



Lactation Education Resources

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Certified Breastfeeding Specialist™ Scope of Practice

A Breastfeeding Specialist has completed a minimum of 45 hours of didactic lactation education and is qualified to perform the following duties, while adhering to the listed ethical principals:

- Maintains client confidentiality and privacy
- Respect the client's right to make choices that are right for her situation
- Assists and supports the mother in identifying and meeting her goals for breastfeeding
- Educates and supports breastfeeding families during pregnancy, the perinatal period and older babies
- Teaches breastfeeding families in the classroom setting, in individual consultations and in breastfeeding support groups
- Conducts an assessment of both mother and infant, and devises a plan of care in uncomplicated breastfeeding situations
- Instructs and coaches mothers in optimal breastfeeding positions, latch-on, frequency and duration of feedings and parameters for infant output
- Assesses effective breastfeeding and milk transfer from mother to infant in uncomplicated breastfeeding situations
- Provides anticipatory guidance regarding feeding issues
- Problem solves breastfeeding problems that do not commonly precede adverse outcomes
- Identifies obstacles to breastfeeding success and identifies resources which may minimize or eliminate those obstacles
- Identifies and advocates for aspects of breastfeeding management programs that facilitate successful breastfeeding
- Instructs mothers of preterm or late preterm infants in establishing and maintaining a breastmilk supply
- Counsels employed breastfeeding mothers regarding selection of a breast pump and maintaining milk supply and breastmilk storage
- Records the results of breastfeeding consultations in the appropriate client record
- Refers clients to local resources as needed
- Works collaboratively within the health care team and refers breastfeeding mothers to the appropriate health care provider (IBCLC, physician, or other practitioner) for assessment and treatment
- Advocates for breastfeeding families within the health care system
- Advocates for breastfeeding as the optimum method of infant feeding

We encourage students who have earned the CBS certificate by completing our 45 hour, Core Phase 1 Training Program, to complete the additional 45 hours of training required to sit for the IBLCE certification exam. The International Board Certified Lactation Consultant is the internationally recognized credential. The Certified Breastfeeding Specialist certificate is a trademarked title of Lactation Education Resources which is awarded upon completion of our 90 hour LC Training Program Enriched and upon completion of our 45 hour Core Phase 1 LC Training Program.

The CBS Certificate is renewable after 5 years.

Go to www.lactationtraining.com/shopping/recertify-cbs for more details.