

Certified Lactation Educator Practice Test Questions and Answers

1. What is the recommended duration for exclusive breastfeeding according to WHO guidelines?

- A) 3 months
- B) 4 months
- C) 6 months
- D) 12 months

2. Which hormone is primarily responsible for milk ejection (let-down reflex)?

- A) Prolactin
- B) Oxytocin
- C) Estrogen
- D) Progesterone

3. What is the most effective way to establish good milk supply in the early postpartum period?

- A) Feeding every 4 hours on a strict schedule
- B) Frequent nursing sessions with good positioning and latch
- C) Giving supplemental formula between feedings
- D) Pumping exclusively for the first week

4. Which sign indicates that a baby is getting adequate breast milk?

- A) Crying for long periods after feeding
- B) Having at least 6 wet diapers per day after day 5
- C) Sleeping for 6+ hours between feedings
- D) Refusing to latch during feedings

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

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