

# Certified Lactation Counselor CLC Practice Test Questions and Answers

## 1. What is the primary role of a Certified Lactation Counselor?

- A) Providing medical diagnosis
- B) Supporting breastfeeding mothers through education and counseling
- C) Prescribing medications
- D) Managing infant nutrition programs

## 2. When should breastfeeding ideally begin after birth?

- A) After 24 hours
- B) Within the first hour after delivery
- C) After the mother has rested
- D) When the baby cries for food

## 3. What is colostrum and why is it important?

- A) Regular breast milk
- B) The first milk produced, rich in antibodies and nutrients essential for newborn immunity
- C) Formula supplement
- D) Water for hydration

## 4. Which position is recommended for proper latch during breastfeeding?

- A) Baby facing away from mother
- B) Baby's body aligned with mother, facing breast with mouth wide open
- C) Baby lying flat on back
- D) Baby positioned at an angle

Answers: 1-B 2-B 3-B 4-B

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