



UCLA Lactation Services

What do all the letters mean?
CLEC- Certified Lactation Education Counselor
IBCLC- International Board Certified Lactation Consultant

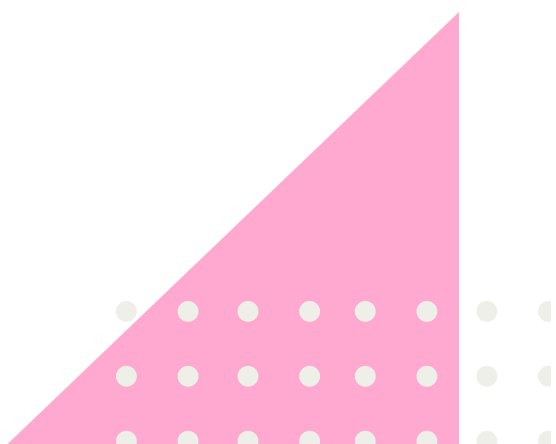
What is the difference between a CLEC and IBCLC?

An IBCLC is the gold standard when it comes to lactation service providers. Besides the longer training and education, IBCLCs also require at least 300 (up to 1000) lactation specific clinical hours prior to becoming eligible to sit for the board exam. CLEC providers are trained and educated by IBCLCs. They provide services that focus on education as a means for preventing the clinical issues that would require a higher level of care and an IBCLC. CLECs are trained to aid breastfeeding as it applies to the average mother experiencing normal challenges.

Main topics that CLECs can cover:

1. Risks of not Breastfeeding
2. Anatomy & Physiology of Breastfeeding
3. Positioning & Latch
4. How to Tell if Baby is Getting Enough Milk
5. Breastfeeding Plan – What to do Starting from the Delivery Room and Beyond
6. Common Concerns
7. Pumps and Equipment
8. Breastfeeding at School and/or Work
9. Maternal Nutrition/Medication/Birth Control
10. Misc: Support System/Myths/Resources

To connect to a Lactation Counselor, contact the Students with Dependents Program at 310-794-1823 OR contact the WIC helpline 1-888-278-6455



Any care requiring medical intervention such as nipple infection, abscess of breast, mastitis and any lactation disorders or other complicated cases that are outside the scope of “normal” would require higher level care. Not sure if our CLECs can help you... ask us! We can point you in the right direction.



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Who Can Help?

Jean Libby, M.Ed., CLEC

Jean serves the UCLA community as the Director of the Student with Dependents program and the Bruins for Recovery program at the Bruin Resource Center. She has a Master's of Education in Student Affairs. She breastfed her own daughter for 3 years! Jean's services are best set up for:

- Those interested in attending workshops
- Those needing a place to start
- Those needing additional support and resources
- Those needing an advocate for their right to breastfeed/pump in their workplace or classroom.
- Those needing support navigating life as a new parent

Office Hours:

Bruin Resource Center

Mondays 10:30-12:30

Tuesdays and Thursdays 1-3pm

*In Summer, by appointment only

Phone: 310-794-1823

Kaitlin Reid, MPH, RDN, CLEC

Kaitlin serves the UCLA community as a dietitian and a health educator with the office of Student Health Education & Promotion. She has a Master's in Public Health and is a Registered Dietitian Nutritionist. Kaitlin's services are best suited for:

- Unscheduled drop in questions
- Those needing an appointment that can't be accommodated by Ashe
- Those interested in attending workshops
- Those needing a place to start

Office Hours:

8:00 am – 10:00 am Wed, June 7th Large Conference Room- 4th Floor Ashe

*In Summer by appointment only

Phone: 310-206-2273

Carol Chen, MS, RD, CLEC

Carol serves the UCLA student body as a clinician in the Arthur Ashe Student Health and Wellness Center. She has a Master's in Nutrition Science and is a Registered Dietitian Nutritionist. Carol's services are best suited for:

- One-on-one private counseling
- Longer sessions dedicated to lactation service and education
- More clinically relevant questions

To schedule an appointment please call 310-825-4073 or visit the scheduling desk located on the first floor at Ashe.

