



Lactation Education Resources

NEWSLETTER

OCTOBER 2019



Hybrid CBS Course a Success!

Lactation Education Resources partnered with the University of Virginia to pilot the Hybrid version of our 45 hour Certified Breastfeeding Specialist course.

Over 115 students from all backgrounds (RNs, LPNs, MDs, RDs, and others supporting lactation) completed 38 hours of online lactation training and then attended a 7 hour in-person hands-on clinical skills day. Afterward, they were given access to a final exam to be awarded the Certified Breastfeeding Specialist certification.

Would your hospital like to host such an event for your staff and community? Contact Angela Love-Zaranka at programdevelopment@lactationtraining.com

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Lactation Education Resources
Specialists in online lactation support training

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FEATURED COURSE

Maternal Disease and Lactation

Susan Hatcher, RN, BSN, IBCLC investigates the diseases in the lactation parent that can affect lactation.

She thoroughly covers the different types of depressive states, whether chronic or post-partum, their treatments, and how they affect lactation.

Susan discusses both the diseases that we may expect to affect lactation (thyroid diseases, polycystic ovarian syndrome, and HIV) and those we may not have associated with lactation, such as multiple sclerosis, epilepsy, and lupus.

In each case, Susan gives us strategies for supporting these parents and their lactation goals.

Click [here](#) to purchase. 1 CERP, 1 Nursing Contact Hour, and 1 CPE

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**





USLCA Wants You!

The United States Lactation Consultant Association is launching a search for members of their newly created Advisory Board.

They would like applicants from a diversity of backgrounds (demographics, credentials, and geography) for their seven member advisory board.

Whether you are an IBCLC, CBS, peer counselor, or other practitioner supporting breastfeeding, click [here](#) for more information and the application.



An Exclusive Human Milk Diet Saves Money and Lives

Very low birth weight infants have increased nutritional needs over full term babies. Although the risks of sepsis and necrotizing enterocolitis are much lower when infants receive only human milk, including fortifiers from human milk, generally the cost for such fortifiers are deemed too high in comparison to cow-milk based fortifiers.

However, a study published last month in *BMC Pediatrics* studies the complete economic impact of using human milk fortifiers. The researchers conclude that human milk fortifiers create direct costs savings of over \$15,000 and indirect cost savings of over \$100,000 *per infant*. To read the full article, [click here](#).



Social Support Major Player in Breastfeeding Duration

A new qualitative study published in *Breastfeeding Medicine* highlights how a nursing dyad's immediate network (family, close friends) can be one of the most important factors in determining breastfeeding duration. To see the full article, [click here](#).

Information for breastfeeding families

Promoting Let-down and Milk Flow



“Let down” occurs when the milk releases and generously flows from the breast, stimulated by the hormone oxytocin. It usually occurs about 1-3 minutes after the start of breastfeeding or using a breast pump. Try these suggestions to let the milk flow.

Promote relaxation

- ✓Take several deep breaths and close your eyes before you begin
- ✓Visualization:
 - *Imagine the beach or other relaxing place: Use all five senses: imagine the sights, smells, taste, sound and sensations around you in this location
 - *Try to visualize and "feel" what the let-down response feels like.
 - *Imagine your milk flowing or use images of waterfalls or a river of milk
 - *Think of your baby's soft little hand moving at your breast
- ✓Look at pictures of your baby
- ✓Listen to the sound of your baby cooing or “talking” to you. Even a cry can be helpful.
- ✓Smell your baby's unwashed shirt or blanket
- ✓If you are in any pain, take Advil or Tylenol about 30 minutes before you expect to nurse. Pain can cause stress and inhibit let-down
- ✓Set up a “nursing nook” where you always go to breastfeed or pump that is quiet and without distraction. Have a comfy chair, pillows, footstool, soothing music, and warm beverages easily available
- ✓Hold your baby skin-to-skin
- ✓Get in a warm bath with baby and nurse there
- ✓Singing or humming may speed let-down
- ✓Distract yourself – listen to a podcast, talk on the phone, read a book, etc.
- ✓Place a heating pad or warm herb pack on your shoulders and/or across your breasts
- ✓Have a helper massage your back and shoulders before and while you nurse

Nipple stimulation to release oxytocin

One minute of moist heat, massage, nipple rolls and gentle tugging. Rest two minutes then pump or feed your baby.

Reverse Pressure Softening

Apply direct pressure on the areola with your fingertips



Breast massage

- ✓Helper stands behind mom using non-scented lotion or massage oil
- ✓Warm compresses
- ✓Start around the areola
- ✓Work tips of fingers in circles around breast clockwise
- ✓Gently and gradually apply pressure to stubborn areas
- ✓Apply breast compressions periodically



Hands-on pumping

<https://med.stanford.edu/newborns/professional-education/breastfeeding/maximizing-milk-production.html>



Want to Be a LC But Not Sure Where to Start?

Click [here](#) to Choose Your Own Adventure with our IBCLC Pathways Chart



Applying for the IBLCE Exam?

Application for the April exam is open now and will end November 15th.

Don't wait until the last minute to finish your coursework!

Contact Us!

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