



LER Introduces New Course Discounts for Global Health

To make our Lactation Consultant Training Program more widely available to those from developing countries, we are offering discounts based on the World Bank Economy Indicators. Please email Wendy at LER@lactationtraining.com to enroll using a discount code.

World Bank Economy Indicators

	LER LCTP	LER Core I
Category A	975	645
Category B	825	545
Category C	680	450
Category D	535	350

CATEGORY A:

Andorra, Antigua and Barbuda, Argentina, Aruba, Australia, Austria, Bahamas, Bahrain, Barbados, Belgium, Bermuda, British Virgin Islands, Brunei Darussalam, Canada, Cayman Islands, Channel Islands, Chile, Croatia, Curaçao, Cyprus, Czech Republic, Denmark, Estonia, Faeroe Islands, Finland, France, French Polynesia, Germany, Gibraltar, Greece, Greenland, Guam, Hong Kong (SAR), Hungary, Iceland, Ireland, Isle of Man, Israel, Italy, Japan, Korea, Rep., Kuwait, Latvia, Liechtenstein, Lithuania, Luxembourg, Macao (SAR), Malta, Monaco, Nauru, Netherlands, New Caledonia, New Zealand, Northern Mariana Islands, Norway, Oman, Poland, Portugal, Puerto Rico, Qatar, San Marino, Saudi Arabia, Seychelles, Singapore, Sint Maarten (Dutch part), Slovak Republic, Slovenia, Spain, St. Kitts and Nevis, St. Martin (French part), Sweden, Switzerland, Taiwan, Trinidad and Tobago, Turks and Caicos Islands, United Arab Emirates, United Kingdom, United States, Uruguay, Virgin Islands (U.S.)

CATEGORY B:

Albania, Algeria, American Samoa, Angola, Azerbaijan, Belarus, Belize, Bosnia and Herzegovina, Botswana, Brazil, Bulgaria, China, Colombia, Costa Rica, Cuba, Dominica, Dominican Republic, Ecuador, Equatorial Guinea, Fiji, Gabon, Georgia, Grenada, Iran (Islamic Rep.), Guyana, Iraq, Jamaica, Jordan, Kazakhstan, Lebanon, Libya, Macedonia (FYR), Malaysia, Maldives, Marshall Islands, Mauritius, Mexico, Montenegro, Namibia, Palau, Panama, Paraguay, Peru, Romania, Russian Federation, Serbia, South Africa, St. Lucia, St. Vincent and the Grenadines, Suriname, Thailand, Turkey, Turkmenistan, Tuvalu, Venezuela RB

CATEGORY C:

Armenia, Bangladesh, Bhutan, Bolivia, Cabo Verde, Cambodia, Cameroon, Congo (Rep.), Côte d'Ivoire, Djibouti, Egypt (Arab Rep.), El Salvador, Ghana, Guatemala, Honduras, India, Indonesia, Kenya, Kiribati, Kosovo, Kyrgyz Republic, Lao (PDR), Lesotho, Mauritania, Micronesia (Fed. Sts.), Moldova, Mongolia, Morocco, Myanmar, Nicaragua, Nigeria, Pakistan, Papua New Guinea, Philippines, Samoa, São Tomé and Príncipe, Solomon Islands, Sri Lanka, Sudan, Swaziland, Syrian Arab Republic, Tajikistan, Timor-Leste, Tonga, Tunisia, Ukraine, Uzbekistan, Vanuatu, Vietnam, West Bank and Gaza, Yemen (Rep.), Zambia

CATEGORY D:

Afghanistan, Benin, Burkina Faso, Burundi, Central African Republic, Chad, Comoros, Congo (Dem. Rep.), Eritrea, Ethiopia, The Gambia, Guinea, Guinea-Bissau, Haiti, Korea, Dem. People's Rep., Liberia, Madagascar, Malawi, Mali, Mozambique, Nepal, Niger, Rwanda, Senegal, Sierra Leone, Somalia, South Sudan, Tanzania, Togo, Uganda, Zimbabwe

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Lactation Education Resources
Specialists in online lactation support training

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What is a Certified Breastfeeding Specialist?

A Certified Breastfeeding Specialist (CBS) certification is awarded at the successful completion of:

- The Enriched Lactation Consultant Training Program
- The Lactation Consultant Training Program Core Phase I
- The Breastfeeding Resource Nurse Program

This certification indicates that you have completed additional training and can provide skilled lactation care to breastfeeding mothers and infants. The certification is good for 5 years, and certificants are encouraged to continue their education to take the IBLCE certification exam.

To view the Scope of Practice of a CBS visit:
<https://www.lactationtraining.com/images/PDFs/Scope-of-Practice-CBS-revised.pdf>

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.

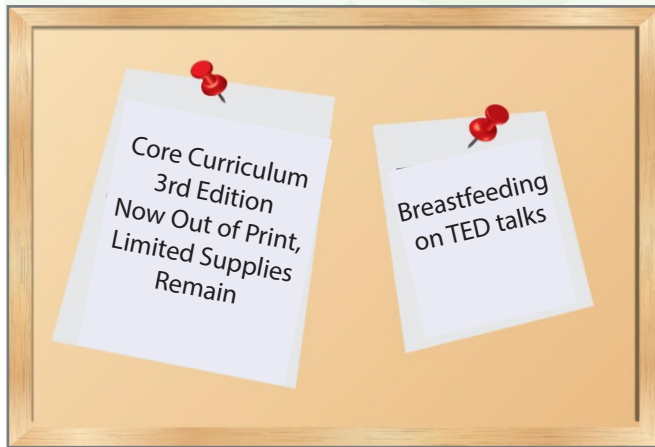


www.FirstLatch.net

Visit our website and sign up for a **FREE TRIAL PREVIEW** or download a **FULL PROPOSAL**.

Vergie's Newest Blogs

<http://www.lactationtraining.com/our-blog>



Alert!! Upcoming Deadlines

June 2017	2017 April Exam Results Posted
Sept 1 – Nov 15, 2017	2018 April Exam Application Window
Sept 30, 2017	Recertify by CERPs application deadline.
Oct 2-4, 2017	IBLCE certification exam administration

Check the IBLCE website to verify this information and for details as they become available .

<http://iblce.org/certify/key-dates/>

Congratulations Intern Graduates!



Sibley Memorial Hospital Interns, Mentors and Amy Black, Director of Clinical Internship Program



Lori Porcelli, Winifred Turyahakayo

Clinical Intern Sites Available

Finding a clinical internship for Pathway 3 students can be challenging. Lactation Education Resources' Clinical Internship Program offers internships at sites throughout the metro Washington, DC, metro Baltimore, MD area and selected other locations. Visit our website for more details.

<https://www.lactationtraining.com/our-courses/internship/clinical-internship-program>

Information for breastfeeding families

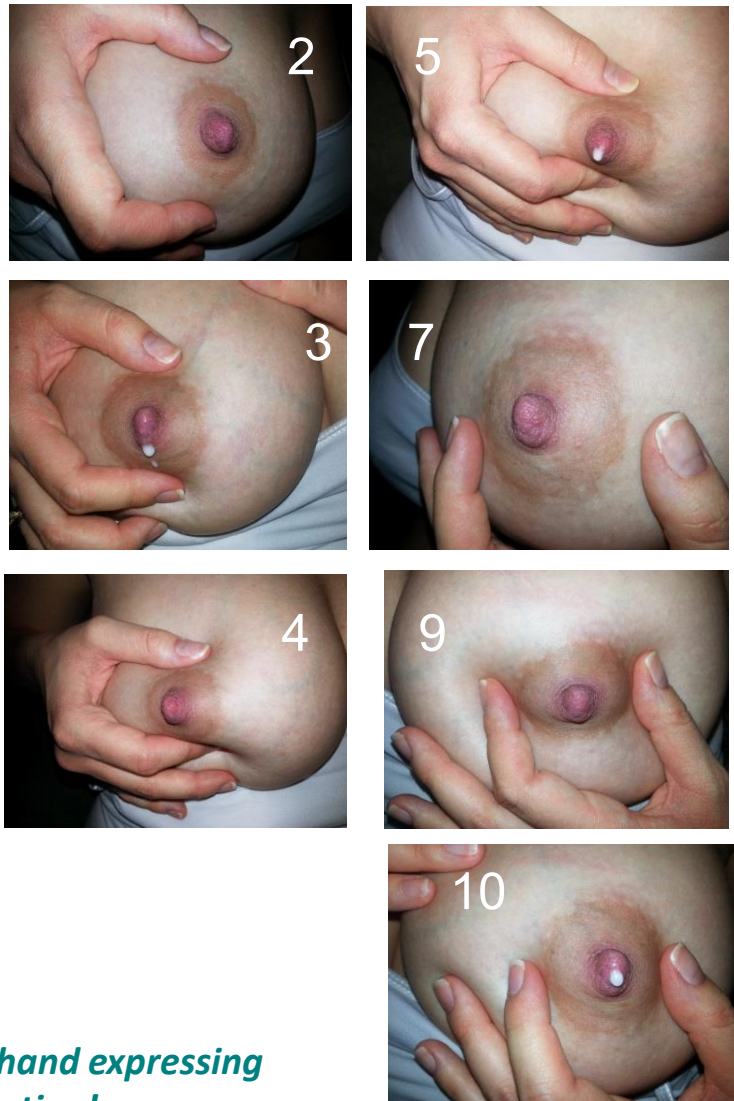
Hand Expression



Hand expression is a handy skill to have whenever you need to empty your breasts and you are not with your baby or your baby is temporarily unable to breastfeed. In the first few days after birth, hand expression can be more effective at removing colostrum than using a breast pump. If your baby needs a supplement in the first week or so, use hand expression to provide the milk he needs!

Hand expression routine:

1. Apply heat, massage and stroke breasts
2. Position fingers behind areola
3. Press back towards chest
4. Compress fingers together to express milk
5. Relax and repeat, getting a rhythm going
6. Express for 5-7 minutes
7. Move fingers to a different position
8. Massage and stroke the breast
9. Press back towards chest
10. Compress fingers together to express milk
11. Express milk for 3-5 minutes
12. Massage and stroke breasts
13. Move fingers to a different position
14. Express milk for 1-2 minutes
15. Complete cycle takes 20-30 minutes



***Watch these videos while you are hand expressing
to see the technique in action!***

- <http://newborns.stanford.edu/Breastfeeding/HandExpression.html>
- <https://vimeo.com/65196007>



Where will you find LER next?

Stop by our booth to say Hi
and pick up your LER lapel pin!

United States Lactation Consultant Association
May 3-6
San Antonio, TX
<https://uslca.org/new-horizons>

International Lactation Consultant Association
July 19-22
Toronto, ON, Canada
<http://www.ilca.org/ilca17>

Maryland Breastfeeding Sharing Conference
June 13, 2-8 PM
Towson, MD
featuring Dr. Frank Nice RPh, DPA, CPHP speaking on Non-prescription Drugs and Sore Nipples and Cheryl Harrow DNP, FNP-BC, IBCLC speaking on Neonatal Abstinence Syndrome.
<http://www.marylandclc.org/about-us/>

Contact us!

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Lactation Management Training: From Novice to Expert



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>



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