



Certified Breastfeeding Specialist® Scope of Practice

The Certified Breastfeeding Specialist (CBS) certification identifies a lactation professional who has received training in the education and support of breastfeeding and chestfeeding families through pregnancy, breastfeeding initiation, and the normal course of lactation.

A Certified Breastfeeding Specialist has completed a minimum of 45 hours of didactic lactation education LEAARC recognized comprehensive program offered by LER, completed an exam demonstrating their knowledge of basic lactation support and is qualified to perform the following duties.

The Certified Breastfeeding Specialist:

Supports the autonomy of the lactating mother/parent by:

- Maintaining client confidentiality and privacy
- Respecting the client's right to make choices that are right for her situation
- Assisting and supporting the mother/parent in identifying and meeting their goals for lactation
- Utilizing shared decision-making principles

Educates families by:

- Educating and supporting families during pregnancy and the perinatal period through weaning
- Teaching breastfeeding families in the classroom setting, in individual consultations, and in breastfeeding support groups



Supports families by:

- Conducting an assessment of both mother/parent and infant and devising a plan of care in uncomplicated breastfeeding situations
- Instructing and coaching mothers/parents in optimal feeding positions, latch, frequency, and duration of feedings, and parameters for infant output
- Assessing effective feeding and milk transfer in uncomplicated breastfeeding situations
- Providing anticipatory guidance
- Problem solving issues that do not commonly precede adverse outcomes
- Instructing parents of preterm or late preterm infants in establishing and maintaining a human milk supply
- Counseling employed breastfeeding mothers/parents regarding selection of a breast pump and maintaining milk supply and breastmilk storage
- Documenting the results of consultations in the appropriate client record

Refers and collaborates by:

- Referring clients to local resources as needed
- Working collaboratively within the health care team and refers clients to the appropriate health care provider (IBCLC, physician, or other practitioner) for assessment and treatment
- Working as part of a team to remove barriers for breastfeeding success

Is an advocate for families by:

- Advocating for human milk for human babies
- Assisting in policy creation to support breastfeeding and chestfeeding families
- Identifies and advocates for aspects of breastfeeding management programs that facilitate successful breastfeeding
- Advocating for breastfeeding families within the health care system
- Maintaining compliance with the International Code of Marketing of Breastmilk Substitutes



Lactation
Education
Resources



712 Childs Point Road, Annapolis, MD 21401



(443) 203-8553



Support@LactationTraining.com

We encourage students who have earned the CBS certificate by completing our 45+ hour, Core Lactation Consultant Course to complete the additional 45 hours of training required to sit for the IBLCE certification exam. The International Board-Certified Lactation Consultant is the internationally recognized credential. The Certified Breastfeeding Specialist certificate is a trademarked title of Lactation Education Resources which is awarded upon completion of our 90-hour LC Training Program Enriched, 45+ hour Core Lactation Consultant Course or the Breastfeeding Resource Nurse Online course.

The CBS certificate is renewable on or before your five year expiration date.

Go to www.lactationtraining.com/shopping/recertify-cbs for more details.