



Lactation Education Resources

NEWSLETTER APRIL 2020

LER and COVID-19 Resources

LER is identifying resources for lactation supporters who are caring for families affected by COVID-19 and will share them with our community.

Click [here](#) to find open-access resources on providing care in the community setting and on telehealth on the LER website.

Click [here](#) for International Lactation Consultant Association, which is continuously updating guidelines for lactation supporters during the pandemic.

For those scheduled to take the IBLCE exam or those planning to apply for the September exam, click [here](#) to keep abreast of the International Board of Lactation Consultant Examiners (IBLCE) revised schedule as they announce it.

Contents

Free Webinars	1
COVID-19 Resources	1
Featured Course	2
<i>Lactation Practice During COVID-19</i>	
Training for BFHI	2
Take Your Event Online	3
Meet Instructor Laurel Wilson	3
Free Handout	4
<i>Increasing Your Breastmilk Supply</i>	
Where to Find LER Next	5
Where to Start	5
Contact Us	5



Join Nikki Greenaway, FNP-C, IBCLC, RLC and Nekisha Killings MPH, IBCLC on Wednesdays at 1:30 pm EDT/10:30 am PDT to answer your questions on clinical practice during the current COVID-19 health crisis. Click [here](#) to register for the free sessions.

Lactation Education Resources

Specialists in online lactation support training

712 Childs Point Rd Annapolis, MD 21401

Voice 443-203-8553 • Fax 410-648-2570 • support@LactationTraining.com

www.LactationTraining.com • www.FirstLatch.net



FEATURED COURSE

Lactation Practice During the COVID-19 Pandemic Understanding Safety Resources and Connections

Laurel Wilson, IBCLC, RLC, BSc, CLE, CCCE, CLD is a TEDx and international speaker, pregnancy and breastfeeding specialist, consultant, educator, and author. This timely and current lesson guides the learner to finding trusted references and current healthcare information regarding COVID-19. Laurel also discusses screening lactation clients before deciding on an in-person or telehealth visit. The lesson also explores a number of privacy protected virtual ways a lactation professional can support the lactating family.

Learn more about Laurel on page 3.

For the **free** 1 L-CERP and 1 Nursing Contact Hour, click [here](#).

Training for the Baby Friendly Hospital Initiative

Lactation Education Resources offers online training for hospitals seeking BFHI designation.

EASY TO USE Each lesson is recorded in webcast format so the learner sees the power point slides and hears the speaker's voice. Studies on comprehension and retention of new information show that both audio and visual components are most effective. Our lessons contain both and are rich with photos, graphics and links to web resources.

FLEXIBLE The webinar format allows access to the training program 24/7/365 Each lesson is 20-45 minutes in length so students can access the materials when they have a short window of time, or can do several lessons when they have a longer period of time to devote to it.

AFFORDABLE Discounted contracts are available for large hospitals or hospital systems.

www.FirstLatch.net

Visit our website and sign up for a **FREE TRIAL PREVIEW** or download a **FULL PROPOSAL**





Meet Instructor Laurel Wilson

Laurel Wilson, IBCLC, RLC, BSc, CLE, CCCE, CLD is a TEDx and international speaker, pregnancy and breastfeeding specialist, consultant, educator, and author.

Laurel is the co-author of two books, *The Attachment Pregnancy* and *The Greatest Pregnancy Ever*; original editor of *The CAPPA Lactation Educator Manual*; as well as a contributing author to *Round the Circle: Doula's Talk About Themselves*.

Her passion is blending today's recent scientific findings with the mind/body/spirit wisdom to help professionals and families realize the magnitude and importance of the perinatal period.

Spending 17 years as Executive Director for Lactation Programs for the Childbirth and Postpartum Professionals Association formed the foundation of her inquiry into the science of human milk. She acted as a board director for the United States Breastfeeding Committee from 2016-2019 and currently serves as an advisor for InJoy Health and Kindred Media.

Laurel has been joyfully married to her husband for nearly three decades and has two wonderful grown sons, whose difficult births led her on a path towards helping emerging families create positive experiences. She believes that the journey into parenthood is a life-changing rite of passage that should be deeply honored and celebrated.

Need to Move Your Conference Online? LER Can Help!

With self-isolation and quarantine, many organizations are having to cancel events that were months in development.

Lactation Education Resources can help you avoid cancellation by moving your conference online.

If you would be interested in learning more, contact Steve Young at syoung@lactationtraining.com.



Information for breastfeeding families

Increasing Your Breastmilk Supply



During the first few days and weeks, frequent stimulation of the breasts by breastfeeding or by using a breast pump is essential to establish an abundant breastmilk supply. If you find your milk supply is low, try the following recommendations.

More breast stimulation

- Breastfeed more often, at least 8 or more times per 24 hours
- Discontinue the use of a pacifier
- Try to get in “one more feeding” before you go to sleep, even if you have to wake the baby
- Offer both breasts at each feeding
- Empty your breasts well by massaging while the baby is feeding
- Assure the baby is completely emptying your breasts at each feeding.

Use a breast pump

- Use a hospital grade breast pump with a double kit
- Pump after feedings or between feedings
- Apply warmth to your breasts and massage before beginning to pump
- Try “power pumping.” Pump for 15 minutes every hour for a day; or try pumping 10 minutes, resting 10 minutes, pumping 10 minutes and so on, for an hour

Mother care

- Reduce stress and activity. Get help
- Increase fluid intake
- Eat nutritious meals; continue to take prenatal vitamins
- Back rubs stimulate nerves that serve the breasts (central part of the spine)
- Increase skin-to-skin holding time with your baby; relax together
- Take a warm bath, read, meditate, and empty your mind of tasks that need to be done

Avoid these things that are known to reduce breastmilk supply

- Smoking
- Birth control pills and injections
- Decongestants, antihistamines
- Severe weight loss diets
- Mints, parsley, sage (excessive amounts)

Keep records

- It is important to keep a daily log with the 24 hour pumping output totals - this amount is more important than the pumped amount at each session. This will help you see your progress over the days.
- Keep in touch with your healthcare provider to monitor your progress and modify your care as necessary.

Retained placenta

- If you are not seeing improvement and you are still having vaginal bleeding after 2 weeks, discuss the possibility of retained placental fragments with your healthcare provider. Small bits of the placenta can secrete enough hormones to prevent the milk from coming in.

Low thyroid

- Have your healthcare provider check your thyroid levels. Low thyroid can affect milk supply.

If supplementation is recommended

- Determine the amount needed with your healthcare provider
- Pump after the feeding
- Offer the supplement in a way that won't interfere with breastfeeding such as a tube or syringe at the breast or a cup or spoon
- Wean your baby off the supplements gradually.

Other resources

- <http://www.lowmilkssupply.org/>



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Specialists in online lactation training

Kirra Brandon MD, FAAD, CBS
Medical Director

Angela Love-Zaranka BA, IBCLC, RLC
Program Director

Vergie Hughes RN, MS, IBCLC, FILCA
Founder

Want to Be a LC But Not Sure Where to Start?

Click [here](#) to Choose Your Own Adventure with our IBCLC Pathways Chart



Contact Us!

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Where to Find LER Next

Online

Q&A With Nikki and Nikki
Wednesdays 1:30 EDT

Virginia Hospital Center

Inpatient Breastfeeding Specialist
Arlington VA April 28, 2020

Sista Midwife

CBS Hybrid
Shreveport LA June 6, 2020

Nemours

Inpatient Breastfeeding Specialist
Wilmington DE August 29, 30