

Who's who in Infant feeding and lactation support in the UK

	IBCLC (International Board Certified Lactation Consultant)	Infant Feeding Coach/Mentor	Breastfeeding Counsellor (BFC)	Mindful Breastfeeding Coach	Peer Supporter	Baby Friendly (BFI)
Also known as	International Board Certified Lactation Consultant is a protected title. IBCLC's are listed on IBLCE Registry .	Infant Feeding Coach Infant Feeding Mentor Breastfeeding Counsellor	Breastfeeding Counsellor (ABM,NCT) Breastfeeding Supporter (BfN) La Leche League Leader (LLLGB)	Mindful Breastfeeding Supporter	Peer Counsellor, Mother Supporter, Helper, Breastfeeding Buddy etc.	BFI Baby Friendly accredited hospitals and communities
Accreditation	IBCLC the only internationally recognised professional breastfeeding qualification. Examining body: IBLCE	Accredited by FEDANT and The Infant Feeding Academy	Awarded by each organisation (some have university accreditation)	Think Tree Hub	Awarded by each organisation (some have college accreditation)	UNICEF Baby Friendly Initiative
Who	Health professionals (HP) and accredited Breastfeeding Counsellors (BFC). For other routes see IBLCE pathways	Allied HPs and practitioners who work with new parents, including Paediatric Osteos, Birth Workers and Perinatal Practitioners	Experienced breastfeeding mothers	Birthworkers, Health Professionals and others working with families.	Usually women who have breastfed	Usually HPs and allied health workers, children's centre workers
Prerequisites	HPs and BFCs require advanced lactation education and extensive clinical experience to sit IBCLC exam	Works with or intends to work with new families. Does not have to have breastfed	Breastfed own baby for at least 6-12 months	Must have a passion for supporting parents to feed their babies	Ability and motivation to undertake voluntary role. Usually has breastfed own baby	None
Clinical Hours Prerequisites	1000 hours supporting breastfeeding families in a supervised setting (post HP or BFC qualification)	None	None	None	None	Only IBCLC certified Lactation Consultants are listed on IBLCE Registry. Role & Impact of the IBCLC
Breastfeeding Education	Minimum of 90 hours post- HP or BFC qualification.	16 week intensive course 12 months of progress and mastery (including supervision/mentoring)	Average 2 years part time	25 hours of theory based study and 4-10 hours of supervised practice/assessment.	Average 16-36 hours	Ideally, about 18 hours over several days
Counselling Skills	HPs training varies, in depth training for BFCs	Introduction to counselling and coaching skills	In depth	Debrief, listening and communication skills.	Basic communication and listening skills	Brief introduction to counselling skills
Standards of Practice	Professional Standards of Practice, Scope and Disciplinary Procedures	FEDANT code of conduct and Professional standards of practice	Individual organisation's policies and procedures	The Mindful Breastfeeding Supporter Code of Practice	Supervising organisation's procedures	Baby Friendly accreditation audits
Recertification	5 yearly recertification following accredited continued education. Re-sit exam after 10 years	5 case studies per year. 5 CPD activities per year.	Individual organisation's continued education requirements vary	Every 2 years. Continuing education and supervision required.	Continued education provided by training organisation	Annual update (1-6 hours) by some employers. Regular BFI audits
Work	Hospital/community, Infant Feeding Lead, NICUs, training HPs/Peer Supporters, research and policy making. Private Practice; voluntary	Private Practice, antenatal classes, breast/chestfeeding support	Volunteer and paid roles; antenatal classes, breastfeeding support groups, Helplines etc. Breastfeeding counselling free to mothers.	In the community, in Private Practice	Volunteers' expenses may be paid. Community, Children's Centres, breastfeeding drop-ins, hospitals. Services to mothers free.	Hospitals and Community NHS services, Children's Centres - free to mothers
Scope	Any breastfeeding issue including complex situations, high-risk babies, oral assessment etc, as well as common issues.	Support with common feeding problems. Refer on as needed. Antenatal support to prepare for a successful feeding experience	Support with common breastfeeding problems. Referral to further professional information as needed. Supervision within accrediting body.	Lactation Support that prioritises emotional wellbeing alongside evidence based breastfeeding education and information sharing	Encourage and support basic breastfeeding issues under supervision. Refer complex issues to a specialist.	Health service & council staff work within the scope of their existing employment.