



Lactation Education Resources

NEWSLETTER JULY 2018

NEW

Baby-Friendly Specialist Courses Now Available

Baby Friendly USA has identified health care providers outside of the maternity care units, who work in Baby Friendly hospitals, which would benefit from additional training. LER now has courses available for anesthesiologists, pharmacists, radiologists, dieticians and ancillary staff. Coming soon is a course for Social Workers and/or discharge planners.

[Click here](#) for more information.

Contents

BFHI Specialist Courses	1
World Breastfeeding Week	1
Featured Course: <i>Breastfeeding Multiples</i>	2
Live Webinar Schedule	2
BFHI Training	2
Congrats Students and Interns	3
Ask a Question, Get an Answer: <i>IV Fluids</i>	3
Free Parent Handout	4
<i>Five Keys to Successful Breastfeeding</i>	
Where Will You Find LER Next?	5
Not Sure Where to Start?	5
LER Contact Information	5

World Breastfeeding Week

August 1-7, 2018



**BREASTFEEDING
Foundation of Life**
WABA | WORLD BREASTFEEDING WEEK

In a world filled with inequality, crises and poverty, breastfeeding is the foundation of lifelong good health for babies and mothers. The slogan of World Breastfeeding Week (WBW) 2018 is:

BREASTFEEDING: Foundation of Life.

The objectives for World Breastfeeding Week are to:

- **Inform** people about the links between good nutrition, food security, poverty reduction and breastfeeding
- **Anchor** breastfeeding as the foundation of life
- **Engage** with individuals and organizations for greater impact
- **Galvanize** action to advance breastfeeding as a part of good nutrition, food security and poverty reduction

For more information go to:

<http://worldbreastfeedingweek.org/>

For ideas on World Breastfeeding Week activities, go to:

<https://www.facebook.com/WABA.WBW/>

World Breastfeeding Week is an activity sponsored by
The World Alliance for Breastfeeding Action.

<http://waba.org.my/>



Lactation Education Resources
Specialists in online lactation support training

6329 Genoa Rd, Tracys Landing, MD 20779

Voice 443-203-8553 • Fax 410-648-2570 • LER@LactationTraining.com

www.LactationTraining.com • www.FirstLatch.net



Featured Course : Breastfeeding Multiples

Instructor Jane Bradshaw RN BSN IBCLC

Jane discusses strategies for new parents to successful breastfeeding twins and super twins.

Cost \$25.00. 2 CERPs, 2 Nursing Contact Hours and 2 CPEs Learn more by [clicking here](#).

LIVE webinar schedule for the October Exam Students

LER LIVE! is a one hour session where you can bring questions from your studies and/or scenarios from your clinical work or internships. Find details on how to join a session on our [website](#).



Tues, July 10, 7pm EDT - Clinical Tools for the Lactation Consultant.
Guest speaker Barbara Robertson

Tues, July 31, 7pm EDT - You Need to Supplement: What's Next?
Guest speaker Barbara Robertson

Mon, Aug 13, 6pm EDT - Post Partum Mood Disorders.
Guest speaker Jada Wright Nichols

Wed, Aug 29, 5pm EDT - Topic TBD.
Speaker Vergie Hughes

Tues, Sept 11, 7pm EDT - Infant Feeding in Emergencies. Guest speakers Nekisha Killings and Nikki Hunter Greenaway

Wed, Sept 19, 6pm EDT - Topic TBD.
Speaker Angela Love-Zaranka

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](#)**



LER Intern, Student and Alumnae Accomplishments!



Congratulations for **Mckenna Mateer** for completing 500 hours of clinical experience at Women's Hospital in Banton Rouge LA, May 28, 2018.



Congratulations to **Tamika Harris** for completing her 500-hour clinical internship at FT Belvoir Community Hospital, Fort Belvoir, VA. Pictured with her mentors Marisa Smith BS IBCLC RLC and Angela Love-Zaranka BA IBCLC RLC.

LER graduate **Latona Giwa, IBCLC** and co-founder of Birthmark Doulas, was featured in The New York Times Magazine article, written by Linda Villarosa. Way to go, Latona!

We'd love to hear about YOUR accomplishments as a student or former student of Lactation Education Resources. Summarize your accomplishments and email them to contentcoordinator@lactaitontraining.com and we might use YOUR story in one of our future newsletters.

Ask a Question, Get an Answer



Question: Why is there a problem with IV fluids when women have epidurals in labor?

Answer: Epidural anesthesia is the most common choice for labor pain and has become the pain relief method of choice for many women delivering in the US. In addition to the amount of fluids used, there are concerns about prolonged second stage of labor, increased use of oxytocin, forceps, vacuum extraction and a drop in maternal blood pressure. IV fluids are used when epidural anesthesia is used to keep

the mothers blood pressure at a steady state, as well as having open access in case emergency medications are necessary. Inadequate hydration can contribute to dysfunctional labor, decreased uterine muscle activity, fetal decelerations (slowing heart rate) and increased rate of cesarean section.

We typically don't do a very good job of providing physical and emotional support during labor. Mothers come into this experience with varying degrees of prenatal education and differing expectations. Starting epidural anesthesia early in labor is commonplace; so that means many hours of IV therapy throughout labor and the delivery.

Studies show that the longer the IV runs, the greater the total volume of fluid given and how close it is given to the time of delivery, all have an impact on how much excess fluid is passed to the fetus via the placenta. In addition to fluid overload in the newborn, the mother is more likely to experience engorgement and edema of her extremities, as well as delayed onset of lactogenesis.

What can be done?

- Delay starting IV fluids until later in labor, offering physical and emotional support.
- Administer fluids as the slowest rate that can support the maternal blood pressure.
- Consider the total volume of IV fluids that mothers received when evaluating newborn weight loss of over 10%; ensure the family has a visit by a lactation consultation prior to discharge or within 24-48 hours after discharge.
- Delay the official newborn weight for 24 hours to allow the infant to diurese the IV fluid and obtain a "true" body weight.

References:

Chantry CJ, Nommsen-Rivers LA, Pearson JM, Cohen RH, Dewey KG. Excess Weight Loss in First-born Breastfed Newborns Relates to Maternal Intrapartum Fluid Balance. *Pediatrics* 127:1, 171-179, 2011

Dahlenburg GW, Burnell RHN, Braybrook R. The relation between cord serum sodium levels in the newborn infants and maternal intravenous therapy during labour. *Br. J Obstet Gynaecol* 87:6, 519-22, 1980.

Dewey K, Nommsen-Rivers L, Heinig J, Cohen R. Risk Factors for Suboptimal Infant Breastfeeding Behavior, Delayed Onset of Lactation and Excess Neonatal Weight Loss. *Pediatrics* 112:3, 2003, 607-618.

Grossman X, Chaudhuri JH, Feldman-Winter L, Merewood A. Neonatal weight loss at a US Baby-Friendly Hospital. *J Acad Nutr Diet*. 2012 Mar;112(3):410-3.

Lampe J, Mache J. Relationships Among Intra partum Maternal Fluid Intake, Birth Type, Neonatal Output, and Neonatal Weight Loss During the First 48 Hours After Birth. *JOGNN* 39:2, 169-178, 2010

Merry H, Montgomery A. Do breastfed babies whose mothers have had labor epidurals lose more weight in the first 24 hours of life. *Academy of Breastfeeding Medicine News and Views* 6:3, 2000

Neol-Weiss J, Woodend AK, Peterson, et al. An observational study of associations among maternal fluids during parturition, neonatal output, and breastfed newborn weight loss. *Int Breastfeeding Journal* 6:9, 2011

Okumus N, Atalay, Onal E, Turkyilmaz S et al. The Effects of Delivery Route and Anesthesia Type of Early Postnatal Weight Loss in Newborns: The Role of Vasoactive Hormones. *Pediatr Endocrinol Metab* 24:1-2, 45-50. 2011

Sheehan KA, Fought B, Plyley M. The Relationship Between Intrapartum Intravenous Therapy and Newborn Weight Loss: Challenging the 7% Rule of Thumb for Early Supplementation of the Breastfed Infant. *ILCA Poster Presentation* 2009.

Tawia S, McGuire L. Early weight loss and weight gain in healthy, full-term, exclusively-breastfed infants. *Breastfeed Rev*. 2014 Mar;22(1):31-42.

Thulier D. Weighing the Facts: A Systematic Review of Expected Patterns of Weight Loss in Full-Term, Breastfed Infants. *J Hum Lact*. 2016 Feb;32(1):28-34.

Watson J, Hodnett E, Armson BA, Davies B, Watt-Watson J. A randomized controlled trial of the effect of intrapartum intravenous fluid management on breastfed newborn weight loss. *J Obstet Gynecol Neonatal Nurs*. 2012 Jan;41(1):24-32.

Information for breastfeeding families

Five Keys to Successful Breastfeeding



Keep your baby skin to skin with you until after the first feeding

The first feeding sets the pace for next several feedings. In the time right after birth, babies are often awake and ready to feed during that hour. Take advantage of this special time by asking the nurses to delay the eye treatment, weight, and routine injections until after the first feeding. Your partner can do skin-to-skin too, especially if you have had a cesarean and skin-to-skin may be delayed a bit. Ask your nurse for assistance.



Room in with your baby

Keep your baby with you during your hospital stay so you can learn your baby's cues and feed whenever he seems hungry. Babies typically feed more than 8 times each 24 hour day for the first several weeks. Offer the breast whenever your baby seems willing.



Avoid supplementary feedings

All your baby needs is you! Rarely is there a baby who needs more than the breast in the first 24 hours. Offer the breast often. The fast flow and different feel of a bottle nipple can confuse babies and make subsequent feedings difficult.

Breastfeed whenever your baby seems hungry. Observe your baby for feeding cues: mouthing, sticking the tongue out, bringing hands to the face; offer the breast – before he begins crying.



Limit the use of pacifiers and swaddling

Anytime your baby seems hungry, offer the breast. In-between, continue your skin to skin holding. Later your pediatrician may recommend the use of a pacifier to reduce the risks of SIDs, but not until breastfeeding is well established.

Research shows that babies who are constantly swaddled do not wake up as often for feeding. Frequent feedings in these early days assures that you will bring in an abundant milk supply and your baby will feed adequately.



Ask for help

If things don't seem to be going well, or your breasts become sore, ask to see the lactation consultant in the hospital. She can watch a feeding and give you tips on how to hold your baby at the breast. When you get home, contact a breastfeeding support group, a lactation consultant in the community, or other breastfeeding assistance.



Where will you find LER next?

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

ILCA Annual Conference

July 18-21

Portland, OR

<http://www.ilca.org/main/learning/conference/ilca18home>

USBC

Aug 3-6

Atlanta, GA

<http://www.usbreastfeeding.org/conference>

ROSE

Aug 16-17

Atlanta, GA

<http://www.breastfeedingrose.org/rosesummit18>



Lactation Education Resources

*Lactation Management Training:
From Novice to Expert*

Contact us!

Lactation Education Resources

Specialists in online lactation support training

Vergie Hughes RN MS IBCLC FILCA
Program Director

Angela Love-Zaranka BA IBCLC RLC
Program Development

www.LactationTraining.com

www.FirstLatch.net

Voice 443-203-8553

Fax 410-648-2570

LER@LactationTraining.com

6329 Genoa Rd
Tracys Landing, MD 20779



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>