

LACTATION CONSULTANT

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Kia Ora **Hauora**
Supporting Māori into Health

WHAT IS A LACTATION CONSULTANT?

A lactation consultant is a health professional who specialises in the clinical management of mother's who are breastfeeding and nursing their pēpi. Lactation consultants guide and help mothers through a process that isn't always easy. They prepare them for successful nursing by teaching them techniques; promotes and role models the use of a problem-solving approach based on best practice. Promotes a team environment which enhances partnership and cooperation. Provides care that is woman focussed and planned with regard to individual cultural needs.

WHERE DO LACTATION CONSULTANTS WORK?

- Hospitals
- Birth Centres
- Community Clinics
- Lactation Care Clinics/Practices
- Primary Care Practitioner's Practice

WHAT TRAINING IS INVOLVED?

Lactation consultants training path is often via other health professions, such as, midwifery, nursing, general practitioners etc. You will also need to complete at least 90 hours of education in human lactation and breastfeeding. The International Board of Lactation Consultant Examiners (IBLCE) sets and administers the competency exam by which International Board-Certified Lactation Consultants (IBCLC's) are certified. This is an international organisation and once certified you are qualified to work anywhere in the world.

WHAT CLASSES SHOULD I TAKE NOW?

To enter tertiary training, you need to have NCEA Level 3. The following are useful subjects:

- Biology
- Chemistry
- Maths
- Social sciences
- Health education
- Te Reo Māori
- English

