

# GET THE RIGHT CARE AT THE RIGHT TIME



## We believe a lactation consultant should:

- ✦ Perform a complete anatomical and functional assessment of the breast and nipple
- ✦ Perform a complete anatomical and functional assessment of the baby's tongue, lips, head, neck, body
- ✦ Perform a weighted feed to evaluate milk transfer (data from a scale capable of measuring small volumes)
- ✦ Provide oral exercises to optimize the baby's oral function
- ✦ Educate families on techniques to ensure complete breast drainage and to prevent infection
- ✦ Create a care plan to establish and maintain adequate supply while also providing baby with adequate nutrition
- ✦ Make referrals to appropriate additional providers



There are many different support people that fall under the title "Lactation Consultant." It is important to know who's who when looking for support for yourself and your baby. All of the Lactation Consultants with Premier Lactation Services are Internationally Board Certified Lactation Consultants, meaning they are in the top tier of education and training.

	College Level Coursework	Supervised Clinical Training	Lactation Specific Classroom Education	Recertification Requirements
<b>IBCLC</b> <i>(Internationally Board Certified Lactation Consultant)</i>	Yes	300-1000 hours <i>depending on the pathway to certification</i>	90 hours	- 75 educational hours every 5 years - Minimum of 250 practice hours every 5 years
"Certified Lactation Consultant" <i>(Certified Lactation Counselor, Certified Breastfeeding educator, CBS, etc.)</i>	No	Not required	20-120 hours	- 18 educational hours every 3 years - No clinical requirements
Peer Supporter <i>(La Leche League, Peer Counselor, etc.)</i>	No	Personal breastfeeding experience only	18-50 hours	N/A

In addition to these requirements, IBCLC's with Premier Lactation Services are Registered Nurses and have extensive NICU, Labor and Delivery, and Mother/Baby experience, both in and out of the hospital setting. The consultants with Premier Lactation Services have also taken special training to help babies with oral ties. Classes include:

- ✦ IBCLC Masterclass - Oral Habilitation of the Breastfeeding Dyad
- ✦ IBCLC Masterclass 2.0 - Clinical Lactation Skill Level-up Workshop
- ✦ Lactation Therapy - Advanced Clinical Skills Workshop

**Breastfeeding is a reflexive and innate ability for infants. If your breastfeeding experience is not going as planned, there is a reason! Please reach out to us for help! We would be honored to support you on your journey.**

Call or text to schedule a prenatal or post-partum lactation consultation.  
571-722-6450

[www.PremierLactationServices.com](http://www.PremierLactationServices.com)