

# IBCLC PREPARATION

Here's some hints and tips to support you on your learning journey





## CLINICAL PRACTICE

**Pathway 1:** 1000 hours, completed within 5 years before entering for IBCLC exam – train as peer supporter, breastfeeding counsellor, breastfeeding supporter, work in infant feeding role – you will need a supervisor to sign off your hours.

**Pathway 2:** not currently available in the UK

**Pathway 3:** 500 hours – up to 5 years before entering for IBCLC exam – supporting feeding, directly mentored by an IBCLC

Most people in the UK opt for pathway 1. They generally train with one of the breastfeeding charities and volunteer as a breastfeeding supporter in person and on helplines, as an NHS peer supporter either in a paid or volunteer role, or work in a job that has breastfeeding as part of their job description. If a role is only partially breastfeeding related you will have to calculate roughly how many hours a week you spend on breastfeeding. Supporting parents, education antenatally and educating other supporters or health care professionals can all be used as part of your hours. Online support either 1:1 or as part of a formal setting ie responding to messages 1:1 can be counted. Supporting in a facebook group cannot be counted. If you are audited after you have applied for the exam, you will need a supervisor to be able to verify your hours. A supervisor can be someone like a line manager or mentor, either in paid or volunteer sector, or it can be someone who works or volunteers alongside you, ie if you run a breastfeeding support group with another supporter.

Pathway 3 is where you work alongside another IBCLC who acts as your mentor and provides mentoring, feedback and tutoring. It can be quite difficult to find someone who is set up to offer this. They will often run their business in more of a clinic setting and be busy enough to be able to offer the necessary hours.

## 95 HOURS LACTATION EDUCATION

Must be completed within 5 years of applying for the exam

### IN PERSON

<https://breastfeedingspecialist.com/>

<https://breastfeedinglondon.co.uk/breastfeeding-course/>

### REMOTE WEBINAR BASED COURSES

<https://www.lactationacademy.com/>

<https://www.lactationtraining.com/ibclc-education>

<https://www.health-e-learning.com/programs/full>

## 45 HOURS TOWARDS IBCLC 95 HOURS - REMOTE AND LIVE SESSIONS ONLINE

<https://theinfantfeedingacademy.co.uk/ifcprogram/>

Breastfeeding Counsellor, Bfn Supporter La Leche League Leader training can be used towards the 95 hours, but you must go through the list of topics and match up with the topics covered in your training. Any missing topics must be accessed elsewhere. I would suggest, to be on the safe side, to use one of the specific 95 hour courses. .



# APPROVED LIST OF HEALTHCARE PROFESSIONALS

Dentist, Dietician, Midwife, Nurse, Occupational Therapist, Pharmacist, Physical Therapist or Physiotherapist, Physician or Medical Doctor, Speech Pathologist or Therapist

You do not have to be registered or practising currently, just have completed the training. Contact IBCLC if you think your profession should be covered.

## HEALTH SCIENCES

For non healthcare professionals or those that do not appear on the approved list above, can be completed at any time, no 5-year cut off.

**8 larger topics** and **6 smaller** general education topics.

You can use most post-16 qualifications: A-levels, modules from a degree, diplomas etc Check guidelines below. Certificates or course transcripts will be necessary if chosen for audit. You can use other online courses to make up for the missing topics not included in your current training.

<https://ibclce.org/wp-content/uploads/2017/05/health-sciences-education-guide.pdf>

Many may need the full set. Here are some routes

### 8 x larger HS

- Walden Uni Bundle (USA) – discount with LER - expensive!  
<https://lifelonglearning.waldenu.edu/discoverwalden/lactation-consultant-courses.html>

### 7 x larger HS, (no sociology)

- Centre of Excellence courses – cheapest option!  
<https://www.centreofexcellence.com/>  
CofE courses to take:
  - **Anatomy and Physiology** (2 x HS - Anatomy / Physiology)
  - **Biochemistry** (1 x HS - Nutrition)
  - **Child Psych** (3 x HS - Child Growth / Research / Psychology)
  - **Epigenetic** (1 x HS - Biology)



## INDIVIDUAL COURSES FROM OTHER PROVIDERS

Sociology – (1x HS sociology)

<https://www.edx.org/learn/sociology/the-university-of-texas-of-the-permian-basin-introduction-to-sociology>

Nutrition – (1x HS nutrition)

<https://www.edx.org/learn/nutrition/wageningen-university-research-nutrition-and-health-micronutrients-and-malnutrition>

Child Psychology (3 x HS - Child Growth / Research / Psychology)

<https://www.stonebridge.uk.com/course/child-psychology>

Human Biology (3 x HS – Biology /Anatomy / Physiology)

<https://www.sophia.org/online-courses/science/human-biology-2>

### **6 additional general education health sciences courses**

5 of the 6 required:

<https://www.lactationtraining.com/ibclce-additional-general-education-package>

Plus any Basic Life Support course: online or face to face

## ENTER FOR THE EXAM

If you are chosen for audit you will need to provide certificates and transcripts to prove health sciences, and someone to sign off your clinical practice hours. This is only if you are audited. But it is not worth risking it!





## BOOKS FOR REVISION AND EXAM PREPARATION

Breastfeeding and Human Lactation –  
Wambach, Spencer

The Breastfeeding Atlas – Wilson-Clay, Hoover

Core Curriculum for Interdisciplinary Lactation  
Care – Spencer, Campbell, Chamberlain



## PRACTICE TESTS

Breastfeeding and Human Lactation practice  
tests with book

Health e-learning

Lactation Education Resources

Quizlet – IBCLC exam flashcards

## GOOD LUCK!

Keep your eyes on your emails to see how I  
can further support you

*Kathryn*

