



Lactation Education Resources

NEWSLETTER AUGUST 2019

In-Person Training

Join LER instructors next month for an onsite instructional day.

We'll be at the University of Virginia September 8, 2019 for an in-person, hands-on skills day. To be part of this 7 CERP, 7 CNE, 7 CPE day, click [here](#).

September 27 at Virginia Hospital Center we'll conduct our In-patient Breastfeeding Specialist course. Click [here](#) for more details.

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LER Celebrates Breastfeeding in the Month of August

In solidarity with World Breastfeeding Week and Black Breastfeeding Week, LER will be offering discounts **two** times in the month of August. Everyone is welcome to celebrate either (or both!) week(s) with us.

To find the coupon codes for World Breastfeeding Week, [click here](#).

To celebrate Black Breastfeeding Week with us, [click here](#).



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

Infant Oral Anatomy

Speech Language Pathologist Kelly Benson-Vogt takes us through the anatomical structures of the infant affecting breastfeeding and infant feeding, from the cranial nerves and bones, to the lingual muscles, and the structures of the pharynx.

She also lists several anomalies that can affect infants' ability to feed and signs to be on the alert for when assessing an infant feeding.

For more information, follow this [link](#).



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](#)**



Tools to Support World Breastfeeding Week

Fresh from USBC:

The U.S. Breastfeeding Committee has launched the [National Breastfeeding Month 2019](#) webpage featuring resources and action opportunities to help create a landscape of breastfeeding support.

From WABA:

The World Alliance for Breastfeeding Action has published the [#WBW2019 Action Folder](#) and [Social Media Toolkit](#) to amplify your World Breastfeeding Week celebration.

The U.S. Coast Guard and Lactating Personnel

Thanks to LER graduate, Jasmine Beaudoin RN BSN IBCLC for submitting this information:

As of June 2019, United States Coast Guard (USCG) personnel are eligible for the reimbursement (up to \$750 per calendar year per family) of costs associated with shipping their breastmilk home while TDY, underway, or traveling on government business or permissive orders for longer than 72 hours. The Breast Milk Shipment (BMS) Expense reimbursement program has been established by Coast Guard Mutual Assistance (CGMA), the official relief society of the USCG. As they kick off the new program, any receipts that are dated 1 January 2019 or later will be accepted up until 31 August 2019. For additional information, locate your local CGMA representative at <https://www.cgmahq.org/>

Fairness for Breastfeeding Mothers Act Signed Into Law

Summarized from the White House:

The Fairness for Breastfeeding Mothers Act was signed into law on Thursday, July 25. The act requires that certain public buildings that contain a public restroom also provide a lactation room, other than a bathroom, that is hygienic and available for use by a member of the public. This means that advocates and visitors to Capitol Hill, Senate and House office buildings, the Smithsonian buildings, courthouses, customshouses, and other federal facilities around the nation will have access to a clean, private lactation space.



Information for breastfeeding families



Calming a Colicky Breastfed Baby

Crying is often related to hunger, and feeding is the obvious solution. However, periods of crying with no obvious cause and no ready cure plague many parents. Here are a few suggestions. Give several a try. One may work today and another may work tomorrow. Be flexible and know that "this too will pass."

Symptoms:

Periods of inconsolable crying
Clenching fists
Drawing legs up to abdomen
Stiffening as if in pain
Passing gas
Grimacing

Possible causes: (may be more than one)

Immature gastro-intestinal system
Sensitive nervous system
Excessive gas or over-feeding
Formula intolerance
Foods the breastfeeding parent has eaten
Over-stimulation

Possible remedies:

- ✓ Hold your baby skin-to-skin several times each day
- ✓ Motion in any form
 - Walking
 - Baby swing
 - Rocking in rocking chair
 - Rocking side to side while standing
 - Ride in the car or in a stroller
 - Carry baby in infant sling
- ✓ Over-the-counter gas-relief drops (discuss with MD)
- ✓ Singing, humming
- ✓ Take a break, let someone else try for awhile; babies sense your tension
- ✓ White sound nearby (running water, vacuum, clothes dryer, hair dryer)
- ✓ Commercially available recordings with strong beat designed to simulate intrauterine sounds
- ✓ Undress your baby and allow complete freedom of motion
- ✓ Avoid over-stimulation from noises, lights, or motion
- ✓ Distract the baby with different sounds, sights, or places
- ✓ Place pressure on your baby's abdomen (gently)
 - Hold baby in the "colic hold" (facing floor, supported by your arm, heel of your hand putting pressure on the abdomen)
 - Hold baby over your shoulder or over your knees
- ✓ Bicycle your baby's legs
- ✓ Take an infant massage class
- ✓ Keep a food diary to determine if a particular food bothers your baby
- ✓ Consult a Lactation Consultant
- ✓ Contact your healthcare provider for other medical explanations and solutions

"Colic hold"





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>

Where Will You Find LER Next?

University of Virginia

Charlottesville VA September 8
Clinical Skills, 7 CERPs, NCH's, CPE's
Follow this [link to sign up](#)

Virginia Hospital Center

Fairfax VA September 27
7 hour In-Patient Specialist Course
[Click here](#) for more information

Contact Us!

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*Specialists in online lactation support
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Vergie Hughes RN MS IBCLC FILCA
Program Director

Angela Love-Zaranka BA IBCLC RLC
Program Development

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