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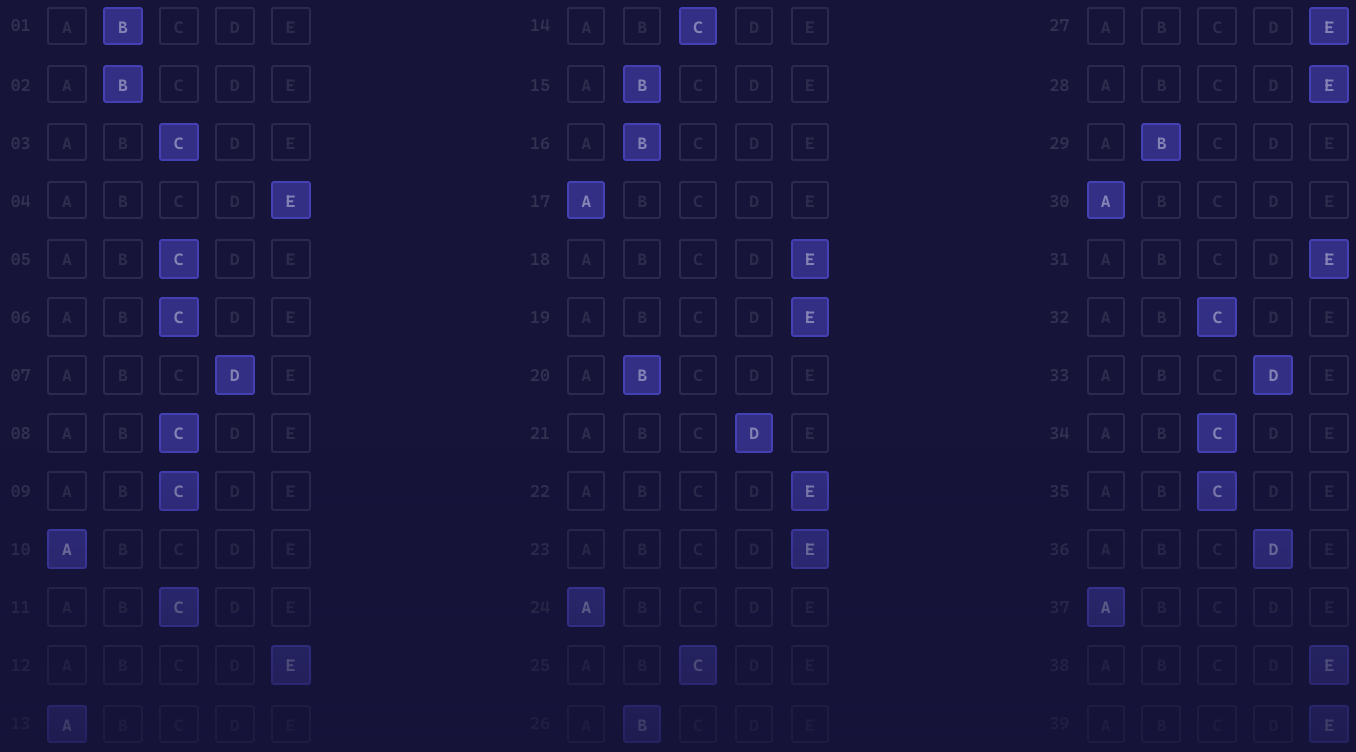

PRACTICE QUESTIONS

IBCLC Examination

IBPOL

International Board Certified Lactation Consultant - Polish

EDITION	QUESTIONS	FORMAT
Demo	9	Limited Edition PDF

WEB www.mometrix.net

SUPPORT support@mometrix.net

Before you begin

What this is

9 practice questions for IBCLC Examination `IBPOL`, each with its answer key and an explanation. Answer a question before you read its key — the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

- the exam code, `IBPOL`
- the question number
- the email address on your order

Write to **support@mometrix.net**. We reply within one business day.

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QUESTION 1 SINGLE CHOICE

A term, alert infant is latched at breast. Which assessment finding most directly indicates effective milk transfer during the feeding?

A The mother feels only strong let-down pressure

B The infant displays rhythmic sucking and swallowing with audible milk intake

C The infant sleeps at the breast for the entire feeding

D The mother produces a specified volume of milk by breast massage

ANSWER B

WHY Rhythmic sucking with swallowing and audible milk intake during a feed provides direct evidence that the infant is transferring milk. Feelings of let-down, a quiet or sleeping infant, or a volume obtained by breast massage do not by themselves confirm effective transfer.

QUESTION 2 SINGLE CHOICE

During prenatal education, a pregnant client asks which measure most effectively supports successful breastfeeding after birth. Which recommendation is best?

A Avoid all breast exposure before delivery

B Feed the infant on a fixed schedule from the first day

C Plan for early, frequent skin-to-skin contact and responsive feeding

D Delay the first breastfeed until the infant is fully awake and crying

ANSWER C

WHY Early, frequent skin-to-skin contact supports infant stabilization, breastfeeding initiation, and access to the breast. Responsive feeding is developmentally appropriate; fixed schedules and delaying feeding are not recommended practices.

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QUESTION 3 MULTIPLE CHOICE

Which two observations indicate that the infant may have a shallow latch requiring breastfeeding assistance? (Choose two.)

A The infant's lower lip is everted

B The mother reports persistent nipple pain throughout the feed

C The infant's cheeks remain rounded during sucking

D The infant repeatedly slips off the breast despite initial attachment

ANSWER **B · D**

WHY Persistent nipple pain and repeated slipping off the breast can indicate a poor or shallow latch. An everted lower lip and rounded cheeks are generally favorable features of attachment and sucking.

QUESTION 4 SINGLE CHOICE

A breastfeeding mother develops a painful, erythematous area of one breast with fever and flu-like symptoms. Which condition should the IBCLC first consider?

A Mastitis

B A normal let-down reflex

C Infant tongue-tie only

D A normal postpartum diuresis

ANSWER **A**

WHY Mastitis commonly presents with a painful, erythematous breast area and systemic symptoms such as fever and malaise. The other options do not fit this clinical presentation.

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QUESTION 5 SINGLE CHOICE

Which finding is a reliable indicator that a healthy term newborn is receiving adequate breast milk intake?

A The infant has one wet diaper on the second day of life

B The infant is sleepy and difficult to awaken for feeds

C The infant is gaining weight appropriately after the expected early newborn weight loss

D The mother's breasts always feel soft after feeding

ANSWER C

WHY Appropriate weight gain after the expected early newborn weight loss is strong evidence of adequate intake. Urine output, alertness, and breast softness are less reliable when considered alone.

QUESTION 6 SINGLE CHOICE

For a healthy term infant, what does exclusive breastfeeding mean?

A The infant receives breast milk only, with no other liquids or solids, while receiving vitamins or medicines when indicated

B The infant receives breast milk plus water after the first week

C The infant receives breast milk and infant formula whenever the mother chooses

D The infant receives breast milk only during the daytime

ANSWER A

WHY Exclusive breastfeeding means the infant receives human milk only, without other foods or liquids. Medicines and vitamin or mineral supplements may be given when clinically indicated or recommended.

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QUESTION 7 SINGLE CHOICE

Under the International Code of Marketing of Breast-milk Substitutes, which practice by a manufacturer is prohibited?

A Providing scientifically justified information to healthcare professionals about breast-milk substitutes

B Distributing free samples of breast-milk substitutes to pregnant women or mothers

C Printing ingredient information required for safe product use

D Supporting independent scientific research without interfering with clinical independence

ANSWER B

WHY The Code prohibits marketing practices such as providing free samples of breast-milk substitutes to pregnant women and mothers. Scientific and factual information to professionals and required product information are addressed differently under the Code.

QUESTION 8 SINGLE CHOICE

An IBCLC is providing care to a family whose cultural practices differ from the IBCLC's own beliefs. Which approach best demonstrates culturally sensitive, client-centered care?

A Replace the family's practices with the IBCLC's preferred practices

B Ask how the family's practices and feeding goals align with safe breastfeeding support

C Avoid discussing culture because it is not clinically relevant

D Provide the same feeding plan to every family regardless of preferences

ANSWER B

WHY Exploring the family's practices, preferences, and goals allows the IBCLC to provide respectful, individualized, evidence-based care while supporting safe infant feeding.

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QUESTION 9 SINGLE CHOICE

A mother says, “I don’t think I can keep breastfeeding because breastfeeding hurts.” Which response best reflects effective lactation counseling?

A “That is normal; you should ignore the pain.”

B **“Tell me more about when the pain began and what you have noticed about the infant’s latch.”**

C “You should stop immediately if you feel pain.”

D “Most mothers experience pain, so you need to be more determined.”

ANSWER **B**

WHY An open, focused invitation to describe the pain and latch experience supports assessment and shared decision-making. Dismissing the concern, giving unsupported reassurance, or directing immediate weaning does not provide effective counseling.

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