Certified Breastfeeding Counselor (CBC) Practice (Sample)

Study Guide

Everything you need from our exam experts!

Table of Contents

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- **Practice answering questions under realistic conditions,**
- **Improve accuracy and speed,**
- **Review explanations to strengthen weak areas, and**
- **Approach the exam with greater confidence.**

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Don't worry about getting everything right, your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations, and take breaks to retain information better.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning.

7. Use Other Tools

Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There’s no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly — adapt the tips above to fit your pace and learning style. You've got this!

Questions

1. Which component of human milk is destroyed by freezing?

A. Lipids

B. Macrophages

C. Immunoglobulins

D. Proteins

2. What is the last feeding cue that a baby may exhibit?

A. Turning away from the breast

B. Showing interest in surroundings

C. Cooing or smiling

D. Crying

3. What assessment considerations are important for a vegan breastfeeding mother?

A. Extra iron

B. Extra calcium

C. Extra vitamin D

D. Vitamin B12 needed

4. What should be encouraged if a baby has prolonged elevated levels of bilirubin?

A. Start formula feeding

B. Decrease the breastfeeding frequency

C. Encourage 10-12 effective feeds per day

D. Use herbal remedies

5. What is the primary hormone responsible for milk ejection during breastfeeding?

A. Estrogen

B. Progesterone

C. Oxytocin

D. Prolactin

6. Which of the following is considered a contraindicated medication for breastfeeding mothers?

A. Antibiotics

B. Probiotics

C. Painkillers

D. Radioisotopes

7. What should a mother do if experiencing milk supply issues?

A. Decrease breastfeeding frequency

B. Consult a physician only

C. Increase breastfeeding frequency or consider pumping

D. Switch to formula feeding immediately

8. How many additional calories are needed daily for milk production during breastfeeding?

A. 200 calories

B. 300 calories

C. 400 calories

D. 500 calories

9. Can breastfeeding help prevent obesity in later life?

A. No, it has no impact on obesity

B. Yes, it is associated with lower rates of obesity in childhood and adulthood

C. Yes, but only in childhood

D. No, it can lead to obesity

10. When does Lactogenesis occur?

A. During the first week postpartum

B. After weaning from breastfeeding

C. Day 10-14 postpartum

D. Immediately after birth

Answers

1. B
2. D
3. D
4. C
5. C
6. D
7. C
8. D
9. B
10. D

Explanations

1. Which component of human milk is destroyed by freezing?

A. Lipids

B. Macrophages

C. Immunoglobulins

D. Proteins

Macrophages are white blood cells present in human milk that play a vital role in the baby's immune system. Freezing human milk can destroy these active immune cells, which are crucial in providing protection against infections and illnesses. While freezing human milk can cause some loss of other components like lipids, immunoglobulins, and proteins, it is the destruction of the macrophages that makes this choice the correct answer.

2. What is the last feeding cue that a baby may exhibit?

A. Turning away from the breast

B. Showing interest in surroundings

C. Cooing or smiling

D. Crying

The correct answer is D - Crying. Crying is generally the last feeding cue that a baby may exhibit when they are hungry and looking to feed. By the time a baby is crying, they are indicating a sense of urgency and a strong need for feeding. It is important for caregivers and parents to be attentive to the earlier feeding cues such as rooting, sucking on hands, making sucking motions, and bringing hands to the mouth, so that the baby can be fed before reaching the point of crying.

3. What assessment considerations are important for a vegan breastfeeding mother?

A. Extra iron

B. Extra calcium

C. Extra vitamin D

D. Vitamin B12 needed

Vegan breastfeeding mothers need to pay extra attention to their vitamin B12 intake. Vitamin B12 is naturally found in animal products, so it can be challenging for vegan mothers to obtain enough through diet alone. A deficiency in vitamin B12 can lead to serious health issues for both the mother and baby. Therefore, it is crucial for vegan breastfeeding mothers to consider supplementing with vitamin B12 to ensure they have an adequate intake for themselves and their baby's health and development. While extra iron, calcium, and vitamin D are also important nutrients for breastfeeding mothers, they are not specific to vegan mothers only. All breastfeeding mothers, regardless of their dietary choices, may need to consider their intake of these nutrients. However, for vegan mothers, vitamin B12 is of particular concern due to the lack of natural sources in a vegan diet.

4. What should be encouraged if a baby has prolonged elevated levels of bilirubin?

A. Start formula feeding

B. Decrease the breastfeeding frequency

C. Encourage 10-12 effective feeds per day

D. Use herbal remedies

Encouraging 10-12 effective feeds per day is the correct choice because breast milk helps decrease bilirubin levels in babies. Feeding frequently helps increase the baby's intake of milk, which in turn aids in the elimination of bilirubin through the stool. This process is important in managing jaundice in infants. Starting formula feeding, decreasing breastfeeding frequency, and using herbal remedies are not recommended approaches for managing elevated bilirubin levels in breastfed babies.

5. What is the primary hormone responsible for milk ejection during breastfeeding?

A. Estrogen

B. Progesterone

C. Oxytocin

D. Prolactin

The primary hormone responsible for milk ejection during breastfeeding is oxytocin. This hormone plays a crucial role in the breastfeeding process by triggering the myoepithelial cells around the milk-producing alveoli in the breast to contract. This contraction helps to push the milk through the ducts and out of the nipple, making it available to the breastfeeding infant. Oxytocin is released in response to the baby's suckling and helps create a feedback loop that encourages continued breastfeeding. The surge of oxytocin during breastfeeding not only aids in milk ejection but also promotes bonding between the mother and the infant, which is essential for successful breastfeeding. While progesterone and estrogen are important hormones in breast development and preparation for lactation during pregnancy, they do not directly facilitate the ejection of milk. Prolactin is primarily responsible for milk production rather than ejection. Understanding the distinct roles these hormones play can enhance the comprehension of the lactation process.

6. Which of the following is considered a contraindicated medication for breastfeeding mothers?

A. Antibiotics

B. Probiotics

C. Painkillers

D. Radioisotopes

Radioisotopes are considered contraindicated for breastfeeding mothers because they are substances that emit radiation. When a breastfeeding mother is exposed to radioisotopes, this radiation can potentially be transferred to the baby through breast milk, which can be harmful to the baby's health and development. Breastfeeding mothers should always consult with healthcare providers before taking any medication or undergoing any procedures to ensure the safety of their baby. Antibiotics, probiotics, and painkillers are generally considered safe for breastfeeding mothers when prescribed or used appropriately and under the guidance of a healthcare provider.

7. What should a mother do if experiencing milk supply issues?

A. Decrease breastfeeding frequency

B. Consult a physician only

C. Increase breastfeeding frequency or consider pumping

D. Switch to formula feeding immediately

If a mother is experiencing milk supply issues, increasing breastfeeding frequency or considering pumping is an effective approach. The principle behind this recommendation lies in the demand-supply relationship of breastfeeding. Milk production operates on a supply-and-demand basis; the more frequently milk is removed from the breast, either through breastfeeding or pumping, the more milk the body is stimulated to produce. By increasing the frequency of breastfeeding sessions, the mother provides more opportunities for her body to respond and adjust to the demand, which can result in an increase in milk supply over time. Pumping can also be beneficial, especially if the mother is unable to nurse frequently or if she needs to encourage milk production during periods of low supply. This strategy empowers the mother to actively address her milk supply issue without resorting to drastic measures such as switching to formula feeding immediately, which may inadvertently lead to reduced milk production due to less frequent breast stimulation. It is important for mothers to remember that many milk supply issues can often be resolved through consistent breastfeeding or pumping efforts in collaboration with support from lactation counselors or healthcare providers.

8. How many additional calories are needed daily for milk production during breastfeeding?

A. 200 calories

B. 300 calories

C. 400 calories

D. 500 calories

During breastfeeding, a mother's body requires extra energy to produce milk to meet her baby's nutritional needs. The correct answer is 500 calories because it is estimated that lactating women need approximately 500 extra calories per day compared to their pre-pregnancy caloric intake. These additional calories are essential to support the energy demands of milk production. It is important for breastfeeding mothers to ensure they are consuming enough calories to maintain their milk supply and their own energy levels. While nutritional needs can vary from person to person, a general guideline is that an additional 500 calories daily can help support milk production during breastfeeding. The other options are incorrect because they do not reflect the approximate additional calories needed for milk production during breastfeeding.

9. Can breastfeeding help prevent obesity in later life?

A. No, it has no impact on obesity

B. Yes, it is associated with lower rates of obesity in childhood and adulthood

C. Yes, but only in childhood

D. No, it can lead to obesity

Breastfeeding has been extensively studied and is associated with numerous health benefits, including the potential for preventing obesity in both childhood and adulthood. Research indicates that breastfeeding may help regulate a child's weight through various mechanisms. Infants who are breastfed are more likely to develop healthy eating habits later in life due to the involvement of hunger and satiety cues that breastfeeding encourages. Moreover, breast milk composition itself is thought to help with energy regulation, and breastfed infants typically self-regulate their intake better than those who are formula-fed, which can contribute to a healthier weight trajectory. Longitudinal studies have shown that individuals who were breastfed tend to have lower body mass indexes (BMIs) and reduced risks of obesity-related diseases as they grow older. These findings support the assertion that breastfeeding, as a foundational aspect of infant nutrition, can positively influence long-term health outcomes related to weight management. In summary, the extensive body of research linking breastfeeding with lower obesity rates underscores its importance not just during infancy but also in influencing health outcomes in later life.

10. When does Lactogenesis occur?

A. During the first week postpartum

B. After weaning from breastfeeding

C. Day 10-14 postpartum

D. Immediately after birth

Lactogenesis refers to the processes involved in the initiation and production of breast milk. The first stage, known as Lactogenesis I, begins during pregnancy and continues after birth. It is characterized by the preparation of the mammary glands for milk production, starting as early as the second trimester. However, Lactogenesis II, which is the onset of copious milk production, occurs immediately after birth. This stage is triggered by hormonal changes, particularly the drop in progesterone levels along with increased prolactin release following the expulsion of the placenta. This means that the correct answer highlights the critical moment when lactation truly begins, laying the foundation for successful breastfeeding right after delivery. This early initiation is vital for establishing milk supply and ensuring the infant receives colostrum, which is rich in antibodies and essential nutrients for newborn health.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://breastfeedingcounselor.examzify.com

We wish you the very best on your exam journey. You've got this!