



Lactation Education Resources

NEWSLETTER SEPTEMBER 2018

LactationTraining.com

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September 2018

Join us for an exciting Interactive Sharing Conference

Wednesday Sept 5, 2-8 PM

Greater Baltimore Medical Center
Towson, MD 21204

Co-sponsored by Lactation Education Resources

Speaker Liz Brooks JD IBCLC FILCA

Topics:

Conflict of Interest BINGO

Human Milk Sharing

Parents, Babies, Milk and the Law

5 E-CERPs

For more information or to register [click here](#).

New Blog Post

More Than “You’re Doing Great”:

How to prepare, prime and
empower parents in the early days

New parents are overwhelmed with well-meaning advice from a variety of sources on infant care as well and breastfeeding before they leave the hospital. As lactation consultants, we know that encouragement from a health care provider improves breastfeeding initiation and duration rates.

Instead of saying, “you’re doing great, mom” as a parent is discharged from your hospital, describe to them what you see and how they compare to these objective measures.

[Click here](#) to read some scripts many nurses and lactation consultants find helpful.

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New! A Logo for IBCLCs!



IBLCE is excited to announce a logo just for IBCLCs! The logo represents the important role IBCLCs play with breastfeeding families, as represented by the three people in the logo, along with the global reach of IBCLCs. This logo can be used on your business cards, website, and other promotional materials.

Lactation Education Resources
Specialists in online lactation support training

6329 Genoa Rd, Tracys Landing, MD 20779

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

www.LactationTraining.com • www.FirstLatch.net



Featured Course : Formula Feeding

Instructor: Mary Bailey RD IBCLC PCD (DONA)

Mary Bailey instructs the student on how to discuss with families different types of formula available on the market, safe preparation and storage of formula and preventing obesity by using optimal bottle feeding methods to avoid overfeeding.

Cost \$15.00. 1 L-CERP, 1 Nursing Contact Hour and 1 CPE Learn more by [clicking here](#).

New Study Supports Skin-to-Skin Contact

The Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN) has published a retrospective study about skin-to-skin contact in the operating room and the administration of analgesic and anxiolytic medication. The results indicate a trend toward decreased medication administration for women who experienced skin-to-skin contact and add to evidence supporting the incorporation of skin-to-skin contact in the operating room as the standard of care for cesarean birth. The authors concluded that It has the potential to enhance the birth experience, promote breastfeeding and provide greater safety with less exposure to opioids and benzodiazepines for women and their newborns.

Read the article here: [https://nwhjournal.org/article/S1751-4851\(18\)30046-1/fulltext](https://nwhjournal.org/article/S1751-4851(18)30046-1/fulltext)



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](#)**

'Food Truck' for Babies

Breastfeeding mothers in Pendleton, Oregon have access to a unique service; a mobile lactation center!

The van, a project spearheaded by Elizabeth Michaels RN IBCLC, travels to mother's homes as well as the Cayuse Indian Reservation, WIC centers and other locations where pregnant and breastfeeding mothers gather. The van and the lactation consultant services of Elizabeth are funded through a grant from the Oregon Office of Rural Health to CHI St Anthony Hospital in Pendleton, OR.



MOTHER'S MILK, MOTHER'S WISDOM

BREASTFEEDING DOCUMENTARY SOON TO BE RELEASED FOR EDUCATIONAL SALES
written and directed by Jennifer Goldsmith, M.E., CDP



MOTHER'S MILK, MOTHER'S WISDOM follows the stories of three women: Sarah, Yev, and Sumitra, who each face serious postpartum challenges. Not only must they draw upon their own vital resources of strength and determination, but each mother finds it critical to have a supportive presence to help her stay the course. Each mother's experience becomes a catalyst for personal growth and healing and is a testament to the importance of having ongoing, non-judgmental, skilled support.

mothersmilkmotherswisdom.com

Update on HIV/AIDS

Mother-to-child transmission of HIV is the primary mode of HIV infection in infants. Transmission can occur during pregnancy, birth, or through breastfeeding. Decisions on whether or not HIV-infected mothers should breastfeed their infants is based on comparing the risk of infants acquiring HIV through breastfeeding, with the increased risk of death from malnutrition, diarrhea and pneumonia if the infants are not exclusively breastfed. Treatment for HIV (antiretroviral therapy, or ART) reduces the risk of transmission from a mother to her infant.

In the developed world, where there is access to clean water and affordable alternative feedings (infant formula), both the Centers for Disease Control and Prevention and the American Academy of Pediatrics recommend that HIV-infected mothers avoid breastfeeding regardless of the mother's ART treatment status.

In resource-limited settings, the World Health Organization (WHO) previously recommended not breastfeeding if families were able to afford to prepare and store infant formula safely. Based on new research, they have changed their recommendations that HIV-infected mothers breastfeed exclusively for the first 6 months of life and continue breastfeeding for at least 12 months or longer, with the addition of complementary foods. These mothers should be given ART to reduce the risk of transmission through breastfeeding. Breastfeeding should then only stop once a nutritionally adequate and safe diet without breast milk can be provided.

For updates on US recommendations, [click here](#).

For updates on resource poor country recommendations, [click here](#).

Information for Breastfeeding Families

Breastfeeding in the Hospital



Getting the best start, right in the hospital in the first few days of your baby's life, is key to long-term breastfeeding.

Talk to your obstetrician or midwife during your pregnancy so he/she is aware of your wishes. Talk to your labor nurse when you arrive at the hospital to assure that she knows your wishes and can help you when the time arrives. Talk to your pediatrician in a prenatal consultation so he/she can follow-up with your ideal plan.

First, ask that your baby be put on your tummy right after delivery

- Hold your baby skin to skin and watch him crawl up to the breast for his first feeding. This may happen from 10 to 40 minutes after birth.
- Keep your baby skin-to-skin until he has fed for the first time.
- Delay the eye treatment, first weight, newborn injections and other procedures that are common right after delivery until the first feeding is finished.
- If you give birth by cesarean-section, your partner can hold your baby skin-to-skin until you are able to hold him and breastfeed.

Second, keep your baby right with you at all times (rooming-in)

- If you are moved from the delivery area to the maternity area after the birth is over, hold your baby skin-to-skin during this transfer. Cover you both with blankets.

- Your baby can't breastfeed in the hospital nursery. Keep your baby with you so you can respond easily and quickly every time he shows feeding cues.
- Feed your baby at least 8 times each 24 hour day. If it seems like a lot, allow your baby to tell you how hungry he is.
- Look for feeding cues:
 - Waking up, becoming agitated
 - Rooting (turning his head and opening his mouth)
 - Licking, smacking, mouthing movements
 - Sucking on fingers or fist
 - Crying is the last cue. Don't wait for that!
- Continue holding your baby skin-to-skin, before feedings, after feedings, whenever your baby is upset.

Avoid unnecessary supplementation

- Feeding right after birth assures that your baby gets a nice big feeding right away. Then offer the breast often.
- If you are unsure your baby is breastfeeding properly, ask for help! Your nurse can give you pointers and if you need more assistance, ask to see the Lactation Consultant.

Feel free to duplicate Lactation Education Resources 2016

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 healthcare provider for any questions you may have regarding your or your infant's medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this information.



Where will you find LER next?

Interactive Sharing Conference

Speaker: Liz Brooks JD IBCLC FILCA

Sept 5

Greater Baltimore Medical Center

Towson, MD

Co-sponsored by Lactation Education Resources

Register [here](#).

Inpatient Breastfeeding Specialist Course

Speaker: Angela Love-Zaranka BS IBCLC RLC

Sept 17

Virginia Hospital Center

Arlington, VA

Presented by Lactation Education Resources

Register [here](#).

Intimate Partner Violence During Pregnancy and Postpartum

Speaker: Hannah Lindsay LCSW

Sept 22

Children's Hospital

Washington, DC

Co-sponsored by Lactation Consultant Association of Greater Washington and LER

Register [here](#).

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>

Vergie and Angela at ILCA!



Lactation Education Resources

*Lactation Management Training:
From Novice to Expert*

Contact us!

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Vergie Hughes RN MS IBCLC FILCA

Program Director

Angela Love-Zaranka BA IBCLC RLC

Program Development

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