



Lactation Educator Certification Program Pre-workshop Study Guide

- 1.) What is a CAPPA CLE?
- 2.) What is an IBCLC?
- 3.) Which breastfeeding specialist would help with severe latch issues? A CLE, LE or IBCLC.
- 4.) Name two significant health risks associated with formula feeding.
- 5.) Who is the World Health Organization? Why are they significant to breastfeeding?
- 6.) Who is IBFAN?
- 7.) List at least 10 websites with up to date scientific information on breastfeeding.
- 8.) List at least 5 breastfeeding specialists by name along with their breastfeeding specialty (ex. Dr. Thomas Hale - milk and medication).
- 9.) Define the following:
 - Colostrum -
 - Foremilk -
 - Hindmilk -
 - Transitional Milk -
 - Mature milk -
- 10.) How does the protein in cow's milk compare to the protein in human milk?
- 11.) Breastmilk does not contain high levels of iron. Why then, do breastfed babies not become anemic?
- 12.) Name and define two essential lactation hormones.
- 13.) What part of the breast anatomy cleanses the nipple?
- 14.) Define the following terms:

Areola
Nipple
Alveoli
Duct
Lobule

- 15.) Name 3 benefits of breastfeeding to both the mother and the baby.
- 16.) What is a good sign of a correct latch? What is a sign of an incorrect latch?
- 17.) Why would a breastfeeding mother avoid the use of artificial nipples in the early weeks of breastfeeding?
- 18.) Should breastfed babies be put on a schedule? Why?
- 19.) Are there any foods that a mother ingests that always cause discomfort in the breastfed baby?
- 20.) What is one cause of sore nipples?
- 21.) Is engorgement a normal process of lactation? Why?
- 22.) Can a mother who has plugged ducts or mastitis continue to breastfeed?
- 23.) Name one situation in which a mother might use a lactation aide or supplemental nursing system?
- 24.) Why might a mother need to use a hospital grade breast pump?
- 25.) What is a galactagogue? Give an example of one.
- 26.) Why is partner support so crucial to the breastfeeding relationship?
- 27.) List 3 ways partners can help mom, without damaging the breastfeeding relationship.