



Lactation Education Resources

NEWSLETTER

MARCH 2019

Happy IBCLC Day!

celebrate with
Lactation Education Resources

Enjoy 10% off all our online offerings
March 4-8

Coupon Code: happyIBCLC10
www.lactationtraining.com



In-patient Breastfeeding Course

This in-person course focuses on the skills necessary to assist mothers to initiate breastfeeding and problem solve common difficulties in the first 5 days of baby's life. Join our experienced instructors as they present content designed to promote breastfeeding and provide the student with the information and skills necessary to assist in most common breastfeeding challenges. This course is perfect for those who work with breastfeeding families in this critical time period. Click [here](#) for course details and how you can bring this course to your facility.

LactationTraining.com

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March 2019

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Are You Prepared for the IBLCE Exam?

April is right around the corner! Register now for our [Exam Review](#). Follow our 30 Day Study Guide, test your knowledge with our flash cards, and get a feel for Exam day with our 3 practice exams.

Lactation Education Resources
Specialists in online lactation support training

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FEATURED COURSES

Domestic Violence and Lactation

Certified Domestic Violence Counselor Tara Joy Powell explains the types and signs of domestic violence, describes the effects of domestic violence on pregnancy, breastfeeding and lactation and lastly, she states action steps lactation consultants can implement to screen and identify domestic violence victims in their practice. 1 L-CERP 1 Nursing Contact Hour and 1 CPE Level II. Click [here](#) for more information.

Mentoring the Next Generation

This course incorporates interviews from knowledgeable and tenured IBCLCs such as Angela Love-Zaranka, Kathy Donovan, Diane Procaccini, Amy Black and Dalaney Young. In addition, the course guides an IBCLC on how to start a mentoring program and marries the benefits on both sides of the intern/mentor relationship. 2 L-CERPS, 2 Nursing Contact Hours and 2 CPEs. Follow this [link](#) to learn how to be a mentor.

BFHI for the Social Worker

Tatiana Coffman LMSW IBCLC delineates how Social Workers are in a unique situation to support breastfeeding families in a baby friendly facility because of their roles as advocates, leaders and champions for causes that promote health and wellbeing across the lifespan. The Social Worker is a key player on the team that supports the process of implementing the 10 steps to successful breastfeeding. Click [here](#) to get a quote for your hospital group.

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](#)



The Family Act

U.S. Senator Kirsten Gillibrand (D-NY) and Congresswoman Rosa DeLauro (D-CT) have reintroduced the Family and Medical Insurance Leave Act (FAMILY) Act (S. 463/H.R. 1185). The [FAMILY Act](#) would ensure that workers can take up to 12 weeks of paid leave for a pregnancy, the birth or adoption of a child, to recover from a serious illness, or to care for a seriously ill family member. The House bill was introduced with 163 original cosponsors and the Senate bill was introduced with 34 original cosponsors



The Fairness For Breastfeeding Mothers Act

The [Fairness for Breastfeeding Mothers Act](#) has been introduced in the Senate by Senators Steve Daines (R-MT), Tammy Duckworth (D-IL), and Elizabeth Warren (D-MA). The bill would require that certain public buildings that are open to the public and contain a public restroom provide a lactation room, other than a bathroom, that is hygienic and is available for use by members of the public to express milk. The lactation room must be shielded from public view, be free from intrusion, and contain a chair, a working surface, and (if the building is supplied with electricity) an electrical outlet. The House version of the bill, [H.R. 866](#), was introduced by Congresswoman Eleanor Holmes Norton (D-DC) and passed the House by voice vote in February.

Ready, Set, Baby

The Carolina Global Breastfeeding Institute has published the latest version of the ["Ready, Set, BABY"](#) patient booklet. The comprehensive resource is now available for download in English, Spanish, Arabic, and African Continent French. Ready, Set, BABY is a tool used for prenatal counseling on breastfeeding and optimal maternity care practices.



Information for breastfeeding families

If your baby refuses your breast



If your newborn has had some bottles or uses a pacifier a lot, he may seem confused or even refuse to go to the breast. Sometimes babies have difficulty latching-on if your nipples are soft and flat.

Skin to skin holding

Try this several times each day for an hour or two. Not only is skin-to-skin contact great for promoting breastfeeding, it helps enhance your baby's nervous system and is fun to do.

Laid-back breastfeeding

If your baby needs more assistance, try laying back for the feeding. Babies seem to feed better when their tummy is in full contact with the mom.

All you have to do is lean back, find a comfortable position and lay the baby near the breast. When he is ready he will find the breast with little help from you. Watch the video of this "Laid Back Breastfeeding" at

<http://www.biologicalnurturing.com/video/bn3clip.html>



Give him a taste

Express a few drops of milk on your nipple, or drip some milk over your nipple for your baby to taste. Stroke your baby's lips with your nipple (from nose towards chin) until his mouth opens wide and pull him quickly onto the breast. Encourage your baby softly and calmly.

Sandwich hold

If your nipple is difficult to grasp, roll it gently between your fingers to make it stand out. Make your breast into a "nipple sandwich" by gently compressing behind the edge of the areola. Keep your thumb in line with your baby's nose and your fingers on the opposite side.



Temporary feeding measures

Sometimes lactation consultants recommend additional feedings given in a way that will not compromise breastfeeding in addition to trying at the breast. It is best not to persist beyond about 10 minutes if your baby is resisting. You want the breast to be a pleasant place for your baby to be, not a battleground. Get advice on alternative feeding methods.

Persistence and patience will remedy this situation. Don't confuse your baby with bottle nipples or pacifiers at this time. After breastfeeding is going well, they can be used. If using these hints doesn't help resolve these problems, make an appointment to see a Lactation Consultant. While you are working on transitioning the baby to the breast, be sure to use a hospital grade breast pump at least 8 times per day to maintain your milk supply. Returning the baby to the breast is always easier if there is an abundant flow of milk available.

This handout may be freely duplicated. Lactation Education Resources 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 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. LER 2019



**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>

Contact Us!

Lactation Education Resources

Specialists in online lactation support training

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Where will you find LER next?

Virginia Hospital Center, Arlington VA

In-patient Breastfeeding Specialist

Angela Love-Zarenka BA IBCLC and Nancy McCalduff BSN IBCLC
March 15, 8 AM to 4: 30 PM 7 CERPs and Nursing Contact Hours available

For more information click [here](#).

Maryland Coalition of Lactation Consultants

Co-sponsored by Lactation Education Resources

Interactive Sharing Conference

Greater Baltimore Medical Center, Baltimore, MD

March 26, 2-8 PM 5 CERPs and CEUs available

Naomi Bar-Yam PhD ACSW

For more information click [here](#).

Lactation Consultants Association of Greater Washington

Co-sponsored by Lactation Education Resources

Breast Pumps Petting Zoo

Shannon Heindel CLE

Sibley Memorial Hospital, Washington DC. Medical Office Bldg #1

March 31, 1-4 PM 1.5 CERPs and Nursing Contact Hours

For more information go to LACGW Facebook or contact Rachel. Blumberg@RiversideLactation.com

Nemours Hospital, Wilmington DE

In-patient Breastfeeding Specialist

Angela Love-Zarenka BA IBCLC and Nancy McCalduff BSN IBCLC

April 26, 7 CERPs and Nursing Contact Hours available

For more information click [here](#).

