



NEW

New Feature!

Ask a Question Get an Answer

Question: I met a mother who has been breastfeeding for 8 months. She broke her toe and her doctor told her it was due to the breastfeeding because all her calcium was going away in her milk. is this true?

See page 3 for the answer!

What's new for you in 2018?

Do you have a lactation goal for 2018?

Maybe it's to finally take the 90-hour course to ***become an IBCLC?*** Or to ***start a breastfeeding center*** in your hospital or in your community? Are you going to make your office practice ***breastfeeding friendly?*** If you are an experienced lactation consultant, how about ***going for your FILCA?***

Do something BOLD in 2018!

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Lactation Education Resources
Specialists in online lactation support training

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Featured Course : 75 CERP Recertification Bundle

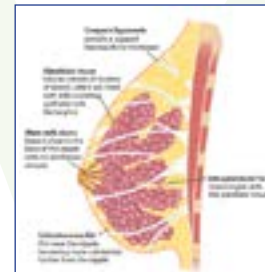
Is this your year to recertify? The window for is Jan 16 to Sept 30, 2018. LER has an easy, user-friendly, inexpensive way to earn CERPs for recertification for lactation consultants and contact hours for nurses. Simply view the webcast video lessons, do the online activities then take the online post test.

Use this link to learn more: <https://goo.gl/Gekgzf>

Lactation Art Work Available

Through our affiliation with Mom2Mom Global, we recently discovered that some of the art work we were using to illustrate our lessons came from a non-WHO code compliant company. Oops. So, we have replaced those images. If you need artwork for your power point presentations for parents or professionals, we have a variety of professionally drawn art work available.

Click here to view and purchase: <https://goo.gl/NjMa9E>



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](#)**



24th Annual East Coast More than LATCH Conference

February 21 – 25, 2018 Virginia Beach, Virginia
<http://latchconference.wixsite.com/latchconference>

Featured speakers:

James J. McKenna, PhD

- The Return of “Breastsleeping”. Humankind's Oldest and Most Successful Sleep and Feeding Arrangement,
- Colic and SIDS: Is there a Connection?
- Sleep Like a Human Baby. What Exactly That Means . . . Culture and Biology in Conflict in Western Industrialized Cultures

Frank Nice, RPh, DPA, CPHP

- Sore Nipple Treatments Including the Use of Peppermint
- Galactagogues Including Domperidone

Amber Price, DNP, CNM

- Obstetric Violence and the Impact on Lactation

Jane Die, MD, IBCLC

- Inpatient Collaboration: Teamwork Makes a Dream Work

Natasha Sriraman, MD, MPH, FAAP, FABM

- Cultural Differences in Breastfeeding: A Practical Approach

Ask a Question, Get an Answer

Question: I met a mother who has been breastfeeding for 8 months. She broke her toe and her doctor told her it was due to the breastfeeding because all her calcium was going away in her milk. Is this true?

Answer: Significant calcium transfer from the mother to the fetus and infant occurs during pregnancy and lactation, theoretically placing the mother at an increased risk for osteoporosis. The relationship between pregnancy, breast-feeding and low bone mass is controversial.

Pregnancy and lactation cause a substantial increase in demand for calcium that is met by different maternal adaptations within each period. Intestinal calcium absorption more than doubles during pregnancy, whereas the maternal skeleton resorbs to provide most of the calcium content of breast milk during lactation. Although some women may experience fragility fractures because of pregnancy or lactation, for most women, parity and lactation do not affect the long-term risks of low bone density, osteoporosis, or fracture (Kovacs, 2011).

In a study by Yumusakhuylu, they found no difference in ultrasonometry of the tibia (lower leg) between pregnant women, lactating women and nulliparous (never been pregnant) women. Adolescent breastfeeding mothers had similar bone mineral density at one year postpartum as nulliparous adolescents (Mendez, 2013). Even women who have low dietary calcium intake during lactation do not have impaired lactational performance or exaggerated bone loss (Prentice, 2000).

Although providing extra calcium to the offspring could conceivably jeopardize the ability of the mother to maintain calcium mineralization, pregnancy and lactation have no permanent negative effect on maternal bone mineral density but may positively affect bone structure in the long term (Kovacs, 2015; Wikilund, 2012).

References:

Kovacs CS. Calcium and bone metabolism disorders during pregnancy and lactation. *Endocrinol Metab Clin North Am*. 2011 Dec;40(4):795-826.

Kovacs CS. Calcium Metabolism during Pregnancy and Lactation. *EndoText* 2015 <https://www.ncbi.nlm.nih.gov/books/NBK279173/>

Méndez RO, Gallegos AC, Cabrera RM, Quihui L, Zozaya R, Morales GG, Valencia ME, Méndez M. Bone mineral density changes in lactating adolescent mothers during the first postpartum year. *Am J Hum Biol*. 2013 Mar-Apr;25(2):222-4.

Prentice A. Calcium in pregnancy and lactation. *Annu Rev Nutr*. 2000;20:249-72.

Information for breastfeeding families

Breastfeeding Moms Survival Guide for the First Two Weeks



Breastfeed whenever your baby shows feeding cues

It sounds like a lot, but your baby needs your milk and your breasts need the stimulation to bring an abundant milk supply. Newborns need to be fed around the clock so they get at least 8 feedings and on demand each 24 hour period.

Wake your baby up well before feedings

A drowsy baby will not feed for long. Undress him to his diaper, rub his tummy and back, talk to him and rock him back and forth if necessary until his eyes open. A good strategy is to put the baby naked (except for a diaper) on your chest skin to skin for 1/2 hour prior to feeds.

Keep your baby sucking through the feeding

If she drifts off to sleep, "bug her" to keep her awake. Massage, cool wash cloths, blowing on her face, and talking to her will keep her going. Look for vigorous sucking on each breast.

Try baby led latching

Get in a reclining position and place the baby on top of you in any position that is comfortable for you. Allow the baby to locate the breast and latch-on. His head will bob around until he locates the breast. When his chin feels the breast first, he will open wide and latch-on. Try again if you feel any nipple pain.

Read this for more details.

<http://www.biologicalnurturing.com/index.html>

If your breasts get full, have your baby empty them for you by frequent feeding

If that is not enough, you may use a breast pump prior to feedings to get the milk flowing and shape the nipple, then feed the baby. After feedings, if you are still over-filled, use the breast pump again. Ice is also a good way to slow down breastmilk production at this time. And it will feel good!

Look for one wet diaper for each day the baby is old until day 6

Continue with 6 wet diapers and 2-3 stools daily. For example, 3 wet diapers on day three, four on day four and so on. More is fine, but if you are not getting these minimums, call me or your pediatrician for evaluation of your situation and advice.





Lactation Education Resources

Lactation Management Training: From Novice to Expert

Contact us!

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**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>