Resources

Tongue tie - https://podcasts.apple.com/us/podcast/the-tongue-tie-experts-podcast/id1605396014

https://margaretsalty.com/podcast_/

https://www.njsupportsbreastfeeding.org/for-professionalsv2

Additional Learning Opportunities

- Hand Expression Techniques Stanford University Medicine
- Academy of Breastfeeding Medicine (ABM) Resources
- Protocols
- Microlearning Videos
- Grand Rounds Webinars
- American Academy of Pediatrics (AAP) Breastfeeding Curriculum
- Breastfeeding Grand Rounds at State University of New York – University at Albany
- Institute for the Advancement of Breastfeeding and Lactation Education (IABLE) Resources
- Breastfeeding Education for Health Care Providers - IABLE
- Breastfeeding Medicine Podcast and LactFacts Podcast – IABLE
- American College of Obstetrics and Gynecology (ACOG) Resources
- Breastfeeding Support Tools for the Obstetric Care Provider | ACOG Online Learning
- Interventions to Promote Breastfeeding | ACOG
- 4th Trimester - Optimizing Postpartum Care - AAFP Online Learning
- North American Board of Breastfeeding and Lactation Medicine (NABBLM)
- About Breastfeeding | Breastfeeding | CDC
- La Leche League International (LLLI) - Breastfeeding Support

Explicit and Implicit Bias Training

New Jersey law requires every hospital that provides inpatient maternity services and every licensed birth center to implement an evidence-based explicit and implicit bias training program for all health professionals who provide perinatal treatment and care to pregnant persons and all supportive services staff members, as defined by the Department of Health (DOH), who interact with pregnant persons at those facilities. (N.J.S.A. 26: 2H-12.108). The Department of Health has identified the following bias training tool to be utilized. Hospitals and birth centers may use additional or customized training tools in addition to the DOH training tool:

- Maternal Health Provider Training: Reproductive Justice for Equitable Maternal Health

🎙️ Podcasts by IBCLCs

1. Leveling Up in Lactation – Erika Dudley, IBCLC
   Stories of Black lactation professionals and their journeys.
   • Apple Podcasts
   • Spotify

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2. Makes Milk Pod – Emma Pickett, IBCLC
   Real stories from parents and practical breastfeeding insights.
   • Apple Podcasts
   • Spotify

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3. The IBCLC Mentor Podcast – Margaret Salty, IBCLC
   Support for new and aspiring IBCLCs with case studies and career guidance.
   • Apple Podcasts
   • Spotify

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4. Breastfeeding With Confidence – Jaimie Zaki, IBCLC
   Evidence-based and holistic guidance for parents navigating breastfeeding.
   • Apple Podcasts
   • Spotify

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5. Evolve Lactation Podcast – Christine Staricka, IBCLC
   Inspiration, stories, and education for lactation providers.
   • Apple Podcasts
   • Spotify

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6. Lactation Business Coaching – Annie Frisbie, IBCLC & Leah Jolly, IBCLC
   Business strategies and support for lactation consultants in private practice.
   • Apple Podcasts
   • Spotify

Here are some podcast episodes especially valuable for those studying to become IBCLCs—offering practical insight, education pathways, professional development, and real-case exposure.

Recommended Episodes for IBCLC Students

From The IBCLC Mentor Podcast (aka Behind the Latch) — Margaret Salty, IBCLC

- From Student to IBCLC: Casey Mortensen's Journey and Practical Insights
  Casey shares her path through lactation education, how she completed clinical hours, and offers actionable advice for aspiring IBCLCs. A thoughtful mix of inspiration and real-world guidance.(Listen Notes)
- From Student to IBCLC: Kohle Permenter's Journey and Practical Insights
  Kohle reflects on her motivations, specific training steps, and lessons learned that shaped her career as an IBCLC—highly motivational and strategically instructive.(Listen Notes)
- Research Recap Episodes
  Targeted summaries of recent lactation research, such as "Effective Breastfeeding, Nipple Injury, Disparities, and Renal Health" or "NICU Strategies, Pain Relief, Music Therapy & Mobile Clinics," packed with evidence-based insights that are perfect for building clinical knowledge.(Listen Notes)

These episodes are excellent for anyone preparing for the IBCLC exam or working in clinical contexts—they combine case study format, professional journey narratives, and evidence updates that are central to both exam prep and real-life application.

From Leveling Up in Lactation — Erika Dudley, IBCLC

This podcast emphasizes the varied paths into IBCLC work, featuring candid stories from professionals who built careers in lactation.

- "Evolving" (with Tiffani Dickerson, RN, IBCLC)
  A powerful account of a NICU nurse turned lactation consultant—great for understanding career transition and professional identity evolution.(GetPodcast, Podchaser)

- “New Territory” (with Rhonesha Isreal, CBS, IBCLC)
  Rhonesha explores maintaining multiple professional roles—like combining social work and IBCLC work. Especially relevant for those curious about sustainability and work-life integration in lactation consulting.(GetPodcast)
- “Rebranded” (Kellie Green, SLP, IBCLC)
  Hear how Kellie pivoted from speech–language pathology into IBCLC practice ownership—great for students mapping non-linear career trajectories.(GetPodcast)

These episodes offer both aspirational and pragmatic wisdom through unique career journeys.

From Milk Diva Podcast

- Episode 43: The Road to IBCLC: Turning Your Passion Into Profession
  A focused deep-dive on the certification process—describing educational requirements, emotional rewards, and how to navigate the steps toward IBCLC. Great starting point for anyone wondering what lies ahead.(milkdiva.com)

Summary: Top Picks at a Glance

Podcast & Episode	Why It’s Great for IBCLC Students
IBCLC Mentor – Casey Mortensen	Real-world student-to-IBCLC story with actionable advice.(Listen Notes)
IBCLC Mentor – Kohle Permenter	Step-by-step pathway insight and motivational narrative.(Listen Notes)
IBCLC Mentor – Research Recaps	Keeps you current with evidence-based lactation science.(Listen Notes)
Leveling Up – Evolving	Shows how different professions can transition into lactation work.(GetPodcast)
Leveling Up – New Territory	Addresses holding multiple professional identities as an IBCLC.(GetPodcast)
Leveling Up – Rebranded	Inspiring non-traditional career pivot into IBCLC.(GetPodcast)
Milk Diva Pod – Ep 43	A concise and practical roadmap to becoming an IBCLC.(milkdiva.com)

Where to Listen

- The IBCLC Mentor Podcast can be found on Apple Podcasts, Spotify, and similar platforms.
- Leveling Up in Lactation is also available widely—check Apple, Spotify, iHeart, etc.
- Milk Diva Podcast is accessible on standard podcast networks—search “Milk Diva Podcast.”

If you're preparing for the IBCLC (IBLCE) exam, here are three highly relevant podcasts that offer targeted guidance, study strategies, and insights tailored to aspiring IBCLCs:

Podcasts Tailored to IBCLC Exam Prep

1. The IBCLC Mentor Podcast — Margaret Salty, IBCLC

Focused squarely on early-career professionals and students, this podcast breaks down real-case scenarios, critical thinking strategies, and evidence-based best practices to support your growth as you prepare for certification. It's explicitly designed for listeners “actively studying” or “just starting out” on their journey.
Learn more: (Apple Podcasts)

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2. Decoding the IBCLC Path: Secret Podcast for Birthworkers & Breastfeeding Advocates — Leslie Owens, RN IBCLC

This short series walks you through the key steps needed to become eligible for the IBCLC exam—including innovative strategies for earning lactation-specific education hours—and includes a framework to help you “get unstuck” and plan your path forward.
Episodes include:

- Episode 1: Breaking Down Barriers to Becoming an IBCLC
- Episode 2: Here's Your (Free) Head Start! (ways to earn lactation hours monthly)
- Episode 3: Framework to Hack the Process
- Episode 4: Your Fail-Proof Action Plan
  (Apple Podcasts, Podbean)

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3. Lactation Business Coaching Podcast — Episode: How to Become an IBCLC — Annie Frisbie & Leah Jolly, IBCLCs

While focused on individuals building lactation businesses, this episode offers an open, detailed discussion of the logistical aspects of becoming certified—covering the three pathways, dispelling myths, and sharing personal surprises and lessons from the authors themselves.
(paperlesslactation.com)

Summary Table

Podcast & Episode	What Makes It Valuable for IBCLC Students
The IBCLC Mentor Podcast	Case-based learning, evidence-informed strategies, designed for students (Apple Podcasts)
Decoding the IBCLC Path — Episodes 1–4	Clear, motivational roadmap with practical steps and frameworks (Apple Podcasts, Podbean)
Lactation Business Coaching — How to Become an IBCLC	Real-world perspective on the certification process and requirements (paperlesslactation.com)

Additional Resources for Studying

Podcasts are a great supplement, but you may also want to explore these additional study resources:

- LER's IBLCE Exam Review Course: Features 550+ practice questions, flash cards, photo case reviews, video lessons, scheduling tools, and instant feedback—perfect for structured, targeted study. (lactationtraining.com)
- Margaret Salty's IBCLC Exam Mastery Course: Includes video lessons, guides on all seven exam domains, test-taking strategies, and VIP one-on-one support to streamline your study process. (margaretsalty.com)
- All Things Breastfeeding Podcast (Episode 94): Nancy & Barbara address frequently asked questions about how to become an IBCLC and explain the steps involved. (LactaLearning)
- NC State's "Preparing for the IBCLC Exam" Guide: Offers study tips such as flashcard use, visual-based question preparation, memory strategies, and guidance on making the best exam-day decisions like "feed the baby and protect supply." (breastfeeding.cals.ncsu.edu)

Suggestion Moving Forward

- Listen to The IBCLC Mentor Podcast for ongoing, case-based learning and exam-relevant scenarios.
- Start with Decoding the IBCLC Path to solidify your certification roadmap and study framework quickly.
- Tune into Lactation Business Coaching for insider perspectives on eligibility pathways and professional expectations.
- Pair these with a structured course like LER's QBank or Margaret Salty's Exam Mastery to reinforce learning and track progress.