



The Family Way Lamaze Childbirth Educator Program

About Lamaze International

Lamaze is a nonprofit organization that promotes a natural, healthy, and safe approach to pregnancy, childbirth, and early parenting. 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.

The following 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 urges 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.
- Women have an innate ability to give birth.
- The experience of birth profoundly affects women and their families.
- 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.
- Lamaze childbirth education empowers women to make informed choices in healthcare and take responsibility for their health, and to trust their innate ability to give birth.

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

- Promotes the childbearing experience as a normal, natural, and healthy process which profoundly affects women and their families;
- Assists women and their families to discover and to use strategies to facilitate normal, natural, and healthy pregnancy, birth, breastfeeding, and early parenting;
- Helps women and their families to understand how complications and interventions influence the normal course of pregnancy, birth, breastfeeding, and early postpartum.
- Provides information and support that encourages attachment between babies and their families;
- Assists women and their families to make informed decisions for childbearing;
- Acts as an advocate to promote, support, and protect natural, safe, and healthy birth;
- Designs, teaches, and evaluates a course in Lamaze preparation that increases a woman's confidence and ability to give birth.

Why Become Lamaze Certified?

For over 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 Institute for Credentialing Excellence (ICE). ICE also accredits the certification programs of the International Lactation Consultants Association (IBCLC) and the American College of Nurse-Midwives. For more information regarding ICE and the NCCA, please visit the NCCA website at www.credentialingexcellence.org/ncca.

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.lamazeinternational.org.

Eligibility Requirements to take the Lamaze Certification Exam

If you are new to the Childbirth Education field, Choose one of the following options:

Option 1

Complete a Lamaze-Accredited Childbirth Educator Seminar and self-study with the *Lamaze Learning Guide* (candidates must purchase online access to the *Learning Guide* from Lamaze International).

Note: candidates must take the exam within three years of attending a seminar.

Option 2

Complete an approved formal course on teaching childbirth education and do ONE of the following:

- Complete the four Lamaze Essentials Modules.
- Complete 25 hours of continuing education related to the Childbirth Educator competencies.

If you are an experienced Childbirth Educator, choose ONE of the following options:

Option 1

Complete the four Lamaze Essentials Modules.

Option 2

Complete a Lamaze-Accredited Childbirth Educator Seminar.

Option 3

Complete 25 hours of continuing education related to the Childbirth Educator competencies.

Option 4

Complete an approved formal course on teaching childbirth education.

If you have completed or are currently in a midwifery training program, you have two options to prepare you to take the Lamaze Certification Exam. Choose ONE of the following options:

Option 1

Complete the Lamaze Fast Track for Midwives Seminar.

Option 2

Complete a Lamaze-Accredited Childbirth Educator Seminar.

Eligibility Recommendations for The Family Way Lamaze Seminar

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, LCCE, FACCE, CD(DONA), and Jeanne Green, MT, LCCE, FACCE, CD(DONA), 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. Visit with us online! We welcome anyone interested in evidence-based childbirth education and maternity care to like us on The Family Way facebook page (<https://www.facebook.com/familywaypublications>) and to follow us on Twitter (<http://twitter.com/thefamilyway>).

How Much Does It Cost?

Seminar Fee: \$475 (Early bird) or \$500 (Late registration fee)

Lunch will be on your own. After the Seminar, all those who attend the Seminar and are new to Lamaze will receive complimentary student, online-member in Lamaze International *at no additional charge* for the calendar year. *Note: Policies regarding refunds, grievances, and appeals are available on our website, www.thefamilyway.com.*

The *Lamaze Learning Guide* and *Lamaze Toolkit Bundle*: Online access to these two required-reading publications is available from Lamaze for one cost of \$225*, which is a savings over the individual pricing of the past. Order directly from Lamaze International, www.lamazeinternational.org or (800) 368-4404.

Lamaze Certification Exam: \$380* - Includes 3 years of membership in Lamaze International (usually \$115 per year) – *paid when you apply to take the exam.*

*Note: *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 the fall and in the spring) at independent testing sites across the United States. International test sites can be arranged. For upcoming test dates, see www.lamazeinternational.org/CertificationExam.

For Additional Information

- Check our website at www.thefamilyway.com for dates and locations for our seminars.
- 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, at green@thefamilyway.com or (972) 783-4474.
- Visit the Lamaze International website at www.lamazeinternational.org.

The Family Way Lamaze Childbirth Educator Program is 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).

