

## Breastfeeding “Who’s Who”\*

This list includes some breastfeeding professionals and paraprofessionals in the healthcare team who are trained to provide evidence-based information within scope of practice.

Not all community practitioners with whom families might work may be trained; however those referenced in this provider referral guide have one or more of the following credentials:

**International Board Certified Lactation Consultant (IBCLC®)** – is considered the highest level credential in clinical lactation with extensive formal lactation education and clinical training. IBCLC must complete extensive education in health science, hundreds of supervised clinical hours, and a minimum of 90 hours specialized accredited lactation education before passing an international certification exam with the International Board of Lactation Consultant Examiners® (IBCLE®). Continuing lactation education required for re-certification every 5 years and re-examination every 10 years. IBCLC may perform comprehensive maternal, child and feeding assessments, relative to lactation and develop and implement individualized feeding plans in consultations with the mother. They also provide evidence-based information on medications and complementary therapies during lactation and potential impact on maternal milk production and transfer to child. IBCLC also may use the term “**Registered**” (RLC).

**Breast Feeding Peer Counselors (BFPC)** - are mothers who have personal experience with breastfeeding and are trained to provide basic breastfeeding information and support to other mothers with whom they share various characteristics, such as language, race/ethnicity, and socioeconomic status. BFPC with the Women Infant and Children (WIC) program have breastfed

for at least 6 months and complete the *Loving Support*® 20+ hour paraprofessional training. BFPC work collaboratively within the health care team and refer breastfeeding mothers to the appropriate clinical provider (IBCLC, physician, or other practitioner) for assessment and treatment.

**Certificated Lactation Educator Counselor (CLEC)** – unique to University of California, San Diego lactation program. Persons completing 45 hour Lactation Educator Counselor training course, which may or may not include clinical hours, may use the designation certificated lactation educator counselors (CLEC) for 5 years until re-certification through coursework. May facilitate classes and groups.

**Certified Lactation Educator™ (CLE®)** – CAPPA (Childbirth and Postpartum Professional Association) certifies members who have completed a 20 hour CAPPA lactation course, field observations, research studies and extensive coursework in CAPPA Academy. CLE® are non-clinical members of care teams and often facilitate groups and classes.

**Certified Lactation Counselor (CLC)** – have taken a minimum one week course in lactation counseling and passed a post test. A CLC® with the Academy of Lactation Policy and Practice, Inc. completes 45 hours or more of study, with counseling skills evaluation and ALPP Inc. examination.

**La Leche League Leaders (LLL Leaders)** – are unpaid volunteer mothers who have breastfed for about a year who are trained in the normal course of breastfeeding and common problems. Leaders are accredited by La Leche League International and may provide free phone advice and facilitate community meet ups and mothers’ groups.

\*The information for this summary was accessed from websites of the organizations listed under each credential. (June 2017)