



Begin Ed India

CLSP - Teal Study Plan

Completion Goal		DD-MM-YY		
Session Title	Session Length (Hours)	Completion Goal	Date Completed	Status
Module 1 : Lactation Review				
Course Welcome and Tutorial	0.25			
Lactation Foundations: Anatomy and Physiology	2			
Lactation Foundations: Human Milk Composition	1.25			
Lactation Foundations: Overview of a Lactation Consult	1.25			
Module 2: Lactation Beginnings				
Lactation Foundations: Beginning Lactation Review	0.75			
Skilled Lactation Care Through Birth Challenges	1.5			
Lactation Foundations: Tools to Support Milk Supply	1.25			
Module 3: Skilled Lactation Care in Early Years				
Lactation Foundations: Lactation Review for the First Year and Beyond	1.5			
Module 4 : Skilled Lactation Care for the Infant				
Lactation Foundations: Infant Oral Anatomy	1			
Lactation Foundations: Skilled Lactation Care for Weight Issues	1.5			
Lactation Foundations: Supplementation Options	0.75			
Lactation Foundations: Infant Assessment, Growth and Development	1.5			
Module 5 : Infant Challenges in Lactation				
Lactation Foundations: Overcoming Early Lactation Challenges	1.25			
Lactation Foundations: Infants with Medical Challenges	1.25			
Supporting Dyads with Oral Restrictions	1.5			
Module 6 : Skilled Lactation Care for the Parent				
Supporting Maternal Nutrition During Lactation	1			
Lactation Foundations: Engorgement and Mastitis	1.5			
Lactation Foundations: Perinatal Mental Health in India	1.25			
Module 8: Communication Skills For Lactation Professionals				
Lactation Foundations: Communication Foundations 101	2			
Lactation Foundations: Developing Professionally in the Lactation Field	0.75			

Lactation Foundations: Teaching Skills for Lactation Professionals	1.5			
Module 10: Ethics Review For Lactation Professionals				
Lactation Foundations: Ethical Foundations for Lactation (WHO Code Review)	1.5			
Module 11: Research Review For Lactation Professionals				
Public Health and Breastfeeding	0.75			
Study for Final Exam				
CLSP Final Exam				