Written for professionals by professionals, the Journal of Human Lactation deals with the practical, every day topics that nurses, lactation consultants, midwives, nutritionists/dieticians, public health and social workers, therapists, and physicians face everyday, such as:

- Immunological factors in human milk and HIV transmission through breastfeeding
- Nipple wound care
- Herbal medications and breastfeeding
- The effects of maternal labor analgesia on infant feeding
- Evaluating breastfeeding promotion interventions
- Breastfeeding of very low birth weight infants
- Determinants of infant feeding practices
- The role of breastfeeding in reducing the risk of Sudden Infant Death Syndrome
- Pacifier use
- The use of alternative therapies in the support of breastfeeding mothers and infants
- Nipple shield use among premature infants
- Co-sleeping/Bedsharing during lactation

While strongly advocating and supporting breastfeeding, the journal publishes a balanced view of many of the issues through helpful and immediately useful features such as:

- Original Research
- Independent Study Module for Lactation Consultants
- Insights in Practice (innovative teaching aids and procedures, charting, and referral forms specific to a lactation workup)
- Consultants? Corner (a lively exchange of ideas, approaches and opinions on clinical issues)
- Clinical Perspectives
- Editorials
- Letters to the Editor
- Currents in Human Milk Banking
- The Galactopharmacopedia
- Physicians' Focus
- Literature Reviews
- Case Reports
- ILCA's Inside Track
- Research to Practice
- IBLCE Reports
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