



## Speaker Bio

### Cathy Carothers, BLA, IBCLC, FILCA



**Cathy Carothers** is co-director of EVERY MOTHER, INC., a nonprofit organization providing counseling and lactation training for health professionals across the United States. Cathy is an International Board Certified Lactation Consultant since 1996; past president and Fellow of the International Lactation Consultant Association; and past chair of the United States Breastfeeding Committee. She has provided more than 750 training events in the field of lactation in every U.S. state and territory and many countries. She was honored in 2014 with the National Leadership Award from the National WIC Association.

She serves as the national project director for numerous USDA Women, Infants, and Children curriculum development projects, including project director for the national *WIC Breastfeeding Curriculum* project launching soon that will provide a comprehensive breastfeeding staff training curriculum for all levels of WIC staff. She also developed the national WIC peer counseling program training curricula and management materials, and worked with the HHS Office on Women's Health and Maternal Child Health Bureau to develop national resources for supporting employed breastfeeding mothers. She has been a frequent presenter for Healthy Start community training events and workshops.

She serves as the Mississippi liaison and trainer for the W.K. Kellogg funded national initiative, CHAMPS, which stands for Communities and Hospitals Advancing Maternity Practices assisting Mississippi hospitals with Baby-Friendly designation. She developed breastfeeding competency training for hospitals, as well as a curriculum for "Safe Implementation of the Ten Steps," and provides these trainings for hospitals. She also developed comprehensive Baby-Friendly training resources and patient education materials for hospitals and WIC agencies through Coffective, LLC.

She is the mother of five healthy breastfed children, now ages 27 to 38, and "Nana" to seven beautiful breastfed grandchildren, ages 3 months to 10.