DO YOU KNOW YOUR LACTATION CONSULTANT?

Lactation Consultant and Lactation Counselor (LC) are often used interchangeably, but there are big differences in the training and experiences

Did you know that the term Lactation Consultant is not a trademarked name?! Essentially anyone can call themselves a lactation consultant...including your mechanic!

	Certified Lactation Counselor - CLC	Certified Lactation Educator - CLE	Certified Lactation Educator Counselor - CLEC	Certified Breastfeeding Specialist - CBS	Certified Clinical Lactationist - CCL	Certified Breastfeeding Counselor - CBC	Breastfeeding Peer Counselor (LLL, BF USA, WIC etc)	International Board Certified Lactation Consultant - IBCLC
Previous education requirements	None	None	None	None	Basic Principles of Healthcare	None	None	14 Health classes or recognized health professional
Training Required	None	None	None	None	None	None	Mentorship; basic breastfeeding management, personal breastfeeding experience	300-1000 clinical practice hours
Mentorship	None	None	None	None	None	None	**Yes**	**Yes**
Lactation Education	52 hours	24 hours + additional online training	45 hours	90 hours	90 hours	90 hours	A variety of breastfeeding training and lactation education	90 hours
Educate families on basic breastfeeding issues	**Yes**	**Yes**	**Yes**	**Yes**	**Yes**	**Yes**	**Yes**	**Yes**
Provide breastfeeding guidance	**Yes**	**Yes**	**Yes**	**Yes**	**Yes**	**Yes**	**Yes**	**Yes**
Provide basic hands on breastfeeding support	**Yes**	No	No	**Yes**	**Yes**	**Yes**	**Yes**	**Yes**
Provide advanced hands on breastfeeding support	No	No	No	No	No	No	No	**Yes**
Provide clinical lactation assessment and development of treatment plan	No	No	No	No	No	No	No	**Yes**