

Christine Staricka

BS, IBCLC, RLC, CCE

CONTACT

661-747-5195

ChristineIBCLC@outlook.com

www.ChristineStaricka.com

SKILLS

Hospital Postpartum &
NICU



Private Practice Lactation
Consultation



Baby Café Facilitator and
Lead IBCLC



Coordination of Care for
Infants with Tethered Oral
Tissues



Curriculum Coordinator
and Course Director



PROFILE

Christine is a professional speaker, clinical instructor, and curriculum director for California Advanced Lactation Institute and The Lactation Training Lab. The following topics have been presented previously and additional topics are in development.

Please contact me if you would like to schedule a speaking engagement for one of these or any other topic.

Topics

The First 100 Hours | 1- to 8-hour training

This unique program for lactation assessment has been developed to incorporate the principles of the Baby-Friendly Hospital Initiative and follows the recommendations in the protocols of the Academy of Breastfeeding Medicine. The program can be presented in increments of one hour and completely customized to the audience.

Learners will emerge with a new lens through which to assess and assist their lactation clients and to organize their documentation and care plans.

Functional Latch | 1- to 2-hour training

This presentation addresses the fundamental elements for a functional latch and suck to facilitate sustained breastfeeding. Both normal and dysfunctional latch presentations are discussed, including indications of tethered oral tissues such as tongue tie and lip tie, as well as other infant problems which can interfere with functional latch. Suitable for any level of practitioner who works with infants of any age, including as a review for experienced practitioners.

Optimizing Milk Production | 1- to 2-hour training

Created as a strategy to ensure that lactation care providers always begin with the basics of milk production when assisting parents, this presentation provides a step-by-step method to ensure that all of the fundamental elements of milk production are in place.

www.ChristineStaricka.com

Organizational Affiliations



California Advanced
Lactation Institute

[Www.CaliforniaAdvancedLactation
Institute.com](http://www.CaliforniaAdvancedLactationInstitute.com)

Baby Café Bakersfield
[Www.BabyCafeBakersfield.org](http://www.BabyCafeBakersfield.org)

Central Valley Lactation
Association
[Www.centralvalleylactation.org](http://www.centralvalleylactation.org)

Baby Café USA
www.BabyCafeUSA.org

United States Lactation
Consultant Association
www.uslca.org

Moving Milk | 1- to 4-hour training

This presentation is designed to increase the learner's knowledge and clinical skillset for managing common issues of lactation including engorgement, plugged ducts, and mastitis. Clinical skill practice using breast models can be included.

Alternate Universe: Lactation Care for the Preterm Dyad | 1- to 2-hour training - ((Available Beginning January 1, 2020))

This presentation assists the learner with building a plan to support the preterm dyad by addressing four areas: orientation to the specific needs of the preterm dyad, optimizing milk production, feeding the preterm infant at the breast, and transition to discharge.

Lactation Skills for Supporting Dyads with Oral Restrictions | 1- to 2-hour training - ((Available Beginning January 1, 2020))

This presentation has been designed to improve lactation care providers' skillsets for supporting dyads where oral restrictions such as tongue or lip ties are present but parents have opted not to revise or have no access to skilled revision. It covers many ways to scaffold the dyad throughout the most common challenges they may experience, including persistent nipple pain or trauma, milk production variations, and breastfeeding tools and techniques which might be indicated in this specific population.

Protecting Families Through Ethical Lactation Practice | 1- to 2-hour training

Adapted from the Comprehensive Lactation Internship Program's training on ethics for lactation providers, this training introduces the major components of ethical lactation practice including the International Code, the use of appropriate language about infant feeding, and using social media wisely to promote the public health importance of breastfeeding.

Lactation Acuity & Staffing | 1- to 2-hour training

This overview of how to use acuity levels to ensure lactation staff is being properly and efficiently utilized in an inpatient or outpatient setting is a strategic planning necessity for any setting which provides lactation care. Beginning with a concise explanation of how to implement an acuity rating system, it moves on to discuss and encourage forward-thinking strategies for staffing lactation care providers. Learners will also review how to locate supporting resources and tools for making a case to management or administration regarding hiring, staffing, or implementing an acuity rating system.

Speaking Experience

- 2019 | USLCA National Conference (Scottsdale, AZ) | Reorientation to Functional Latch
- 2019 | GOLD Lactation Tongue Tie Symposium | Lactation Skills for Supporting Dyads with Oral Restrictions
- 2019 | Bakersfield WIC | Optimizing Milk Production
- 2019 | USLCA Webinar | Alternate Universe: Providing Lactation Care to the Preterm Dyad
- 2019 | Fresno EOC WIC | Functional Latch and Optimizing Milk Production
- 2014-2018 | California Advanced Lactation Institute/Bakersfield Breastfeeds | Instructor - Lactation Education Specialist/Integrated Lactation Counselor Training (LEAARC-recognized) and Comprehensive Lactation Internship Program
- 2018 | Placer Lactation Conference | Moving Milk & More, Ethical Lactation Practice, and Communicating Clearly
- 2018 | Merced Community Action Agency WIC | The First 100 Hours©
- 2018 | Fresno EOC WIC | Moving Milk & More and Assessment & Referral for Optimal Outcomes
- 2018 | iLactation International Virtual Conference | Opening the Doors to Increase Breastfeeding Duration: The Baby Café Model
- 2018 | BreastfeedLA | Instructor - Lactation Education Specialist Training and Train-the-Trainer
- 2017 | USLCA National Conference | Your Hands Are Attached to Your Brain!
- 2017 | BreastfeedLA at Dignity Health California Hospital | Clear Communication: Guiding Families Toward Their Breastfeeding Goals
- 2017 | California Breastfeeding Summit | Paid Family Leave and California Family Leave Laws - with California Work & Family Coalition and California Women's Law Center
- 2017 | BreastfeedLA and California Women's Law Center | The Rights of Pregnant and Parenting Students - Webinar
- 2016 | BreastfeedLA Webinar | What Can I Do? Thoughts on Scope of Practice in Lactation
- 2014-2016 | Dignity Health Mercy Hospital Southwest | Baby-Friendly Staff Training
- 2010-2014 | Bakersfield Memorial Hospital | Baby-Friendly Staff Training