

Certified Breastfeeding Counselor (CBC) Practice (Sample)

Study Guide



Everything you need from our exam experts!

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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. 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.

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. 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

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- 1. When should a mom pump if a preterm baby cannot feed?**
 - A. After 4 hours**
 - B. Within the first hour or two**
 - C. Right before bedtime**
 - D. Every 6 hours**

- 2. Which benefit of breastfeeding is specifically related to mothers?**
 - A. Increased risk of postpartum depression**
 - B. Reduces risk of certain cancers**
 - C. Helps in gaining weight**
 - D. Decreases milk production**

- 3. What is the term for feeding directly from the breast?**
 - A. Direct breastfeeding**
 - B. Supplemental feeding**
 - C. Paced bottle feeding**
 - D. Exclusive breastfeeding**

- 4. How can breastfeeding aid in infant weight management?**
 - A. It promotes unhealthy weight gain**
 - B. It encourages healthy growth patterns and promotes satiety cues**
 - C. Only formula feeding supports weight management**
 - D. It is unrelated to weight gain**

- 5. In what way does breastfeeding minimize environmental impact?**
 - A. It maximizes the use of formula products**
 - B. It eliminates the carbon footprint completely**
 - C. It decreases packaging waste associated with formula feeding**
 - D. It increases the production of artificial feeding products**

- 6. Which statement is a supportive example to encourage someone to breastfeed?**
- A. - open ended**
 - B. Have you tried breastfeeding?**
 - C. Don't worry, breastfeeding is easy.**
 - D. Did you know breastfeeding is healthy?**
- 7. During which weeks does Lactogenesis 1 occur?**
- A. 8-12 weeks**
 - B. 13-16 weeks**
 - C. Around 16 weeks**
 - D. 20-24 weeks**
- 8. How should an infant with hyperbilirubinemia be managed during breastfeeding?**
- A. Decrease feeding frequency**
 - B. Monitor appearance and dehydration**
 - C. Delay breastfeeding until bilirubin levels normalize**
 - D. Implement strict feeding schedules**
- 9. What is the effect of breastfeeding on maternal bonding?**
- A. It promotes emotional distancing between mother and child**
 - B. It has no impact on maternal bonding**
 - C. It fosters emotional connection through oxytocin release**
 - D. It leads to increased anxiety for the mother**
- 10. What are the breast milk storage guidelines for a deep freezer?**
- A. Up to 3 months**
 - B. Up to 6 weeks**
 - C. Up to 6 to 12 months**
 - D. Up to 12 to 18 months**

Answers

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

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Explanations

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1. When should a mom pump if a preterm baby cannot feed?

- A. After 4 hours**
- B. Within the first hour or two**
- C. Right before bedtime**
- D. Every 6 hours**

For a preterm baby who is unable to directly breastfeed, it is crucial to establish and maintain milk supply through pumping. The correct answer is pumping within the first hour or two after the baby's birth. This immediate pumping helps initiate and stimulate milk production, even if the baby cannot feed directly at that moment. This practice also helps establish a good milk supply for when the baby is ready to feed or transition to breastfeeding. The early initiation of pumping is essential for successful breastfeeding outcomes for both the mother and the preterm baby.

2. Which benefit of breastfeeding is specifically related to mothers?

- A. Increased risk of postpartum depression**
- B. Reduces risk of certain cancers**
- C. Helps in gaining weight**
- D. Decreases milk production**

Breastfeeding offers numerous benefits to mothers, and one significant advantage is its potential to reduce the risk of certain cancers, particularly breast and ovarian cancers. This protective effect is attributed to the hormonal changes that occur during breastfeeding and the fact that it may reduce the total number of menstrual cycles a woman experiences, which is associated with a decreased risk of these cancers. The act of breastfeeding influences a woman's overall reproductive history, allowing her body to undergo changes that can be protective against the development of cancer. By extending the duration of breastfeeding, women may further enhance this protective effect, demonstrating a clear link between breastfeeding and long-term maternal health. Considering the other options, they either present negative consequences of breastfeeding or are unrelated to maternal health, which helps clarify why the benefit of reducing cancer risk stands out as specifically related to mothers.

3. What is the term for feeding directly from the breast?

- A. Direct breastfeeding**
- B. Supplemental feeding**
- C. Paced bottle feeding**
- D. Exclusive breastfeeding**

The term for feeding directly from the breast is referred to as direct breastfeeding. This practice involves the baby latching onto the mother's breast and drawing milk directly, which not only provides optimal nutrition but also facilitates bonding between mother and child. Direct breastfeeding is important for establishing and maintaining milk supply, as the baby's sucking stimulates the mother's milk production. Additionally, it allows the infant to receive the appropriate mix of foremilk and hindmilk, which supports their nutritional needs and can help them develop proper feeding techniques. While supplemental feeding pertains to providing additional feeds using formula or breast milk from a different source, and paced bottle feeding involves mimicking the breastfeeding experience with a bottle, these are not synonymous with the act of feeding directly from the breast. Exclusive breastfeeding, on the other hand, means that the infant receives only breast milk during a specified time frame, without any other food or drink, but does not inherently specify the direct feeding method. Thus, direct breastfeeding is the most accurate term for the process of feeding directly from the breast.

4. How can breastfeeding aid in infant weight management?

- A. It promotes unhealthy weight gain**
- B. It encourages healthy growth patterns and promotes satiety cues**
- C. Only formula feeding supports weight management**
- D. It is unrelated to weight gain**

Breastfeeding is an integral part of infant weight management because it encourages healthy growth patterns and promotes the development of satiety cues. Breast milk provides the necessary nutrients in a way that is well-balanced for an infant's needs. The composition of breast milk changes according to the baby's age and nutritional requirements, which supports optimal growth and development. Furthermore, breastfeeding allows infants to self-regulate their intake based on hunger and fullness cues, leading to a more natural alignment with their body's needs. This practice helps to establish healthy eating habits and weight patterns early in life, reducing the likelihood of excessive weight gain or obesity later on. The responsive feeding that occurs during breastfeeding plays a vital role in helping infants learn to recognize their own cues of hunger and satiety, which is essential for healthy weight management. The other perspectives fail to accurately represent the benefits of breastfeeding in relation to weight management, as they either misconstrue the role of breastfeeding or assert that it has no effect on an infant's weight, which is contrary to established research in maternal and child health.

5. In what way does breastfeeding minimize environmental impact?

A. It maximizes the use of formula products

B. It eliminates the carbon footprint completely

C. It decreases packaging waste associated with formula feeding

D. It increases the production of artificial feeding products

Breastfeeding minimizes environmental impact primarily by decreasing packaging waste associated with formula feeding. When breastfeeding, there is no need for formula packaging, which typically includes plastic containers, cartons, and labels, all of which contribute to environmental pollution and waste. By choosing breastfeeding over formula feeding, families can significantly reduce the quantity of waste generated from the production, transportation, and disposal of formula packaging. Additionally, breastfeeding utilizes human milk directly from the source, which eliminates the need for industrial production processes that require energy and resources, thereby further contributing to a lower environmental footprint. This practice supports a more sustainable lifestyle and is an important factor in promoting ecological health.

6. Which statement is a supportive example to encourage someone to breastfeed?

A. - open ended

B. Have you tried breastfeeding?

C. Don't worry, breastfeeding is easy.

D. Did you know breastfeeding is healthy?

An open-ended statement is the most supportive example to encourage someone to breastfeed because it allows the individual to express their thoughts and feelings freely. By using an open-ended question or statement, such as "Tell me about your thoughts on breastfeeding," you are acknowledging the individual's perspective and providing an opportunity for them to share their experiences. This approach fosters a supportive and non-judgmental environment, which is essential for promoting breastfeeding success. Option B, "Have you tried breastfeeding?" is a closed-ended question that may not be as supportive since it implies a binary response and does not invite further discussion. Option C, "Don't worry, breastfeeding is easy," may come across as dismissive of any challenges the individual may be facing with breastfeeding, which could be discouraging. Option D, "Did you know breastfeeding is healthy?" is a closed-ended question that focuses on providing information rather than engaging in a supportive conversation.

7. During which weeks does Lactogenesis 1 occur?

- A. 8-12 weeks
- B. 13-16 weeks
- C. Around 16 weeks**
- D. 20-24 weeks

Lactogenesis 1 is the first stage of breast milk production in pregnant women, which typically begins towards the end of the second trimester around 16 weeks. Option A is incorrect because 8-12 weeks is during the first trimester and lactogenesis 1 does not occur until later in the pregnancy. Option B is incorrect because 13-16 weeks is also during the first trimester and may be too early for lactogenesis 1 to occur. Option D is incorrect because 20-24 weeks is during the second trimester and lactogenesis 1 typically occurs towards the end of the second trimester. Therefore, option C is the most accurate answer.

8. How should an infant with hyperbilirubinemia be managed during breastfeeding?

- A. Decrease feeding frequency
- B. Monitor appearance and dehydration**
- C. Delay breastfeeding until bilirubin levels normalize
- D. Implement strict feeding schedules

Infants with hyperbilirubinemia should be managed by monitoring their appearance and dehydration during breastfeeding. Hyperbilirubinemia, also known as jaundice, can occur in newborns when there is an excess of bilirubin in the blood. Monitoring the infant's appearance, such as the color of the skin and eyes, is important to assess the severity of jaundice. Dehydration can also worsen jaundice, so it is crucial to ensure that the infant is adequately hydrated through breastfeeding. Therefore, the correct answer is to monitor appearance and dehydration. It is important not to decrease feeding frequency for infants with hyperbilirubinemia as this can lead to dehydration. Delaying breastfeeding until bilirubin levels normalize is not recommended as breastfeeding provides essential nutrients and hydration for the newborn. Implementing strict feeding schedules may hinder the infant's ability to feed on demand, which is important for establishing breastfeeding and ensuring adequate milk supply.

9. What is the effect of breastfeeding on maternal bonding?

- A. It promotes emotional distancing between mother and child**
- B. It has no impact on maternal bonding**
- C. It fosters emotional connection through oxytocin release**
- D. It leads to increased anxiety for the mother**

Breastfeeding plays a significant role in fostering emotional connections between mothers and their infants, primarily through the release of oxytocin, often referred to as the "love hormone." When a mother breastfeeds, oxytocin is released in both the mother and baby, promoting feelings of closeness and nurturing. This physiological response not only enhances the emotional bond between the mother and child but also promotes a sense of calm and attachment. The nurturing experience of breastfeeding reinforces the mother's caregiving instincts, encouraging her to respond to her baby's needs. This bonding experience is crucial for the infant's emotional development and the establishment of a secure attachment, which can lead to positive outcomes throughout the child's life. Understanding the connection facilitated by breastfeeding reinforces its importance not only for the health benefits it provides the infant but also for its impact on the mother's emotional well-being. This emotional connection can also contribute to more successful breastfeeding efforts over time, as the process itself can create a reinforcing cycle of affection and responsiveness between mother and child.

10. What are the breast milk storage guidelines for a deep freezer?

- A. Up to 3 months**
- B. Up to 6 weeks**
- C. Up to 6 to 12 months**
- D. Up to 12 to 18 months**

The guidelines for storing breast milk in a deep freezer recommend that it can be safely kept for 6 to 12 months. This time frame ensures that the milk maintains its nutritional quality and safety for when it is later used. Breast milk can lose some of its immune properties and nutritional value over time, but storage in a deep freezer significantly extends its shelf life compared to other storage options, such as in a regular freezer or at refrigerator temperatures. Additionally, when storing breast milk, it is essential to use proper containers, like sterile hard-sided containers or milk storage bags, and ensure that the freezer is at a constant temperature of 0°F (-18°C) or lower. This level of vigilance in storage practices helps safeguard the milk's quality for an extended period, affirming the recommended duration of 6 to 12 months.

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!

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