

Where can you see us?

There is a variety of settings where IBCLCs work. You may see them on:

- maternity ward
- postpartum ward
- NICU
- public health offices
- drop-in breastfeeding clinics
- in private practice

Look for a Lactation Consultant with the letters IBCLC after their name.

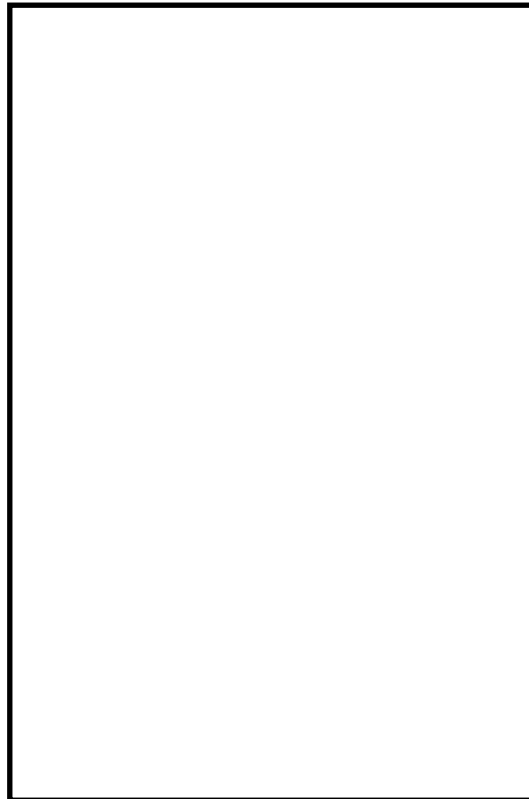
www.skslca.com

You can check if their registration is current at:

<https://iblce.org/public-registry/>



www.thebcs.ca



What is a Lactation Consultant?



**Breastfeeding Committee
of
Saskatchewan**

Who are we?

- An International Board Certified Lactation Consultant (IBCLC) has specialized skills in breastfeeding management and care
- The letters IBCLC after a name means the person has completed the 3 to 5 year training program and exam showing they have demonstrated knowledge to:
 - work together with mothers to prevent and solve breastfeeding problems
 - collaborate with other members of the health care team to provide comprehensive care that protects, promotes and supports breastfeeding
 - encourage a social environment that supports breastfeeding families
- Lactation Consultants have to do continuing education in lactation and must recertify every 5 years.



What do we do?

- Advocate for breastfeeding women, infants, children, families and communities
- Support mothers, infants, children, families, and communities to meet their breastfeeding needs and goals
- Counsel mothers and families on initiation, exclusivity and duration of breastfeeding
- Assist mothers through any difficulties or high risk situations
- Promote breastfeeding
- Educate by sharing current, evidence-based information in breastfeeding
- Empower mothers and families to manage breastfeeding challenges if they arise

How can we help you?

Call us for assistance with:

- engorgement
- position and latch difficulties
- sore/cracked nipples
- "not enough milk"
- increasing milk supply
- weight gain concerns
- mastitis
- thrush
- plugged ducts
- expressing and storing breast milk-
- relactating / induced lactation
- tongue tie assessment

And any other breastfeeding questions or concerns

