Nikki Mills, BHB, MBChB, Dip Paeds, FRACS, IBCLC, PhD
- September 2022; Instinctive Nursing: simple and effective, Tom Van den Broeck, IBCLC
- September 2022; The Functional Anatomy of Sucking During Breastfeeding: How Amazing Is The Tongue! Nikki Mills, BHB, MBChB, Dip Paeds, FRACS, IBCLC, PhD
- September 2022; Providing Sensitive and Person-centred Breastfeeding Support to Women Who Have Primary Low Milk Supply, Caominhe Whelan, BEng, IBCLC
- September 2022; How Can We Talk about Breastfeeding? Eithne Murray, IBCLC, MA, BEd, Dip in Breastfeeding Counselling
- June 2022; Oregon Washington Lactation Association: New Mastitis Protocol, Dr. Katrina Mitchell
- June 2022; Research Ethics and Infant Feeding: How to Utilize the Four D's of Brief Assessment, Zainab Yate, BSc, MSc, Author
- June 2022; Microbiome Support for the Breast/Chestfeeding Dyad, Megan Dunn, BS, IBCLC
- June 2022; Supporting Parents through Grief after the Loss of the Breast/Chestfeeding Relationship, Laurie Anne Muldoom, MSW, RSW, BScN
- May 2022; Pitfalls in Infant Feeding Practices After Starting Solids, Dr. Dyah Febriyanti
- May 2022; Eating Disorders in the Perinatal Client: A Trauma Informed Model, Kristin Cavuto, MSW, LCSW, IBCLC
- May 2022; Ethical Considerations for Early Postpartum Lactation Support Kelsie Barta, MS, FNP-C, IBCLC
- May 2022; Vestibular Processing : Using the Sixth Sense to Support Lactation and Parent/Infant Relationships, Gretchen Becker Crabb
- May 2022; Providing Enhanced lactation Care for Families Following Late Miscarriage, Stillbirth, Neonatal and Infant Death, Dr. Katherine Carroll, PhD, Dr. Debbie Nobel-Carr, PhD
- May 2022; Fitting Flanges for Pumping: Rethinking Sizes and Materials Jeanette Mesite Frem, MNS, IBCL, RLC, CCCE
- May 2022; Collaborative Care with a Chiropractor for Infant Feeding Dysfunction, Dr. Andrew Dorrough
- May 2022; Supporting Older First-time Mothers with Breastfeeding and Becoming a Mother Insights for Clinical Practice, Rosann Edwards, RN, MScN, IBCLC, PhD
- May 2022; What's New with Ten Steps to Successful Breastfeeding Andini Pramono, IBCLC, MPH
- April 2022; Increasing Lactation Support Through Community Partnerships, Monica Esparza, CLC
- April 2022; Low Milk Production Detective Work:
- April 2022; Building Bridges: Early IBCLC Recognition and Triage of Common and Life-Threatening Newborn and Maternal Pathology, Anya Kleinman
- April 2022; What's New with Ten Steps to Successful Breastfeeding: Updates and its Cost/Benefit Implications, Andini Pramono
- April 2022; Lactation After Bariatric Surgery: Physiological, Hormonal and Psychological Implications, Bianca Balassiano, IBCLC
- April 2022; Working with Families Feeding Beyond 12 Months: Offering Support with Confidence, Emma Pickett, IBCLC
- March 2022; Creating and sustaining a collaborative therapy presence in the NICU, Ramya Kumar, MS, CCC-SLP, BCSS, SNT, IBCLC, NTMTC

- December 2021; Gentle Manual Therapeutic Techniques in Lactation: Movement, Flow and Kindness, Maya Bolman, RN, BA, BSN, IBCLC
- December 2021; Calibration: Early Control of Milk Production and Promoting Normal Feeding in Cleft-affected Infants, Catherine Watson Genna, BS, IBCLC
- December 2021; Why Breastfeeding Prevents Maternal Metabolic Syndrome and Cardiovascular Disease, Kathleen Kendall-Tackett, PhD, IBCLC, FAPA
- December 2021; Perinatal Mental Health and Breastfeeding; Healthy Connections, Maria Enrica Bettinelli, MD, IBCLC
- December 2021; The Faces of Breastfeeding Support: Social Media and Peer Support, Nicole Bridges, PhD, BComm (Hons), Cert IV Breastfeeding (Counselling and Education)
- December 2021; Compatibility of Breastfeeding with Taking Drugs, Alternative Products and Exposure to Contaminants, José María Paricio Talayero, MD, PhD
- December 2021; Facilitating Lactation in Carceral Settings, Chauntel Norris, CLC, LCCE
- December 2021; Improving Breastfeeding Outcomes, Jo Gilpin, RN, RM, CaFHN, IBCLC
- December 2021; Mobile Health Approaches to Breastfeeding, Adam Lewkowitz, MD, MPHS
- December 2021; Skin-to-skin Contact in Healthy Mothers and Their Full-term Infants, Kelly Coojmans, MSc
- December 2021; "Parents Are Using a Lot of Things": Ethics in the Age of Lactation-related Products
- Christine Staricka, BS, IBCLC, RLC, CCE
- December 2021; LatchAid: an Interactive Mobile Phone App Providing 24/7 Support for Families' Breastfeeding Goals, Combining Innovative Technologies and IBCLCs, Shel Banks, IBCLC
- November 2021; Early Experiences Which Undermine Breastfeeding Confidence: Supporting the Breastfeeding Journey, Dr. Jane Heinig
- November 2021; Trauma, Timing and Tenacity: Navigating Care When Frenectomy Doesn't Help, Michale Chatham, RN, BSN, LMT, IBCLC, OMT
- November 2021; Ultrasound Analysis of Sucking: Tongue-Tie and Confounders, Catherine Watson Genna, BS, IBCLC
- November 2021; Infant Airway and Tongue-Tie: Importance of Breathing for Feeding, Growth and Development, Rene Moore, IBCLC, RLC, CLE
- November 2021; Clinical Case Studies: Ankyloglossia in Babies with Marasmus and Kwashiorkor, Okky Nafiriana, MD and Ratih Ayu Wulandar, MD, IBCLC
- November 2021; Tongue-Tie and the NICU: A Neonatologist Perspective, Dr. Kumar Ankur, MD, DNB
- October 2021; Growing Your Business and Brand with Social Media, Anna Rodney
- October 2021; What You Don't Know Can Hurt You and Your Clients: The Role of Implicit Bias in Birthing and Breastfeeding Support, CAPP Conference 2021
- October 2021; How to be a Size-Inclusive Birth Professional, Jen McLellan
- October 2021; The Bigger Picture Takes a Bigger Team – Our Journey from a Tongue-Tie Division Service to "Whole-istic" Care, Kate Roche, BSc (Physiotherapy), MISC, IBCLC and Justin Roche, MB ChB, FRCPC, FRCPI, IBCLC
- October 2021; Connection and Care: Virtual Support for Tongue-Tied Infants, Melissa Cole, MS, IBCLC, RLC
- October 2021; Untangling the Big Picture of Tongue-Tie Assessment, Leslie R. Kowalski, PhD, IBCLC
- October 2021; Breastfeeding After Release: The Importance of Anticipatory Care, Karese Languette, RDH, Myofunctional Therapist
- October 2021; The Impact of Tongue-Tie and Frenotomy on Infant Feeding: An Overview of Available Research, Rebecca R. Hill, PhD, DNP, RN FNP-C
- October 2021; Childbirth and Postpartum Professional Annual Conference
- September 2021; When Evidence and Empathy Aren't Enough: Changing Your Lactation Practice to Boost Client Success, Johanna Sargeant, Bed, BA, IBCLC
- September 2021; Colostrum Harvesting and SMART Supplementation: Helping at-risk newborns, Karolina Ochoa, IBCLC

- August 2021; Marijuana, Opioids and Breastfeeding: Research, Impacts and Essential Guidance for Health Professionals, Dr. Thomas Hale
- July 2021; Infant Oral Restrictions: Helping Families Navigate Assessment through Competency, Kristen Davis, IBCLC
- March 2021; Milk Composition and Maternal Nutrition: Understanding the Impact and Outcomes, Rosa Sorribas, IBCLC
- March 2021; A Dairy-free Mediterranean Diet and the Impact on Colic and Allergy in Infants Receiving Human Milk, Joanna Nawfal, RN, MSN, IBCLC
- March 2021; Popular Diet Trends: Impact and Safety During Lactation, Meghan McMillin, MS, RDN, CSP, LDN, IBCLC
- March 2021; What the Books Don't Teach You: Tips and Tricks for the Lactation Professional, Kay Hoover
- September 2020; Childbirth and Postpartum Professional Association Annual Conference
- November 2019; Growing a Family with Dignity by Dr. Neel Shah, MD. MPP, FACOG
- August 2019; Maternal Morality: Two Perspectives, Charles Johnson and Amy Raines-Milenkov, PhD
- August 2019; Customer-Centered Service, Allyson Young, SPHR
- August 2019; Capturing WIC Stories & Supporting Families on Social Media, Venessa Simmons
- July 2019; Kentucky WIC and Breastfeeding Coalition Lactation on the Levee
- April 2019; Addressing Complex Sleep Problems While Optimizing Breastfeeding, Lyndsey Hookway, BSc, RNC, HV, IBCLC
- March 2018; Childbirth and Postpartum Professional Annual Conference
- November 2018; The Return of Breastsleeping: Humankind's Oldest and Most Successful Sleep and Feeding Arrangement, Dr. James J. McKenna
- September 2018; Mindful Communication with Today's Parents, Laurel Wilson
- September 2018; The Six Miracles of Waterbirth, Barbara Harper
- September 2018; The Birth Worker's Role in Reducing Racial Disparities in Maternal Health, Panel
- September 2018; Navigating Family Relationships with a New Baby, Kimberly Bepler and Prinscilla Moore
- September 2018; Full-Term Breastfeeding/Chestfeeding: Benefits, Considerations, and Ways to Offer Support, Joy MacTavish, IBCLC, RLC, MA
- October 2017; The Perinatal Microbiome, Jarold "Tom" Johnston Jr., CNM, IBCLC
- September 2017; Mastering Cross-Cultural Communication Skills, Kimberly Seals Allers
- September 2017; How to Build Understanding and Empathy with Millennial Families, Amber McCann and Jeanette McCulloch
- August 2017; GOLD Learning-Professional Development Day
- June 2017; Legal and Ethical Issues in Infant Feeding, Satish Tiwari
- June 2017; Breastfeeding: Baby's First Milestone, Barbara Robertson
- June 2017; 1000 Days in Gap City: Exploring the Relationship between the Breastfeeding Gap and the Word Gap, Dia L. Michels
- June 2107; Preventing the Plunge: Why the First 2 Weeks are Crucial for Breastfeeding Duration, Cindy Leclerc and Jana Stockham
- June 2017; Supporting Breastfeeding People in the Legal System, Jake Marcus
- June 2017; Raynauds: Symptoms, Diagnosis and Treatment, Debbie Albert
- June 2017; Understanding Zika and Lyme and Breastfeeding, Laurel Wilson, IBCLC
- May 2017; How B.E.S.T. (Basic Evaluation of Structural Tension) Relates to Breast, Judy Terwilliger
- May 2017; Sending Reports: What's in it for IBCLCs? Joy MacTavish, IBCLC
- May 2017; From the NICU to the Home: Mother's Experiences, Paulina Erices
- May 2017; Resolving Cultural Conflicts in Nighttime Breastfeeding and Infant Sleep, Cecilla Tomori
- May 2017; Infant Feeding Behaviors as a Measure of Neurodevelopment
- November 2015; Unicef UK BFHI Conference, Breastfeeding-Shifting the Curve (which curve), Professor Mary Renfrew
- November 2015; Unicef UK BFHI Conference, Working with the Code, Dr. Helen Crawley
- November 2015; Unicef UK BFHI Conference, Resistance to the Attachment Message, Dr. Robin Grille

- November 2015; Unicef UK BFHI Conference, Making the Connections: Developing Brains and the Importance of Attunement and Regulation, Dr. Zoe Brownile
- August 2015; Childbirth Educator Certification Course (CAPP)A
- July 2015; Childbirth and Postpartum Professional Association International Conference
- July 2014; Childbirth and Postpartum Professional Association International Conference July 2014; International Lactation Consultant Association Conference (ILCA)
- August 2013; CAPP)A Labor Doula Training, Terri Woods, CLD, CD(DONA)
- May 2013; La Leche League Conference, LLL of Southern California
- February 2013; When Ethics and Evidence Collide: Solving Breastfeeding Problems, Marie Biancuzzo, RN, MS, IBCLC
- January 2013; California Breastfeeding Summit, CA Breastfeeding Coalition
- January 2013; The Mother/Baby Bond, Laurel Wilson, IBCLC
- August 2012; ICEA Professional Childbirth Educator Workshop, Donyale Abe, RN, IBCLC
- July 2012; Bridging the Nutrition Gap, Laurel Wilcon, IBCLC, CLE, CLD, CCCE
- July 2012; The Accidental Parent, Tracy Wilcon Peters, CLE, CLE, CCCE
- July 2012; Vaccine Problems and Legal Solutions: Healthcare Workers, Pregnancy and Newborns, Alan G. Phillips, J.D., Attorney and Counselor at Law
- July 2012; Controversies in Breastfeeding, Dr. Jack Newman, MD, FRCPC
- July 2012; Building Bridges and Removing Walls in Perinatal Care between Health Care Professionals, Polly Perez, RN, BSN, FACCE, LCCE, CD
- June 2012; Postpartum Doula Training, Joanna Whitlow, IBCLC
- May 2012; Vaccination Options, Dr. Bob Sears
- May 2012; Morning with the Sears, Dr. Bill and Martha Sears
- May 2012; Postpartum Blues, Depression and Psychosis, Jane Honikman
- July 2011; Certified Lactation Educator Trainer Course, Laurel Wilson, IBCLC
- July 2011; International Lactation Consultant Association Conference (ILCA)
- May 2011; Oxytocin and Autism; Dr. Touraj Shafai
- July 2010; Assisting Mothers to Successful Baby-Led Latching, Christina M. Smillie, MD
- May 2010; California WIC Annual Conference
- April 10, 2010; Human Milk for Human Babies Lactation Management and Strategies, Paula Meier, Elba Fayard and Raylene Phillips
- February 2010; Postpartum Depression and Jaundice, Amy Larsen, RN, IBCLC and Jennifer Stewart, RD
- January 2010; Neonatal Jaundice, Lawrence M. Gartner, MD, FAAP
- August 2009; New Breastfeeding Skills for the 21st Century, Dr. Suzanne Colson
- March 2009; Lactation Success in the NICU, Paula P. Meier, RN, DSNc, FAAN
- April 2008; Anatomy and Physiology, Denise Fisher
- April 2008; Cultural Diversity, California WIC Association
- February 2008; Cutting Edge Information on Tongue Tie, Breastfeeding and More, Breastfeeding Task Force of Greater Los Angeles
- November 2008; Proper Fitting of Breast Shields, Maria Lennon, MSN, CNM, IBCLC
- November 2008; Anatomy of the Human Breast: A New Perspective, Maria Lennon, MSN, CNM, IBCLC
- November 2008; A Day of Lactation, Laurie Haessly, MA, RD, IBCLC
- November 2008; Breastfeeding and HIV, Jan Walter, PhD
- January 2008; Breastfeeding: Simply the Best Choice, Kayellen Lascheck, IBCLC
- August 2007; Human Milk-A Closer Look, Elena Medo, MBA
- August 2007; Close to My Heart-More than Milk, Ruth Stanhiser, MD
- July 2007; Public Health Preparedness and Response Competencies Program, Kim Saruwateri

- June 2007; Human Milk for Human Babies, Kayellen Lascheck, IBCLC
- March 2007; A Day of Lactation Education/Proper Fitting of Breast Shields, Dr. Peter Hartman
- March 2007; How to Raise Emotionally Healthy Children, Gerald Newmark, Ph.D.
- January 2007; Human Milk for Human Babies, Marsha Walker
- January 2007; Women Counseling Women, Debi Pryde
- October 2006; Kangaroo Mother Care, Nils Bergman, MD
- August 2006; Interpersonal Relations/Conflict Management, Debi Pryde
- August 2006; Current News and Research in Breastfeeding Medicine, Laurie Haessly, MA, RD, IBCLC
- January 2006; Microsoft Publisher XP, Brenda Kooiman
- November 2005; Time Management, Franklin Covey
- February 2004; Nutritional Support of Premature Infants, Perinatal Services Network Advanced Training, Dr. Richard Schanler, MD
- February 2004; Nutritional Support of the Premature Infant, Richard Schanler, MD
- December 2003; PSN Advanced Training, Moms Embracing the Moment, Pamela Capps, ICCE-CPE
- October 2003; Perinatal Services Network Advanced Training
- October 2003; Drugs and Breastfeeding, Lactation Physiology and Fertility
- May 2003; La Leche Conference, LLL of Southern California
- February 2003; Medical Terminology
- January 2003; Perinatal Services Lactation Education, Carol Melcher
- January 2003; HIPPA Compliance Training
- November 2002; Lactation Educator Training, Laurie Haessly, MA, RD, IBCLC

CERTIFICATIONS Past and Present

- International Board-Certified Lactation Consultant (IBCLC), 2008-2023
- CAPPa Certified Childbirth Educator, 2015-2025
- CAPPa Certified Lactation Educator, 2011-2024
- DONA Certified Birth Doula, 2013-2020
- American Heart Association CPR Certified, 2001
- WNA Certified, Department of Public Health, 2016
- ICEA Childbirth Educator Certification
- CAPPa Postpartum Doula Certification

MEMBERSHIPS Past and Present

- Childbirth and Postpartum Professional Association (CAPPa)
- United States Lactation Consultant Association (USLCA)
- International Lactation Consultant Association (ILCA)
- Doulas of North America (DONA)
- La Leche League International
- Riverside County Breastfeeding Coalition
- Doulas of Southern California (DASC)
- About Families, Inc. (Board Member)
- Inland Empire Breastfeeding Coalition
- Hope in the Pass, a non-profit program for low income, new mothers
- Northern Illinois Lactation Consultant Association

PUBLICATIONS

- Making Milk (Co-author)
- Mommy Feeds Baby (Author)
- Mama alimenta al Bebe (Author)
- WIC Prenatal Classes (Author)
- Grow Our Own IBCLC Prep Course (Creator and Faculty)
- WIC Watch (Contributor)
- CAPPa Newsletter (Contributor)
- Contributor to The Positive Breastfeeding Book, Dr. Amy Brown
- DONA International Magazine (Contributor)
- Record Gazette (Freelance writer)
- Sports and Spectators (Contributor and Editor)
- You Are So Loved (Contributor and Editor)

AWARDS AND ACCOMPLISHMENTS

- Visionary Award for Innovative Thinking
- CAPPa CLE Faculty of the Year
- ABBEY Above and Beyond Award from Riverside County for developing and implementing the Grow Our Own Lactation Consultant/IBCLC Prep Course
- United States Presidential Volunteer Award
- Who's Who Among Teachers Award
- Exceptional Teacher Award
- DONA Phyllis Claus Founder's Award for protecting the mother/baby bond
- Founder of the Pass Area Breastfeeding Café
- Co-Founder of the Riverside County Breastfeeding Coalition
- Started the first free, walk-in clinic at San Geronio Memorial Hospital
- Created the first IBCLC Prep Course with a 100% passing rate the first year of implementation
- Invented the Lactation Lanyard and accompanying Colostrum Card
- Created the Building Block Curriculum comparing Breastmilk to Artificial Human Milk
- Authored Riverside WIC Prenatal Curriculums
- Photographer of the Year for Inland Empire Breastfeeding Coalition

SPEAKING ENGAGEMENTS

- GOLD Annual Lactation Conferences
- GOLD Specialized Day of Learning
- iLactation Annual Conferences
- InJoy Virtual Summit
- Northern Illinois Lactation Consultant Association (NILCA)
- Talk Tools
- Wisconsin Association of Lactation Consultants
- Northern Illinois Lactation Consultant Association
- Bay Area Lactation Consultant Conference
- Breastfeeding Conferences Ethical Issues in Lactation
- Desert Care Network: Desert Regional, Hi-Desert Medical Center and JFK Memorial Hospital
- Nevada Department of Public Health WIC, Lactation Tools, How to Educate and When to Refer

- How to Become an IBCLC Conference
- Kentucky State WIC Conference
- Kentucky Breastfeeding Coalition Conference
- Arkansas WIC Peer Counselor Community Lactation Training
- Texas State WIC Conference
- Alameda County WIC Training
- North Carolina State WIC Conference
- Watts Public Health Staff Development
- Nutrition Educator Meeting, Department of Public Health, Riverside County
- San Francisco WIC Staff Training
- La Leche League of Arizona Annual Conference
- UK Baby Friendly Hospital Initiative Conference, Yorkshire, England
- Nevada WIC Lactation Training
- First 5 California Lactation Training
- California WIC Regional In-service
- California Breastfeeding Summit
- About Families, Inc. Annual Conference
- Birthing, Bonding and Breastfeeding San Geronio Memorial Hospital Conference
- Birthing, Bonding and Breastfeeding Desert Regional Medical Center Conference
- Riverside County Breastfeeding Coalition
- San Bernardino Breastfeeding Coalition
- Breastfeeding Café Breastfeeding Awareness Celebration
- Childbirth and Postpartum Professional Association (CAPP) Conferences
- San Geronio Memorial Hospital Nurse Training
- GOLD Special Educational Panel Presentation
- Inland Empire Breastfeeding Coalition
- Riverside County Department of Public Health
- Perinatal Nurse Partnership Training