

## WHO'S WHO IN BREASTFEEDING SUPPORT & LACTATION IN THE UK

|                                     | International Board Certified Lactation Consultant (IBCLC)   | Breastfeeding Counsellor (BFC)  | Peer Supporter  | Baby Friendly (BFI)  |
|-------------------------------------|--|---|---|--|
| <b>Also known as</b>                | Only IBCLC certified Lactation Consultants are listed on <a href="#">IBLCE Registry</a> .<br><a href="#">Role &amp; Impact of the IBCLC</a>        | Breastfeeding Counsellor ( <a href="#">ABM,NCT</a> )<br>Breastfeeding Supporter ( <a href="#">BfN</a> )<br>La Leche League Leader ( <a href="#">LLLGB</a> ) | Peer Counsellor, Mother Supporter, Helper, Breastfeeding Buddy etc.   | BFI Baby Friendly accredited hospitals and communities listed <a href="#">here</a> |
| <b>Accreditation</b>                | IBCLC the only internationally recognised professional breastfeeding qualification. Examining body <a href="#">IBLCE</a>                           | Awarded by each organisation, some have university accreditation  | Awarded by each organisation, some have college accreditation   | <a href="#">UNICEF Baby Friendly Initiative</a>                                    |
| <b>Who</b>                          | Health professionals (HP) and accredited Breastfeeding Counsellors (BFC).<br>For other routes see <a href="#">IBLCE pathways</a>                   | Experienced breastfeeding mothers   | Usually women who have breastfed  | Usually HPs and allied health workers, children's centre workers                   |
| <b>Prerequisites</b>                | HPs and BFCs require advanced lactation education and extensive clinical experience to sit IBCLC exam  | Breastfed own baby for at least 6-12 months   | Ability and motivation to undertake voluntary role. Usually has breastfed own baby.   | None   |
| <b>Clinical Hours Prerequisites</b> | 1000 hours supporting breastfeeding families in a supervised setting (post HP or BFC qualification)  | None  | None  | None   |
| <b>Breastfeeding Education</b>      | Minimum of 90 hours post- HP or BFC qualification. <a href="#">Exam information</a>  | Average 2 years part time   | Average 16-36 hours   | Ideally, about 18 hours over several days  |
| <b>Counselling Skills</b>           | HPs training varies, in depth training for BFCs  | In depth  | Basic communication and listening skills  | Brief introduction to counselling skills   |
| <b>Standards of Practice</b>        | Professional Standards of Practice, Scope and Disciplinary Procedures  | Individual organisation's policies and procedures   | Supervising organisation's procedures   | Baby Friendly accreditation audits   |
| <b>Recertification</b>              | 5 yrly <a href="#">Recertification</a> following accredited continued education. Re sit exam after 10 years  | Individual organisation's continued education requirements vary   | Continuing education should be provided   | Annual update (1-6 hours) by some employers.<br>Regular BFI audits                 |
| <b>Work</b>                         | Employed in; hospital/community, Infant Feeding Lead, NICUs, training HPs/Peer Supporters, research and policy making. Private Practice; voluntary | Volunteer and paid roles; antenatal classes, breastfeeding support groups, Helplines etc. Breastfeeding counselling free to mothers.                        | Volunteers' expenses may be paid. Community, Children's Centres, breastfeeding drop-ins, hospitals. Services to mothers free. | Hospitals and Community NHS services, Children's Centres - free to mothers         |
| <b>Scope</b>                        | Any breastfeeding issue including complex situations, high-risk babies, oral assessment etc, as well as common issues.                             | Support with common breastfeeding problems. Referral to further professional information as needed. Supervision within accrediting body.                    | Encourage and support basic breastfeeding issues under supervision. Refer complex issues to a specialist.                     | Health service & council staff work within the scope of their existing employment. |