



Lactation Education Resources

NEWSLETTER JULY 2019

Hands On Clinical Day

Are you looking to hone your clinical skills or just need a refresher?

Come join us at the University of Virginia September 8, 2019 for an in-person, hands-on skills day.

Our instructors will break down a consult and give you hands on opportunities to work with test weights, alternative feeding methods, breast pumps, and more.

To be part of our 7 CERP, 7 NCH, 7 CPE day, click [here](#).

Need CERPs to Recertify Your IBCLC? LER Can Help

If you are recertifying by CERPs, the deadline isn't too far away.

Whether you need all 75 (click [here](#)), E-CERPs (click [here](#)) or just those last few L-CERPs (click [here](#)), LER has you covered.

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Congratulations to Our New IBCLCs!



Lactation Education Resources
Specialists in online lactation support training

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FEATURED COURSE

Breastfeeding as a Non-birthing Parent: During this three part online conference, Alyssa Schnell (MS, IBCLC) breaks down the who, why, how, and what of non-birthing parents.

In Breastfeeding Without Birthing, she delineates the different types of parents who may want to induce lactation for their children and the varied reasons why they feel this need.

Finally, in The Proficient Pumper and Tools for Supplementation, Alyssa goes over the tools these parents may need to achieve their goals and how lactation consultants can assist them in doing so.

4 L-CERPs, 4 Nursing Contact Hours, 4 CPEs. To learn more, click [here](#).

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.



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or download a **[FULL PROPOSAL](#)**

WIC and BFHI

Infants whose mothers participate in the Women, Infant, and Children's national nutrition program achieve a disproportionately lower rate of breastfeeding at six months than their non-WIC peers.

A study out of Los Angeles County sought to test whether exposure to Baby-Friendly practices would alter the breastfeeding rates within this population.

Infants whose parents experienced at least 2 baby-friendly practices were more likely to meet desired breastfeeding outcomes than those who did not. Further, the more baby-friendly practices the parents experienced, the better the breastfeeding outcomes.

To read the full study published by the Academy of Breastfeeding Medicine, you can follow this [link](#).



News from the IBLCE

Changes in IBLCE for certification:

- Beginning Jan 1, 2020 candidates using clinical hours from a Breastfeeding Support Counsellor Organization will be able to count them on a hour-per-hour basis and the “flat-rate” hours will not apply.
- Beginning April 2021, in addition to 90 hours of lactation specific education, 5 hours of communications skills training will be required.
More details <https://iblce.org/step-1-prepare-for-ibclc-certification/>

Changes in IBLCE re-certification:

- Beginning in 2020 the IBLCE will award two CERPS for each full year of volunteer service on a organization board that promotes a breastfeeding mission
- Beginning 2021, recertifying LCs will need 250 hours of practice in lactation consulting in the 5 years prior to retaking the exam (may be clinical practice, education, administration, research and/or advocacy, either paid or unpaid).
- Beginning in 2021, Basic Life Support is required for recertification.
- Beginning in 2021 the IBLCE will offer an IBCLC “Retired Status” for those who do not intend to certify again.
- Beginning in 2021, the IBCLC will offer a “Inactive Status” for those with who need additional time to meet re-certification requirements.
- Beginning in 2022, IBCLCs have the option of doing a self-assessment and focused continuing education or recertifying by exam.

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

USBC on Capitol Hill

Breastfeeding advocates from around the United States were on Capitol Hill June 12 for the United States Breastfeeding Committee Advocacy Day. Fifty-six members of local breastfeeding coalitions from 27 states and territories met with their legislators to discuss and advocate for bills related to breastfeeding and pumping accommodations, paid family leave, military parental paid leave, extensions of Medicaid and WIC eligibility for postpartum women, and appropriations for the WIC peer counseling program. Contact your state or territory breastfeeding coalition for details on your area’s advocacy efforts and ways you can help!



Information for Breastfeeding Families

Breastfeeding in the Hospital



Getting the best start, right in the hospital in the first few days of your baby's life, is key to long-term breastfeeding.

Talk to your obstetrician or midwife during your pregnancy so he/she is aware of your wishes. Talk to your labor nurse when you arrive at the hospital to assure that she knows your wishes and can help you when the time arrives. Talk to your pediatrician in a prenatal consultation so he/she can follow-up with your ideal plan.

First, ask that your baby be put on your tummy right after delivery

➤ Hold your baby skin to skin and watch him crawl up to the breast for his first feeding. This may happen from 10 to 40 minutes after birth.

➤ Keep your baby skin-to-skin until he has fed for the first time.

➤ Delay the eye treatment, first weight, newborn injections and other procedures that are common right after delivery until the first feeding is finished.

➤ If you give birth by cesarean-section, your partner can hold your baby skin-to-skin until you are able to hold him and breastfeed.

Second, keep your baby right with you at all times (rooming-in)

➤ If you are moved from the delivery area to the maternity area after the birth is over, hold your baby skin-to-skin during this transfer. Cover you both with blankets.

➤ Your baby can't breastfeed in the hospital nursery. Keep your baby with you so you can respond easily and quickly every time he shows feeding cues.

➤ Feed your baby at least 8 times each 24 hour day. If it seems like a lot, allow your baby to tell you how hungry he is.

➤ Look for feeding cues:

Waking up, becoming agitated

Rooting (turning his head and opening his mouth)

Licking, smacking, mouthing movements

Sucking on fingers or fist

Crying is the last cue. Don't wait for that!

➤ Continue holding your baby skin-to-skin, before feedings, after feedings, whenever your baby is upset.

Avoid unnecessary supplementation

➤ Feeding right after birth assures that your baby gets a nice big feeding right away. Then offer the breast often.

➤ If you are unsure your baby is breastfeeding properly, ask for help! Your nurse can give you pointers and if you need more assistance, ask to see the Lactation Consultant.

Feel free to duplicate Lactation Education Resources 2019

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 healthcare provider 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.



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?

ILCA

Atlanta GA July 24-26

Stop by our booth and say hi. Click [here](#) for conference Information.

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

More information will be coming soon.

Contact Us!

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training*

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