



Lactation Education Resources

NEWSLETTER

AUGUST 2017

LactationTraining.com

1

August 2017

World Breastfeeding Week!

August 1-7

#WBW2017 calls on advocates and activists, decision-makers and celebrants to forge new and purposeful partnerships to attract political support, media attention, and participation of young people.

<http://worldbreastfeedingweek.org/>



SUSTAINING
BREASTFEEDING
TOGETHER

WABA | WORLD BREASTFEEDING WEEK

Congratulations!

to our students who successfully
passed the IBLCE certification exam!!

New Courses Now Available

Infant Feeding in Disasters

This course discusses the various kinds of natural and man made disasters and the problems presented by them in the feeding of infants. 2 L-CERPs, Nursing Contact Hours and CPEs

<https://www.lactationtraining.com/disasters>

Breastfeeding the NICU Infant

A comprehensive on-line course for NICU nurses and lactation consultants covering:

- Skin to skin
- Non-nutritive sucking
- Breastmilk management and storage
- Feeding the infant
- Transition to the breast
- Measuring milk transfer
- Neonatal Abstinence Syndrome
- And more....

Five active lactation consultants present state of the art information. 12 CERPs, Nursing Contact Hours and CPEs

<https://www.lactationtraining.com/nicu-breastfeeding-training>

Contents

World Breastfeeding Week	1
New Courses	1
Baby-Friendly Hospital Training	2
Resources for Lactation Mentors	2
IBLCE Exam Application Deadlines	3
Vergie's Blog	3
Free Parent Handout	4
<i>Flat and Inverted Nipples</i>	
Where will you find LER next?	5
LER Contact Information	5

Lactation Education Resources
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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 Unlimited usage 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**

New Resources for Lactation Mentors

Lactation Education Accreditation and Approval Review Committee (LEAARC) Clinical Internship Taskforce, led by our own Vergie Hughes, has been working on standards and resources for clinical internship sites.

LEAARC :

- Recognizes lactation courses of 45-89 hours
- Approves lactation courses of courses of 90+ hours
- Accredits for Pathway 2 collegiate lactation programs

Soon there will be a recognition process and approval pathway for internship programs. Clinical sites may be individuals providing mentorship services or organized in an institution. Keep your eye on the LEAARC website, <http://www.leaarc.org/index.html> for resources when they are available.

For some Pathway 3 students finding a clinical internship site is difficult. They may canvas many IB-CLCs and hospitals to find nothing in their geographic area. It is hoped that this LEAARC recognition, and the accompanying resources, will spur the development of new opportunities for clinical experience.

The growth and advancement of the lactation consultant profession relies on the education and clinical preparation of practitioners. The development of internship sites within the easy reach of every fledgling lactation consultant is imperative to the growth of the lactation consultant field.





Countdown to the IBLCE Exam Application Deadline

99 days to go!!

Are you ready? We can help!

The Lactation Consultant Training Course

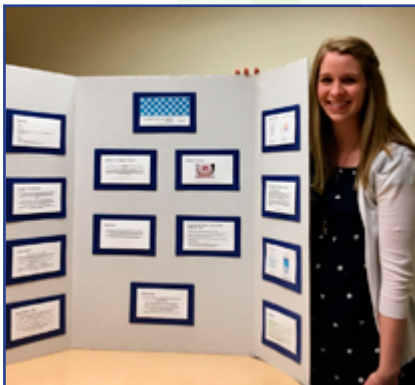
<https://www.lactationtraining.com/courses-required-to-apply-for-iblce-exam>

Exam Review

<https://www.lactationtraining.com/iblce-exam-review>

Congratulations to Intern Heather Zielh who completed her 500 hours at Howard County General Hospital, June 2017.

Heather did her presentation on an Infant with a Bubble Palate.



Re-certifying by CERPs?

We've got you covered!

Bundles of courses from 10, 18, to 20, to the full 75, E-CERPs included

<https://www.lactationtraining.com/bundles-lactation-classes>

****Your IBLCE application deadline is September 30****

<https://iblce.org/certify/key-dates/>

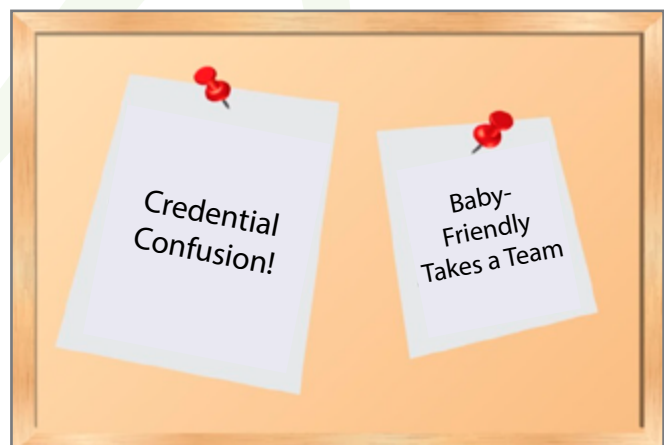
Vergie's Newest Blogs

<http://www.lactationtraining.com/our-blog>

Video Highlights Annual Summit on Breastfeeding

First Food: The Essential Role of Breastfeeding

View any or all the sessions with [this link](#).

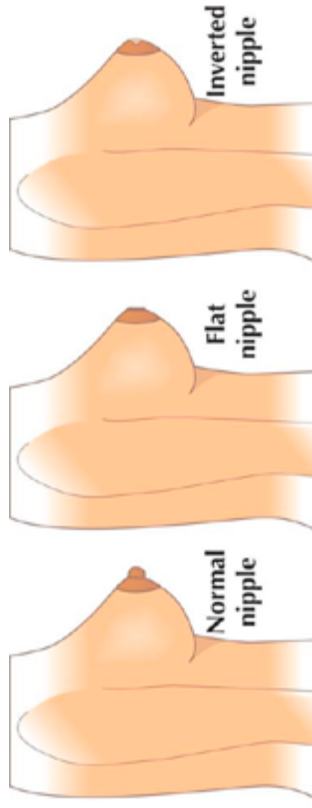


Information for breastfeeding families

Do I Have Flat or Inverted Nipples?



Flat or inverted nipples can sometimes be problems when starting to breastfeed. It is a good idea to know your nipple shape before starting to breastfeed. Compare yourself to these examples. Gently squeeze at the edge of the areola to see how your nipples react. There are three basic shapes.



Normal Nipples

These normally shaped nipples are easy for most babies to latch-on to. The nipple is erect at rest or becomes erect when it is stimulated or the mother is chilled. If you gently squeeze at the edge of this nipple it remains everted.



Flat nipples

These nipples can be difficult for an infant to attach to. They are flat and remain flat even when stimulated.

Occasionally lactation consultants recommend the use of breast shells prior to the baby's birth. Regularly gently rolling and pulling the nipple may help it become more erect. Do not wear breast shells or pull your nipples if you are at risk for preterm delivery.

The use of a breast pump just before feedings will help the nipples become more erect.

Check with your lactation consultant or knowledgeable health care provider to determine solutions that will work best for your situation.

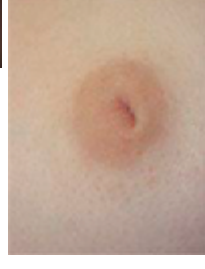


Inverted Nipples

These nipples actually retract at rest or when stimulated. Try gently squeezing at the edge of the areola. Usually these nipples remain inverted.

Occasionally lactation consultants recommend the use of breast shells prior to the baby's birth.

They may suggest a breast pump just before feeding the baby to pull these nipples out for the baby. Check with your lactation consultant or knowledgeable health care provider to determine which solution will be best for your situation.



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Please be aware that the information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician for any questions you may have regarding your medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this program.



Lactation Management Training: From Novice to Expert

Where will you find LER next?

United States Breastfeeding Committee
August 4-6
Arlington, VA

Sibley Memorial Hospital
August 29
Washington, DC
*Staff only

Contact us!

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Want to be a LC but not sure where to start? These YouTube videos will help!

IBLCE Overview

https://youtu.be/90nhHBTb_ME

Pathway 1

<https://youtu.be/oUV1dtpa97Y>

Pathway 3

<https://youtu.be/eOT1AEcj8x4>

Internships

<https://youtu.be/N3hWU4QUrDQ>