

WHAT IS A BN CERTIFIED LAID-BACK BREASTFEEDING CONSULTANT?

A BN Certified Laid-Back Breastfeeding Consultant (CLBC) views breastfeeding the off spring as normal, assuming that all mothers and babies have this capacity. CLBCs therefore believe that breastfeeding behaviors are inborn, regulated by the hypothalamus. The hypothalamus, located deep within the lower brain orchestrates those innate behaviors ensuring the survival of the species. The neocortex or the upper brain is the part that thinks, the 'big brain' that differentiates us from other mammals. Thinking makes us biologically superior to other mammals but thinking overrides reflexes and instincts. Similar to some other basic activities of daily living (like eating & drinking, communication, play & social life) breastfeeding is both private and public. These self care activities do not normally require professional management. Rather, to support breastfeeding initiation, the priority is to nurture the maternal innate capacity. To do this, the CLBC strives to quiet the 'thinking brain' promoting privacy and protecting that maternal behavioral state conducive to the release of oxytocin and prolactin. It just makes biological sense that stimulating the 'hypothalamic brain' supports breastfeeding initiation as it is the lower brain structures that regulate maternal innate breastfeeding capacity.

The CLBC is a practitioner who has integrated BN as her go to strategy and abides by the motto there is not one 'correct' way to do it.

A CLBC works professionally with mothers and babies during pregnancy, the time of breastfeeding initiation and beyond in a variety of settings (for example, at home, in hospital, or at community centres). The CLBC has had prior training and/or experience working as a health professional (midwife, doctor, nurse, health visitor, public health nurse, nurse practitioner and dietician) a lactation consultant, a doula, a La Leche League leader, National Childbirth Trust, Association of Breastfeeding Mothers or other breastfeeding counsellor or peer supporter.

The laid-back scope of practice aims to build and restore mothers' confidence in their self-caring capacity to breastfeed by sharing biological nurturing research findings and other theories emphasising innate mother knowledge and behaviours with a view to increase breastfeeding enjoyment.

University accreditation is being sought for BN certification as a LBC.

Biological Nurturing® Laid-back Breastfeeding Certification

Definition, Requirements, Procedures and Benefits

REQUIREMENTS

1. Read Suzanne Colson's book, An Introduction to Biological Nurturing, New Angles on Breastfeeding and her other articles and papers.
2. View Suzanne Colson's DVD Biological Nurturing ~ Laid-back Breastfeeding for Health professionals produced in 2008 and available through The Nurturing Project Ltd.
3. Attend at least one of Suzanne Colson's advanced biological nurturing workshops.
4. Understand and agree with the philosophy described in beliefs posted on the website and inherent within the biological nurturing literature.
5. Have practical and professional experience working with mothers.
6. Have an educational certificate, diploma or a professional module certifying you as competent to recognize the clinical features of neonatal well-being and clinical assessment procedures. Approval for this prerequisite will be individually determined by certificate, professional accreditation or licensure. If you do not have this prerequisite, you will need to complete The BN Newborn Module. This requires some study, materials and successful completion of a test.
7. Demonstrate that you have experience using the biological nurturing approach by writing up 5 clinical case studies. NB: You do not need to have breastfed, be a parent or be an IBCLC to qualify for certification.
8. Be able to read English or French. Correspondence from Suzanne Colson will be in English but a French speaking applicant can write in French.
9. Agree that you will:
 - Use Suzanne Colson's Biological Nurturing materials with mothers and in the classes that you teach.
 - Not combine Biological Nurturing Laid-back breastfeeding promotion with any religious belief system, or other theories, practices, or techniques (unless you have consulted with Suzanne Colson about this).
 - Be committed to encouraging people of all races, religions, and backgrounds to breastfeed exclusively

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PROCEDURES

There are normally four phases although if you have not taken a neonatal clinical module during your professional training, you will need to complete an adjunct Biological Nurturing Neonatal Clinical Module.

Phase 1: Increase your understanding of BN and how its components interrelate and interact to help mothers and babies get started with breastfeeding

Read and own a personal copy of Suzanne Colson's book An Introduction to Biological Nurturing

View and own a personal copy of the DVD Biological Nurturing ~ Laid-Back Breastfeeding for Health Professionals (The Nurturing Project, 2008)

Attend at least 1 Advanced Biological Nurturing Workshop

Complete an expression of interest form and email it to Suzanne Colson

NB: You may attend the Advanced Biological Nurturing Workshop to broaden the foundation of your lactation practice without expressing interest to become a BN-CLBC.

Phase 2: Discuss your beliefs concerning the Biological Nurturing Philosophy

This phase enables you to demonstrate your understanding of BN through written discussion with a BN CLBC about each of the BN philosophical statements. You will correspond via email writing briefly sharing your thoughts and practice experience.

Phase 3: Integrate BN within your practice

This phase lasts at least 6 months during which time you:

- Gather cases and documentation
- Write brief reviews of the BN materials
- Write 5 clinical practice case studies (normal breastfeeding initiation, latching difficulties, sore nipples, large breasted mothers and a healthy but late preterm baby 34-36 weeks.)
- Use the BN clinical pathways in a variety of situations

Phase 4: Take the Open Book Certification Test.

Provide Suzanne Colson with the names of 2 referees (a mother you have supported using BN and the CLBC who provided feedback of your comments on the BN philosophy). Upon receipt of your recommendations, Suzanne will send you the open book test. You will have 6 months from this date to complete the test composed of short lists and essay questions. Any discussion requesting enhancement or clarification of your responses will be limited to one full correspondence. Further correspondence clarifying test questions will entail a supplemental fee for each full correspondence. Upon successful completion, you will sign a contract and receive your certificate.

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BENEFITS

- You will sign a two-year licensure contract enabling you to use the Biological Nurturing registered trademark in your classes to parents and in your workplace and local practice area to introduce BN to your colleagues. For more intensive national or international work (eg; presenting BN in numerous conferences or BN curricular activities) a separate licensure agreement will be needed. Specifically, 1st level certification does not enable you to teach or train other CLBCs.
- You will receive a quarterly BN newsletter and have a discount on the purchase of BN materials and to attend Nurturing Project conferences. Short presentations, BN photos and video clips will be available for purchase at nominal prices.
- You will be listed (by country) as a BN CLBC on the Biological Nurturing web site which receives between 6000 and 10,000 sustained hits each month
- You can place your profile on the Biological Nurturing web site and face book page. We will link web sites if applicable.
- You will be a part of a closed discussion list, a network of 'new age' health professionals examining the innate components of breastfeeding

FEES

You need to have your own copy of the book *An Introduction to Biological Nurturing* (available from Hale Publishing ibreastfeeding.com in paperback or as an e-book) and Suzanne's original DVD available from The Nurturing Project biologicalnurturing.com. Advanced BN workshops are organized on demand and costs vary from country to country and state to state in USA. The country, dates and costs are posted regularly on the BN web site

	US Dollars	UK Sterling
Philosophy correspondence	\$100	£60
Newborn Module (if required)	\$200	£120
Case Study Correspondence	\$48	£30 per case study
Test:	\$500	£300
Further Correspondence clarifying test response (each)	\$50	£30

NB For all transaction in US dollars the bank charges will vary upon payment choices and will be borne by the applicant. Certification requirements, procedures and costs are under development; The Nurturing Project reserves the right to modify them at any time.