

The Family Way

Lamaze Childbirth Educator Program



Accredited by Lamaze International. Lamaze International is the only internationally recognized childbirth educator certification program accredited by the National Commission for Certifying Agencies (NCCA). NCCA accredits certification for lactation consultants (IBCLCs).



About Lamaze International

Lamaze promotes a natural, healthy and safe approach to pregnancy, childbirth and early parenting practices. We serve as a resource for information about what to expect and what choices are available during the childbearing years. This helps to simplify and clarify the childbirth process, alleviate a woman's fears and, most importantly, helps a woman feel more informed and prepared so that she can achieve a safe and healthy pregnancy and birth.

Lamaze healthy birth practices are based on the best medical evidence available, and are designed to promote a safe and healthy pregnancy and birth.

- Let labor begin on its own.
- Walk, move around, and change positions throughout labor.
- Bring a loved one, friend, or doula for continuous support.
- Avoid interventions that are not medically necessary.
- Avoid giving birth on your back and follow your body's urge to push.
- Keep baby and mother together – it's best for the mother, baby, and breastfeeding.

Lamaze has adopted the following philosophy on birth which serves as the foundation for the work of the organization.

- Birth is normal, natural, and healthy.
- The experience of birth profoundly affects women and their families.
- Women's inner wisdom guides them through birth.
- Women's confidence and ability to give birth are either enhanced or diminished by the care provider and place of birth.
- Women have a right to give birth free from routine medical intervention.
- Birth can safely take place in homes, birth centers, and hospitals.
- Childbirth education empowers women to make informed choices in health care, to assume responsibility for their health, and to trust their inner wisdom.

The Lamaze Certified Childbirth Educator (LCCE) demonstrates the following competencies:

- Promotes childbearing as a natural, healthy process that profoundly affects women and their families;
- Helps women and families discover and use strategies that facilitate natural, healthy pregnancy, birth, breastfeeding, and early parenting;
- Helps women and families to understand how interventions and complications influence the normal course of pregnancy, birth, breastfeeding, and early parenting;
- Gives information and support that encourages attachment between babies and their families;
- Helps women and their families make informed birth decisions for childbearing;
- Advocates for women and families who want natural, safe, and healthy childbirth;
- Designs, teaches, and evaluates a course in Lamaze preparation that increases women's confidence and ability to give birth.

Why Become Lamaze Certified?

For nearly 50 years, Lamaze International has been the leading provider of evidence-based education programs that prepare childbirth educators to teach with skill and confidence. The Lamaze certification program meets the highest standards for validity, reliability, and fairness and is recognized as the only such program accredited by the National Commission for Certifying Agencies (NCCA), the accrediting body of the National Organization of Competency Assurance (NOCA). NOCA also accredits the certification programs of the International Lactation Consultants Association (IBCLC) and the American College of Nurse-Midwives. For more information regarding NOCA and the NCCA, please visit the NOCA website at www.noca.org.

In addition to having the knowledge necessary to present evidence-based information, Lamaze childbirth educators use interactive teaching strategies that involve students in their learning. During your seminar, you will learn creative teaching strategies for group activities and practice using innovative teaching aids. You will view the latest audiovisuals and learn how to incorporate technology such as PowerPoint into your classes effectively. You will begin work on your class curriculum and learn how to prepare to sit for the Certification Exam with confidence.

How Do I Become Lamaze Certified?

Lamaze Certification is achieved by passing the Lamaze International Certification Exam, which is offered twice a year. Download the Lamaze Certification Brochure from www.lamaze.org.

Eligibility Requirements to take the Lamaze Certification Exam

Pathway 1: If you are new to the childbirth education field

- Study independently from the *Lamaze Childbirth Educator Program Study Guide*.
- Provide a certificate of completion of a Lamaze Accredited Childbirth Education Seminar such as The Family Way Seminar.
- Provide documentation of practice teaching experience with a mentor/observer.

Note: We also strongly recommend that you complete the following optional steps:

- Observe and critique a series of Lamaze childbirth classes.
- Observe three births.
- Complete a teaching plan for your course.

Pathway 2: If you are an experienced childbirth educator

- Be a licensed health professional (i.e., RN, PT, MD), or hold a bachelor's degree or higher, or provide documentation of successful completion of a formal course on teaching childbirth education.
- Provide documentation of 25 hours of continuing education directly related to childbirth education or attend a Lamaze Childbirth Educator Seminar (such as The Family Way's seminar) in the past three years.
- Provide documentation of 60 hours of childbirth education teaching experience in the past three years. Childbirth education may include pregnancy, birth, breastfeeding, sibling, and postpartum classes.

Pathway 3: If you are a midwife

- Provide documentation of completion of a Lamaze Accredited Childbirth Education Seminar such as the childbirth educator seminar offered by The Family Way, or a "fast-track" seminar for midwives offered by other Lamaze Accredited Programs.

Eligibility Recommendations:

It is recommended that students have a minimum of two years of college or experience as a RN, LVN, certified doula, or other healthcare professional.

About The Family Way Lamaze Childbirth Educator Program:

The Family Way Lamaze Childbirth Educator Program is directed by Debby Amis, RN, BSN, CD(DONA), LCCE, FACCE and Jeanne Green, MT, CD(DONA), LCCE, FACCE, authors of *Prepared Childbirth – The Family Way* and *Prepared Childbirth – The Educator’s Guide*. There are over two million copies of *Prepared Childbirth – The Family Way* in print, and this popular childbirth education handbook is used by hundreds of hospitals, childbirth education groups, and independent childbirth educators across North America. Find out more about us and follow our blog on our website at www.thefamilyway.com.

How Much Does It Cost?

Seminar Fee: \$425 (Early bird) or \$450 (Late registration fee)

All Seminar participants will receive a copy of *Prepared Childbirth – The Educator’s Guide* (a \$75 value) at the Seminar. Lunch will be on your own in the hospital cafeteria. After the seminar, all those who attend the seminar will be given the opportunity to join Lamaze International as a student, online-member *at no charge* for the calendar year.

Lamaze Study Guide: \$135.* Order directly from Lamaze International, www.lamaze.org or (800) 368-4404.

Lamaze Certification Exam: \$250* - Member fee for the Certification Exam – *paid when you apply to take the exam.*

*Lamaze fees are subject to change.

When Do I Take the Lamaze Certification Exam?

The Lamaze Childbirth Educator Certification Exam is offered twice a year (in October and in April) at independent testing sites across the United States. International test sites can be arranged. For upcoming test dates, see www.lamaze.org/GetCertified/tabid/134/Default.aspx.

For Additional Information:

- Contact Debby Amis, co-director of the The Family Way Lamaze Childbirth Educator Program at amis@thefamilyway.com or (713) 528-0277; or Jeanne Green, co-director of the The Family Way Lamaze Childbirth Educator Program at green@thefamilyway.com or (972) 783-4474.
- Visit the Lamaze International website at www.lamaze.org.
- For the date and location of our next seminar, download a current seminar from our website at www.thefamilyway.com/seminars.