

These are some of the feedback we got from our participants during the November 2006 trainings:

“I have already stopped breastfeeding for one year because my neighbors told me that my breastmilk is not nutritious anymore. During the training, I felt a strong desire to breastfeed and my breasts felt full. After applying the massage techniques, I couldn’t believe it! I still have (breast)milk!”

“What I like most is the topic about the benefits of breastfeeding and the hazards associated with bottle feeding, the seven (7) issues (that breastfeeding addresses), the three (3) pillars of breastfeeding: Support, Promotion and Protection and how we can help mothers breastfeed, for example, parenting classes, initiation in the hospital, etc.”

“What I like most in the course is the food served, they are indigenous, but the taste has not been sacrificed...it seems you are not eating meatless food.”

“We really want to thank you in behalf of our organization for the wonderful information/knowledge (that you gave) as a gift to every Filipino. It is a great help to us. We will pray for all of you!! GOD BLESS YOU!!”

“Congratulations to Dr. Elvira Henares-Esguerra and Nona Andaya-Castillo for a job well done and for opening our eyes to the true meaning of God’s wisdom and generosity and nature’s perfect rhythm and abundance.”

Course Directors:

Elvira L. Henares-Esguerra,
MD, FPDS, RPh, IBCLC
Doctor of Medicine, Dermatologist,
Pharmacist and International Board Certified
Lactation Consultant

Nona D. Andaya-Castillo, IBCLC
International Board Certified
Lactation Consultant, Natural Healing
Counselor, Natural Family Planning Teacher
Labor Coach, Licensed Massage Therapist

What is an IBCLC?

International Board Certified Lactation Consultants (IBCLCs) are members of the health care team who have a specialist knowledge of, and primary focus on, *breastfeeding*. They are the consultants whom mothers and other health professionals turn to when skilled assistance is required.

IBCLC is now a recognized health profession in all European hospitals and in many parts of the world like the USA, Australia and Canada.

Candidates for the international exam meet stringent eligibility requirements that demonstrate proficiency and understanding of practical skills, clinical judgment, current research knowledge and attainment of a number of continuing education credits.

The International Board of Lactation Consultants Examiners (IBLCE) is accredited by the US National Commission of Certifying Agencies since 1988.

Visit our website: www.iblce.org

The Breastfeeding Clinic

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*“Breastfeeding,
Infant and Young Child
Feeding and Care:
Reviving Indigenous
Nurturing Practices”*

**Philippine
Lactation Resource
and Training Center**

Managed by
International Board Certified
Lactation Consultants

Organized by:
Nurturers of the Earth, Inc.
Children for Breastfeeding, Inc.

Course Rationale

Breastfeeding is the least costly and most far-reaching strategy for the alleviation of poverty. The economic cost of formula-feeding is staggering. Milk companies import formula milk at P3.1 billion (NEDA) and sell it at 7 times the cost for P21.5 billion (WHO Philippines). Annually, parents lose P1 billion of wages due to absences, spend P536 million in funeral and other costs for 16,000 child deaths and P3.5 billion for medical and other expenses for treatment of bottle-fed babies afflicted with diseases like diarrhea, pneumonia and malnutrition. Poor families spend as much as P7,280.00, which is 30% of their family income while breastmilk is practically free and more beneficial to maternal and child health.

In the Philippines, only 16 out of 100 infants from 4 to 5 months of age are breastfed exclusively. According to UNICEF, this puts the Philippines as having one of the lowest breastfeeding rates in the world. Yearly, this has frightening social consequences: 16,000 child deaths; 1.2 million episodes of illness; 10 million days of illnesses that result in 450,000 health facility consultations and 36,000 hospital admissions. Those who survive the formula menace suffer illnesses well into adulthood like asthma, hypertension, diabetes and cancer.



Participants of the breastfeeding counseling course are taught techniques on how to latch the baby to the breast properly.

Institutional Packages

If you are interested to bring the course to your community partners, we can create special packages for your needs and capability.

There are available scholarships for development workers. To apply for a scholarship, please email us a letter of intent.

In support of the National Plan of Action on Infant and Young Child Feeding (IYCF) guided by the global policies on infant and young child feeding, the PLRTC aims to train breastfeeding counselors, lactation specialists and massage specialists for pregnant and breastfeeding mothers that will be recognized under the Ladderized Interface between Technical-Vocational Education and Training (TVET) and Higher Education (HE) of TESDA. The TVET system was institutionalized through Executive Order 358 in 2004.

Course Program and Teaching Methodology

A live-in, center-based course based on the WHO-UNICEF Breastfeeding Counseling Course adapted to the Philippine situation, the course revives indigenous nurturing practices that are sustainable and accessible.

The course is divided into two three-day sessions. Participants should arrive in the afternoon a day before the actual sessions start for a briefing and welcome dinner. They should be prepared to stay until the late afternoon of the last day of the sessions.

There will be lectures, workshops, film forums, actual demonstration and counter demonstration, sharing of counseling experiences and guided internet research.

The food served is a part of our teaching tools and will consist of indigenous vegetables prepared the traditional way.

Trainees can choose to conduct their practicum in hospitals, health centers, their partner communities and the breastfeeding stations that the PLRTC is currently establishing in all SM Malls nationwide.

Course Cost

The cost of the course is P10,000.00 per participant (and P7.500 for Sunday classes). It includes a 6-day accommodation at the TESDA Dormitory with four persons to a room with electric fans, three meals and two snacks per day for 6 days and a participant's manual with reference materials in electronic and paper form.

PLRTC does not accept any sponsorship from any milk companies, or from establishments that produce teats, feeding bottles, pacifiers, complementary foods and breast pumps. We will not accept applicants with funding support from such companies. Participants can also apply to UNICEF for financial assistance.

Who Should Attend

The course is designed for health professionals, NGO workers (disaster response, women and children's welfare, community development, poverty alleviation), and members of mother support groups, advocates and policy-makers who are involved in national or local infant and young child feeding programs. A team of 3 to 5 participants from the same institution or locality are particularly welcome.

To Apply

Please text your name, landline, fax number and e-mail to 63-919-839-5555. We will send you an application form that you should send back to:

The Course Directors
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