



Quick reference list for recertifying IBCLCs

Detailed content outline topics (2023)

LGBTQ+ infant feeding

1.25 L (V,VII) CERP

Keep it responsive – introducing solid foods and continuing breastfeeding

1.25 L (I,V,VII) CERP

Exclusive pumping: pros, cons, considerations

1.00 L (II,VI,VII) CERP

An introduction to bias awareness

1.00 R (V,VII) CERP

Family approach to reaching breastfeeding goals: a father's role

1.50 L (V,VII) CERP

Keeping the flow while returning to sports: the breastfeeding athlete

1.00 L (I,II,V,VII) CERP

Breastfeeding as a human right: the evidence, the ethics and the urgency

1.00 E (VII) CERP

Microbiome and metabolome of human milk

1.00 L (I, VII) CERP

Eating disorders in the perinatal client: a trauma informed model

1.00 L (I,III,V,VII) CERP

Reflux symptoms in babies – is it an acid problem?

1.25 L (III,VII) CERP

From womb to world, the journey that shapes our lives

1.50 L (V,VII) CERP

Supporting autistic parents with infant feeding

1.00 L (III,V,VI,VII) CERP

Ethical issues in human milk exchange

1.25 E (VII) CERP

Impact of chrononutrition, infant feeding and circadian rhythms

0.75 L (I,II,V,VII) CERP

Unpacking the expertise: developing the UK infant feeding competencies framework

1.50 E (VII) CERP

I. Development and Nutrition	5.00 CERP
II. Physiology and Endocrinology	1.75 CERP
III. Pathology	4.25 CERP
IV. Pharmacology and Toxicology	0.00 CERP
V. Psychology, Sociology and Anthropology	11.75 CERP
VI. Techniques	2.00 CERP
VII. Clinical Skills	17.25 CERP