

The credentialed CLC has demonstrated the knowledge and skill to:

- Construct and maintain conditions that predispose mothers and babies to an uncomplicated breastfeeding experience through counseling, education and support.
- Monitor and evaluate behavioral, cultural and social conditions predisposing mothers and babies to an uncomplicated breastfeeding experience.
- Assess for, monitor and evaluate physical conditions that predispose mothers and babies to a complex breastfeeding experience.
- Monitor and evaluate behavioral, cultural and social conditions that predispose mothers and babies to complex breastfeeding experiences
- Identify and advocate for aspects of breastfeeding management programs that facilitate optimal health outcomes.
- Assess breastfeeding using a multi-faceted approach.
- Use counseling skills and techniques that are supportive to breastfeeding mothers and babies.
- Identify and advocate for public health strategies that serve to protect breastfeeding
- Coordinate care consistent with standards of professional ethics and behavior.

Healthy Children's
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What are mothers saying about their CLC?

“In the hospital I had a lot of problems helping the baby latch on. My CLC helped me see how to assist the baby better. We have been breastfeeding successfully for 18 months!”

“My CLC at WIC showed me that it would be easier to continue to breastfeed, plus its better for my baby! She helped me figure out how to go back to work and continue breastfeeding! I couldn't have done it without her.”

“Thank you for seeing my niece. It is so comforting to know there are people like you who really care about their clients. Because she got off to the right start, she never had any trouble. I am so grateful for your knowledge and expertise.”

“The first week home from the hospital I was struggling to make breastfeeding work. My local CLC helped me see that the baby could communicate with me! Now I follow the baby's lead and breastfeeding is a real joy!”

To learn more or to find a CLC in your area please call The Academy of Lactation Policy and Practice (TALPP) at (508) 833 1500 or visit the website: www.talpp.org

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Center for Breastfeeding

What is a Certified Lactation Counselor®?



How can they help you or someone you know?

The Certified Lactation Counselor® (CLC) certification from Healthy Children Project is the premier National Certification for the United States. CLC certification holders are required to pass core competencies and skill verifications that are ANCC approved as Nursing Skills Competencies.

The CLC certification means that a person has received training and competency verification in breastfeeding and human lactation support including:

- helping a baby latch on
- counseling mothers
- knowledge of milk production
- practical feeding
- special circumstances
- feeding difficulties
- prevention and management of sore nipples
- breastfeeding and returning to work or school
- and more...

All of this gives the CLC a strong foundation with which to help moms and babies.



A CLC understands that breastfeeding decisions are made by the mother, who may have values and goals different from the counselor. A counseling approach is used to elicit information and provide appropriate support to the mother and her family.

The CLC is a member of the health care team who can provide knowledge and counseling about optimal and sub-optimal breastfeeding. The CLC works to help solve problems in conjunction with other professionals and strive to, assure appropriate referrals and recommendations.



The ways in which a CLC helps the community, mothers and babies are numerous and varied. A CLC works to increase breastfeeding rates in their communities, advocates for societal change in attitudes and behavior regarding breastfeeding, teaches breastfeeding classes, and assists mothers in successfully breastfeeding exclusively and for longer durations.

Healthy Children Project, the leader in lactation education in the United States, is a non-profit organization dedicated to improving child health outcomes. Healthy Children Project educates more than 2000 people a year. More than 13,000 people have achieved the Healthy Children Project CLC Certification in the United States.

Your CLC is here to help:

Expert knowledge, compassionate care.

A Nationally Certified CLC can work in many settings, including:

- Maternity units in hospitals, birth centers and clinics
- Neonatal intensive care units and special care nurseries
- Outpatient lactation clinics
- WIC programs
- Visiting nurse programs
- Physician and midwife offices
- Maternal and child health services at the state, county and local level
- Parenting centers, including military family support centers
- Pediatric Care Providers
- Prenatal Care Providers
- Private Practice