



Find your Pathway to the IBCLC

Simple steps to finding your best pathway
to becoming an International Board
Certified Lactation Consultant



Lactation
Education
Resources

www.lactationtraining.com

Road map to the IBCCLC

Congratulations!

Congratulations on your desire to become an International Board Certified Lactation Consultant (IBCLC)! You'll be joining more than 32,000 caring professionals in more than 120 countries around the world.

The points on your journey



pathways



education



clinical hours



exam prep

Here is your road map to the IBCLC: choose a pathway, get your education, complete your clinical hours, and apply and sit for the exam.



Your guide to the process

The process for becoming an IBCLC is overseen by the International Board of Lactation Consultant Examiners (IBLCE). This guide was created to give you a map to their process.

IBLCE's rules and requirements change! It is always important to confirm the most recent requirements. [Keep up-to-date at their website here.](#)



pathways



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Choose Your Pathway:
Which pathways are you eligible for?

IBLCE has created three pathways to ensure that people with a wide variety of backgrounds can all meet the requirements to become an IBCLC.

The pathway you choose depends on how you want to get your clinical hours.

Who becomes an IBCLC?

- Doulas and perinatal community health care workers
- Nurses
- Advance practice nurses
- Physicians
- Dietitians
- WIC and other peer counselors
- Parents who want to make a difference for others
- People who work in public health
- Researchers
- Anyone with a commitment to supporting breastfeeding/chestfeeding people



Choose Your Pathway:

What requirements best fit your situation?



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The pathway you choose depends on how you want to earn your clinical hours

I am passionate about lactation support and I am not a health care provider or a peer support counselor

I want to earn 1000 hours of paid or volunteer lactation-specific clinical experience

Choose Pathway 1
(Need an IBLCE-approved way to document your hours?
[Learn about LER's HOURS program](#))

I want to earn 500 directly supervised hours of lactation-specific clinical experience

Choose Pathway 3
(Need an Internship?
[Learn about LER's Pathway 3 internships](#))

I am educated as an IBLCE-approved health care professional

I plan to earn 1000 hours supporting families in the course of my current position

Choose Pathway 1
Can I count it?
[Learn more in this blog post](#)

I want to earn 500 directly supervised hours of lactation-specific clinical experience

Choose Pathway 3
(Need an Internship?
[Learn about LER's Pathway 3 internships](#))

I am passionate about lactation support and I am a peer support counselor at an IBLCE-approved organization

I want to earn 1000 hours of paid or volunteer lactation-specific clinical experience

Choose Pathway 1
(Gather and document your hours through your IBLCE-approved organization)

I want to earn 500 directly supervised hours of lactation-specific clinical experience

Choose Pathway 3
(Need an Internship?
[Learn about LER's Pathway 3 internships](#))

How to become eligible to apply for the IBLCE exam

1. Pick the IBLCE Pathway below that best suits your situation.
2. Complete all of the requirements under that Pathway.
3. Then apply for the IBLCE exam in the [spring or fall](#).

Pathway 1

95 hours of lactation training

College level Health Science courses
&
6 general ed Health Science courses

OR

Be an IBLCE-Recognized Health Professional

1000 hours of paid or volunteer lactation-specific clinical experience as a health care professional or a recognized BF support counselor.

Learn more about how LER can help you become a recognized BF support counselor [here](#).

Pathway 2

*Not offered at LER

Only available at a Pathway 2 approved college or university

Find a short list of Pathway-2-approved colleges here

Pathway 3

95-hours of lactation training

College level Health Science courses
&
6 general ed Health Science courses

OR

Be an IBLCE-Recognized Health Professional

500 directly supervised hours of lactation-specific clinical experience.

Supervised hours can be obtained through Lactation Education Resources Internship Program or with local IBCLCs of your choice.

Separate Pathway 3 plan must be approved by IBLCE PRIOR to accruing hours.

Note: these are LER's interpretations of IBLCE guidelines. IBLCE's precise guidelines can be found [here](#): [IBLCE website](#). Have questions? We are happy to help. Contact us at Support@LactationTraining.com or 1-443-203-8553





pathways



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Get Your Lactation Education:
Which course is right for you?

95 hours of lactation-specific education

Lactation Education Resources offers three courses to allow you to be eligible for IBLCE's 95-hour lactation-specific education requirement, no matter where you're starting.

Lactation Consultant Training Program (LCTP)

- Designed for aspiring IBCLCs
- 95+ hours of lactation-specific education
- Includes 5 hour communication requirement
- Topics specifically aligned to IBCLC exam
- Can be a CBS after completing coursework and exam
- 365 day access (most complete in 4-6 months)
- CBS Exam (no additional fee)

Buy now

Core Lactation Consultant Course (CLCC)

- Designed for aspiring Certified Breastfeeding Specialists
- 52+ hours of online instruction with experts in the field
- Support families right away
- 365-day access (most complete in 2-4 months)
- CBS Exam included in course cost
- Hours can be used toward IBCLC exam requirement; also meets 5-hour communication requirement

Buy now

Lactation Consultant Bridge Course (Bridge)

- Pair with the CLCC (or many other 45+ hour courses) to complete the IBLCE lactation education requirement
- 45+ hours of lactation-specific education
- Topics specifically aligned to the IBCLC exam
- 365 day access (most complete in 2-4 months)

Buy now

All of our courses are:

Regularly updated with the latest evidence-based information
Taught by top instructors chosen for subject matter expertise
Online and available 24/7



pathways



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Get Your Health Science Courses:
LER Offers Tuition You Can Afford

**LER has
partnered with:**

WALDEN UNIVERSITY

SET A COURSE FOR CHANGE™

to provide options for completing the college course requirements.

Walden Courses Include:

- Child Development
- Biology
- Anatomy & Physiology
- Nutrition
- Research Methods
- Interpersonal Communication
- Sociology

Enroll Here

DISCOUNT AVAILABLE for LER Students:

Walden is excited to offer a special tuition reduction off Walden courses to LER students when they are enrolled in:

- 95+ hour Lactation Consultant Training Program Enriched (6 Credits)
- Core Lactation Consultant Course (3 Credits)
- Lactation Consultant Bridge Course (3 Credits)

Learn More

LER ALSO OFFERS GENERAL EDUCATION COURSES:

- Medical Documentation for the Lactation Consultant
- Medical Terminology
- Occupational Safety and Infant Security
- Universal Safety Precautions and Infection Control
- Legal and Ethical Concerns for the IBCLC

Buy now

Questions about Walden courses?

Contact Nicole.Szydlowski@adtalem.com for details.



Not ready to choose your pathway yet but
want to get started?

That's OK!

No matter which pathway you choose, the 95
hours of lactation-specific education is the
same.

Start on your hours today — LER has a
lactation training course to meet you where
you are.

[Learn More Today](#)

Still have questions?

Our friendly customer support team is
here to help.

Contact us here:

Support@LactationTraining.com

1-443-203-8553 (US phone number)

Monday through Friday,

9:30am - 5:30pm EST (New York)