

90-hour Lactation Consultant Core Concepts

All instruction is developed and delivered by:

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Introduction to the human body	Breastfeeding after reduction surgery
Basic nutritional counseling	Breastfeeding after Cesarean
Maternal nutritional needs	Obesity & Hormones
Macronutrients	Newborn hypoglycemia
Micronutrients	Newborn hyperbilirubinemia
Introduction to sources of nutrition	Infertility
Introducing complementary foods	Multiples
Nutritional Requirements	Tandem Breastfeeding
Introducing Complementary Foods	Relactation
Preterm nutritional requirements	Let-Down
Nutrition for the well newborn	Introduction to defense mechanisms
Weight gain, weight loss	Endocrine & nervous system
Slow-to-gain baby	Hormones & childbearing
Milk banking	Cleft lip & palate
Breastfeeding beyond 6 months	Ankyloglossia
WHO Growth Charts	Inborn errors of metabolism
Breast anatomy	Colic
	Infectious diseases
	HIV & breastfeeding

Autoimmune conditions
Mastitis
Engorgement
Plugged ducts
Breast infections
Milk supply, growth & infant intake
Introduction to Pharmacodynamics
Introduction to Pharmacokinetics
Analgesics & anesthesia
Drugs of abuse
Medicinal herbs
Galactogogues
Lactation suppressants
Environmental Toxins & Breastfeeding
Transition to Parenthood
Birth practices
Postpartum practices
Employed mothers
Same-sex couples
Community support
Maternal mental health – Grief
Maternal mental health – PPD

Adolescent mothers
Safe sleep
Weaning
Latch, effective milk transfer, & managing milk supply
Biological nurturing
Milk expression
Refusal of breast/bottle
Skin to skin
Alternative feeding devices
Handling & storage of human milk
Nipple shields
Pacifiers
Communication: Active listening
Educating mothers & families
Promoting breastfeeding
Extending the duration of breastfeeding
Second night syndrome
Nurturing the nursing mother
Supporting the non-breastfeeding mother
Code of Professional Conduct
Principles of confidentiality
Scope of Practice for IBCLCs

Informed consent

Conflict of Interest

Introduction to research

Research for IBCLCs

Baby-Friendly Hospital Initiative

Protecting, Promoting &
Supporting Breastfeeding

WHO Code of Marketing
Breastmilk Substitutes

WHO Global Strategy for Infant
& Young Child Feeding

Understanding the WHO's major
efforts