



Quick reference list for recertifying IBCLCs

Detailed content outline topics (2022)

Metabolic health matters: breastfeeding on the insulin resistance spectrum

1.50 L (II, III, VI, VII) CERP, 1.50 CME, 1.50 CNE and 1.50 CRD CPEU

Maternal mental health and breastfeeding: understanding roles and responsibilities

1.00 L (V, VII) CERP, 1.00 CME, 1.00 CNE and 1.00 CRD CPEU

Human milk for early humans

1.00 L (I, VI, VII) CERP, 1.00 CME, 1.00 CNE and 1.00 CRD CPEU

Shadows of birth in breastfeeding

1.50 L (V, VI, VII) CERP, 1.50 CME, 1.50 CNE and 1.50 CRD CPEU

Communication skills required to be an effective breastfeeding peer counsellor

1.00 R CERP, 1.00 CME, 1.00 CNE and 1.00 CRD CPEU

A square peg in a round hole: answers on drug transfer in lactation made simple

1.50 L (IV) CERP, 1.50 CME, 1.50 CNE and 1.50 CRD CPEU

A lactation specialist's guide to baby poop!

0.75 L (II, V, VI, VII) CERP, 0.75 CME, 0.75 CNE and 0.75 CRD CPEU

Breastfeeding in post-disaster settings

1.00 L (V, VII) CERP, 1.00 CME, 1.00 CNE and 1.00 CRD CPEU

40 Years of the WHO International Code: what is it, why does it exist, and how does it protect the rights of children and women?

1.00 E (VII) CERP, 1.00 CME, 1.00 CNE and 1.00 CRD CPEU

Growing pains: interpreting growth charts and deciding when and how to intervene

1.25 L (I, VII) CERP, 1.25 CME, 1.25 CNE and 1.25 CRD CPEU

Old tricks, new opportunities: how companies violate the International Code of Marketing of Breast-milk Substitutes and undermine maternal and child health during the COVID-19 pandemic

1.25 E (VII) CERP

Socio-environmental benefits of human lactation: food sovereignty from the start

0.50 L (I, V) CERP, 0.50 CME, 0.50 CNE and 0.50 CRD CPEU

Tongue and lip tie - increased awareness among parents in Iceland on how it affects breastfeeding

0.50 L (III, VI) CERP, 0.50 CME, 0.50 CNE and 0.50 CRD CPEU

Thrown in the deep end: how women learn to feed their babies, why it goes wrong and how to help

1.00 L (V, VII) CERP, 1.00 CME, 1.00 CNE and 1.00 CRD CPEU

Working mothers' rights for exclusive breastfeeding

0.50 L (V, VI, VII) CERP, 0.50 CME, 0.50 CNE and 0.50 CRD CPEU

Can breastfeeding reduce hospitalization from common infectious diseases in childhood?

0.50 L (III, VII) CERP, 0.50 CME, 0.50 CNE and 0.50 CRD CPEU

A gentle touch: the unique lactation needs of post-cesarean parents

1.50 L (V, VI, VII) CERP, 1.50 CME, 1.50 CNE and 1.50 CRD CPEU

Supporting parents during a pandemic

0.75 R CERP, 0.75 CME, 0.75 CNE and 0.75 CRD CPEU

When the butterfly goes astray: how thyroid dysfunction can undermine breastfeeding

1.50 L (II, III, VI, VII) CERP, 1.50 CME, 1.50 CNE and 1.50 CRD CPEU

Knowledge mobilization tool to promote, protect and support breastfeeding during COVID-19

1.00 L (VII) CERP, 1.00 CME, 1.00 CNE and 1.00 CRD CPEU

I. Development and Nutrition 2.75 CERPs
II. Physiology and Endocrinology 3.75 CERPs
III. Pathology 5.25 CERPs
IV. Pharmacology and Toxicology 1.50 CERPs
V. Psychology, Sociology and Anthropology 7.75 CERPs
VI. Techniques 8.75 CERPs
VII. Clinical Skills 16.25 CERPs