



Lamaze Certified Childbirth Educators:

**Skilled Professionals Making a
Difference, One Family at a Time!**

A Lamaze Certified Childbirth Educator (LCCE) is a skilled and knowledgeable expert who guides women and their families through the extraordinary journey of pregnancy, birth and early parenting. They provide women and their families with evidence-based education and information on safe and healthy pregnancy, birth and early parenting, and promote effective patient engagement for better outcomes.

With the Lamaze credential, LCCE educators demonstrate to maternal-child health professionals and expectant families that they have met a high standard level of knowledge and skill – and are a valuable partner in achieving safe and healthy birth.

The Only Childbirth Education Certification Accredited by the NCCA

For 55 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 childbirth education certification is the only childbirth educator program that has passed rigorous standards set by the National Commission for Certifying Agencies (NCCA). The Lamaze certification program has been designed to meet the highest professional standards, with quality education offerings that help candidates develop as skilled, trusted LCCE educators.



Flexible Pathways Based on Education and Experience

Lamaze understands that childbirth educators come from varied backgrounds. The Lamaze childbirth educator certification program offers flexible pathways tailored to the candidates' levels of education and experience. All candidates are required to show successful completion of a formal course in childbirth education, meet continuing education requirements and demonstrate childbirth education teaching experience as part of the Lamaze Certified Childbirth Educator exam eligibility requirements. They come from a variety of professional

backgrounds including nurses, doulas, lactation consultants, midwives, social workers, physical therapists and educators; the vast majority are prepared with a bachelor's degree and many have advanced degrees in their fields. This rigorous preparation makes them an important part of the broader team of maternity care professionals including obstetricians, family doctors, midwives, doulas and lactation specialists.

Lamaze Certification Exam

The Lamaze International Certification Examination consists of 150 multiple-choice test questions for a three hour period administered twice annually in April and October in the U.S. and internationally in several languages which may include English, Spanish and Romanian. The examination is drafted during an annual test development meeting by the Lamaze International Exam Development Committee. In addition to selecting, editing and blending test items to fit well together, the Exam Development Committee is responsible for determination of the pass-fail cut score. The Committee develops the exam from a bank of items organized to conform to a content outline based on seven core competency statements. The exam content outline has been developed from a role delineation study of the profession and includes test items in seven competency areas.



Competency Statements for LCCE Educators

By successfully passing the Lamaze Certification Exam, LCCE educators have demonstrated their competency to practice in the following areas:

- Competency 1: Promotes the childbearing experience as a normal, natural, and healthy process which profoundly affects women and their families.
- Competency 2: Assists women and their families to discover and to use strategies to facilitate normal, natural, and healthy pregnancy, birth, breastfeeding and early parenting.
- Competency 3: Helps women and their families to understand how complications and interventions influence the normal course of pregnancy, birth, breastfeeding and early postpartum.
- Competency 4: Provides information and support that encourages attachment between babies and their families.
- Competency 5: Assists women and their families to make informed decisions for childbearing.
- Competency 6: Acts as an advocate to promote, support and protect natural, safe and healthy birth.
- Competency 7: Designs, teaches, and evaluates a course in Lamaze preparation that increases a woman's confidence and ability to give birth.

Standards for LCCE Educators

Once certified, the Lamaze Certified Childbirth Educator (LCCE educator) is required to follow the Lamaze Code of Ethics for LCCE educators, and maintain certification through continuing education or re-examination every three years.

Lamaze International encourages LCCE educators to offer childbirth education in a variety of formats throughout the childbearing year. This may include a series of classes with one group of students, several independent classes, or one-on-one teaching. Classes may be in-person or online. First time parents should receive a minimum of 12 hours of instruction.

An educational offering may be identified as a "Lamaze" session, class, or class series if:

- it is presented by a Lamaze Certified Childbirth Educator (LCCE),
- it is consistent with the mission, vision and fundamentals of Lamaze International,
- it promotes the Lamaze Six Healthy Birth Practices,
- it includes interaction between students and the educator,
- it promotes informed decision-making,
- it includes strategies to incorporate the cultural values and beliefs of the participants,
- the educator facilitates small groups of no more than 12 pregnant women and their support teams. Four to eight pregnant women with their support teams is considered an ideal class size.