



Lactation Education Resources

NEWSLETTER

NOVEMBER 2019

LactationTraining.com

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November 2019

Application Dealine for the IBLCE Exam Is Here

The deadline to apply for the IBLCE Exam is November 15th.

Do you need just a few extra hours of lactation training (click [here](#)) or the Additional General Education requirements? (Click [here](#))

Once you've applied, don't forget about our Exam Review courses for exam practice. (Click [here](#))

Continuing Education for All

Did you know we offer continuing education for more than just lactation consultants?

Currently, all of our courses offer continuing education for lactation consultants, dietitians, and nurses. Our 90 hour course also grants continuing education for Nurse Midwives.

Coming soon, we'll be providing continuing education to physicians, nurse practitioners, and physician's assistants as well. Stay tuned next month for details.

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Lactation Education Resources
Specialists in online lactation support training

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FEATURED COURSE

When Breastfeeding Fails

Margaret Sabo Wills, IBCLC, confronts the negative language often associated with women's reproductivity and reframes it to examine how our modern society often fails lactating parents.

She examines some of the difficulties of both the parent and baby that may contribute to early cessation of breastfeeding and the emotional toll this cessation can take on these parents. Margaret proceeds to promote the language and counseling skills that will both comfort and empower these parents.

Click [here](#) to purchase. 2 CERPs, 2 Nursing Contact Hours, and 2 CPEs

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**





Why Should I Be a Mentor?

The biggest challenge facing many aspiring lactation consultants is obtaining clinical hours. Those who have the easiest path for this are nurses and peer counselors who work in a perinatal setting (labor and delivery, post-partum, nursery, antenatal unit or clinic, etc.) They can collect clinical practice hours at work as they focus on Pathway 1.

But for those who are not in this situation, finding an internship setting as a Pathway 3 student can be frustrating, discouraging, if not down-right impossible. We hear from potential IBCLCs on a regular basis about how difficult it is to find a mentor. This may be a barrier for many who may throw in the towel at this point and give up on a career in lactation. What can we all do to help? We need as many lactation support providers as possible.

If you are inspired to be a mentor, LER offers an online lesson on mentorship. Click [here](#) to sign up.

Lactation students look to mentors to provide that real-world component to the “book learning” they have been doing. Interacting with a variety of mothers, navigating “the system”, problem-solving in difficult situations: these are all skills best learned one on one. Remember the old saying “iron sharpens iron”? Interns keep you sharp. They ask questions that make you think. You search the resource books together. LER offers a full 500 hour internship program and can assist you and your clinical site in becoming a mentorship location with full support from LER.

If you are interested, please contact Amy Black, IBCLC, Director of the Clinical Internship Program at interns@lactationtraining.com.

Spotlight on Gender Equality

The International Labour Organization turns its attention to gender equality as it pertains to maternity and parental leave.

The ILO will be holding a centennial summit on this subject November 8, 2019.

Click [here](#) for the full article.



Baby Wearing



Benefits for Babies

- ✓ **Carried babies cry less.** Studies have shown that the more babies are held, the less they cry in the early months and in the following year. Crying can permanently alter the nervous system by flooding the developing brain with stress hormones. This can lead to babies being overly sensitive to future trauma, post-traumatic stress and panic disorders—even into adulthood.
- ✓ **Carried babies are calmer and more content.** They have a more regular respiratory rate, heart rate, and steady internal body temperature. Carrying promotes a sense of security and contentment.
- ✓ **Carried babies sleep more peacefully.** Keeping baby close helps baby organize his sleep and wake cycles. Naptimes are spent in constant motion. Night-times are dark with a loving parent nearby. This helps baby know the difference between daytime and nighttime.
- ✓ **Carried babies gain weight better.** Premature babies who are touched and held gain weight faster and are healthier. Full-term babies nurse more frequently when they are close to the nursing parent.
- ✓ **Carried babies have better digestion.** The constant motion and frequent small feedings associated with carrying help promote good digestion. Babies who are carried spit up less after feedings.
- ✓ **Carried babies develop better.** Carrying enhances motor skills by stimulating the vestibular system used for balance. Baby constantly readjusts his muscles as mom or dad moves around. Carried babies are less likely to have an asymmetrical head shape because the soft carriers keep the pressure off the backs of their heads. Frequent eye contact and speaking to baby helps promote greater visual alertness and language development.

Benefits for Parents

- ✓ **Carrying babies frees your hands** and lets you get on with your life. You can go out confidently, knowing that baby is in a comfortable, safe place.
- ✓ **Carrying babies makes you physically stronger** and allows you to take walks with your baby. No muscle fatigue in your arms.
- ✓ **Need to work?** Working on the computer – no problem if you've got baby in a sling. Dusting, sweeping, washing dishes – baby is right there with you, enjoying the movement!

Learn more at:

<https://www.askdrsears.com/topics/health-concerns/fussy-baby/baby-wearing/benefits-babywearing>

<http://babywearinginternational.org/pages/safety.php>



Cautions:

Check to ensure that your baby is not curled up tightly in a chin-to-chest position; this compresses your baby's airway. Make sure there is a fingers' width or two between their chin and chest is a good guide. Make sure your baby's back is straight and supported.

Monitor your child at all times. Make sure nothing is obstructing their face. Be aware of how your movements affect the baby: avoid any bumping or jarring motions.



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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Specialists in online lactation training

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Where to Find LER Next

Virginia Hospital Center

Inpatient Breastfeeding Specialist

Spring 2020

More details coming soon.

