

## Families;

We need your help! International Board Certified Lactation Consultants (IBCLC) are working toward regulation. One of the goals of regulation is to protect the right to safe, competent, and ethical health care and the IBCLC is the only globally recognized healthcare professional for breastfeeding and lactation. Regulating lactation professionals will protect the public and provide more support to families.

An IBCLC is accountable to the International Board of Lactation Consultant Examiners with a clear scope and standards of practice but there is nothing in Ontario currently protecting the title of "Lactation Consultant" nor are families eligible to claim lactation consultations through insurance. This makes lactation support inaccessible to many families.

Comparison of IBCLC and other lactation support:

Title	Education Time
Lactation Specialist/ Breastfeeding Specialist	0 to 2 days
Lamaze Breastfeeding Support Specialist	15 Hours
Breastfeeding Counselor /Breastfeeding Educator	0 to 3 Days
Certified Breastfeeding Educator	15 sessions
La Leche League Leader	1 year of self study/training
CLE Certified Lactation Educator CLS Certified Lactation Specialist	40-45 hours total (8 clinical hours – observation)
CLC Certified Lactation Counselor	40 hours
International Board Certified Lactation Consultant (IBCLC)	14 Health Science Courses 90 hours of Lactation Specific education 300-1000 hours of practical clinical experience

### ***How you can help:***

**Your insurance company:** the more clients who contact insurance companies regarding coverage for IBCLC services, the more likely they will be to cover these services, even before regulation. IBCLC's have a registration number that can be submitted to insurance companies since IBCLC's are registered with the International Board of Lactation Consultant Examiners (IBLCE). Submit your receipts from your IBCLC, including the IBCLC registration number, to your insurance company. Send them an email and ask why IBCLC services are not covered.

### **Social Media:**

**Send a Tweet to:** Eric Hoskins (Minister of Health and Long Term Care, Provincial), Jane Philpott (Minister of Health, Federal), Justin Trudeau (Prime Minister).

*My IBCLC helped me achieve my breastfeeding goals! #IBCLCregulation*

*IBCLC's need to be regulated to protect the public #boobytraps #evidencebased*

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