

## Breastfeeding Support Professional Credentials and Costs

\*Please note this is not an exhaustive list. These are just four of the more common and recognizable credentials. Please see [this resource](#) from the United States Lactation Consultant Association for additional information.

Credential	Description	Training Hours	Offered By	Approximate Cost
Peer Counselor (PC)	Peer Counselors are individuals with successful breastfeeding experience who are interested in supporting other women in their communities to nurse their babies by offering culturally appropriate support and information, identifying and addressing barriers in the local community, enhancing communication and counseling skills, providing strategies to manage breastfeeding challenges, and helping women achieve their breastfeeding goals through programs incorporated into existing community-based maternal and child health initiatives.	5-day full-time training	<a href="#">HealthConnect One</a>  WIC Peer Counseling Training is also available through the Illinois Dept. of Human Services	Negotiated with Health Connect One
Certified Lactation Counselor (CLC)	As members of a health care team, CLCs can provide assessment, counseling, and interventions for breastfeeding in clinical settings with skills including assessing the latching and feeding process, providing corrective interventions, counseling mothers, understanding and applying knowledge of milk production including in special circumstances and other commonly encountered situations through a counseling approach.	5-day online course (52 hours)	<a href="#">Healthy Children Project</a>	Tuition, exam and textbook  \$773 - \$823
Certified Lactation Specialist (CLS)	Designed for the aspiring lactation consultant or nurses, physicians, midwives, dietitians, breastfeeding assistants or others interested in improving their knowledge base and skills in working with the breastfeeding mother and child. This certification is a steppingstone to the IBCLC credential (although it can also standalone) and trains the CLS in appropriate counseling skills, mother and family interactions, and how to function hands-on as a clinician.	5-day online course	<a href="#">Lactation Education Consultants (LEC)</a>	Tuition, exam and practice book  \$768 - \$828
International Board-Certified Lactation Consultant (IBCLC)	To be eligible to take the IBCLC examination, individuals must follow one of three “pathways”: recognized health professional or breastfeeding support counselor (CLS or CLC), attend an accredited lactation academic program, or participate in a mentorship with an IBCLC. Exam preparation courses are available through Lactation Education Consultants (LEC), among others. Information on the pathways can be found on the International Board of Lactation Consultant Examiners <a href="#">website</a> .	Licensed health professional or college level health science education- 10-hour review course  90 hours of lactation education, and 300-1,000 hours clinical lactation experience depending on pathway	<a href="#">Cram Review Course from LEC</a>  <a href="#">International Board of Lactation Consultant Examiners</a>	Review course \$325 - \$375  Exam practice book \$48 - \$58  Exam \$660