



Lactation Education Resources

NEWSLETTER

SEPTEMBER 2019

In-Patient Specialist

Focusing on the common issues in the first five days of an infant's life, our 7 CERP, 7 CNE, 7 CPE onsite In-Patient Specialist course will train you to optimize breastfeeding initiation rates.

You'll learn how to support breastfeeding dyads whether they are in the NICU, must take medication, or are suffering from Second-Night syndrome.

To join us at Virginia Hospital Center on September 27th, click [here](#).

Ready for the IBLCE Exam?

Are you taking the IBLCE exam next month?

LER can help you prepare!

We have two Exam Review courses. You can click [here](#) to compare them.

We are often asked which one is best. The answer depends on your needs.

Only looking for practice Exams and study materials? The smaller IBLCE Exam Review is right for you.

Re-Certifying by exam, been away from your coursework for a while, or just want a thorough material review? You'll be happiest with the IBLCE Exam Review Enriched.

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FEATURED COURSE

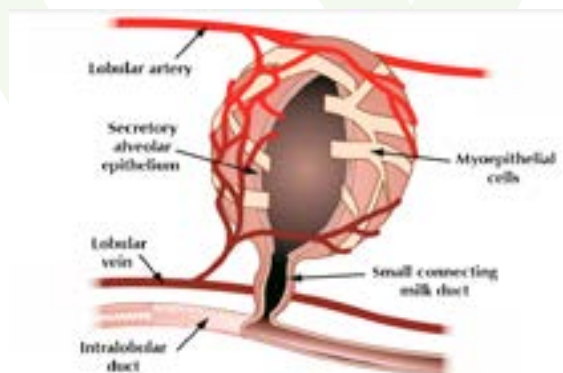
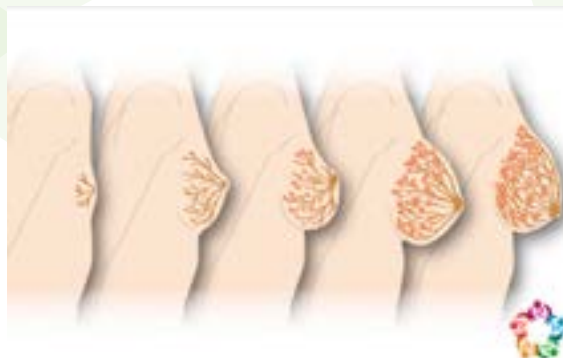
Anatomy and Physiology of Breastfeeding

In this newly revised version of the course, Marion "Lou" Lamb RN, MS, IBCLC reviews the standard anatomical development of the breast from birth to puberty, lactation, and involution.

She further discusses how these anatomical structures and pregnancy and post-partum hormones affect the physiology of breastfeeding.

Finally, she highlights anomalies in the anatomy and physiology of the breast which could lead to lactation problems.

Click [here](#) to purchase these 2 L-CERPs, 2 CNEs, 2 CPEs.



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](#)**

Measuring Implicit Bias

The National Institute for Children's Health Quality has published their "Implicit Bias Resource Guide." The publication includes steps that individuals can take to minimize implicit bias and Q&A with health experts on how to recognize and address implicit bias. Click [here](#) to learn more.



Breastfeeding Disparities Reduced

To close out National Breastfeeding Month, the CDC has released breastfeeding initiation, duration and exclusivity data for infants born in 2015. The breastfeeding rates for black infants continues to be lower than among non-Hispanic white infants. The good news is that the disparity has been reduced. Five years ago, black infants were 21% less likely to have ever been breastfed than white infants. This report demonstrates that the number is now 15%.

Among infants who initiated breastfeeding, the gap is narrowing. 84.7% of non-Hispanic white infants reported any breastfeeding at three months vs 83.5% of non-Hispanic black infants. At six months, 72.2% of non-Hispanic white infants had any breastfeeding, compared to 64.4% of non-Hispanic black infants.

To find out more, check out the full report [here](#).



Breastfeeding Benefits Website

The Health Resources and Services Administration (HRSA)'s Maternal and Child Health Bureau (MCHB) has published an updated webpage titled "Understanding Breastfeeding Benefits." The webpage highlights the benefits of breastfeeding for children, women and society. It also connects users to HRSA initiatives that support pregnant and lactating women and other federal resources with key information about breastfeeding.

To see the updates, click [here](#).

Information for breastfeeding families



Check List for Essentials of Positioning And Latch-on

Positioning

- ✓ Tuck baby close to mom with back straight
- ✓ Use pillow to support baby's bottom
- ✓ Hold head behind ears, baby's head slightly extended
- ✓ Line up baby's nose with nipple



Offer the breast

- ✓ Line your fingers up with baby's lips, behind the areola
- ✓ Use sandwich hold (squeeze areola gently)
- ✓ Aim your nipple between baby's nose and top lip
- ✓ Place baby's lower lip on lower edge of areola
- ✓ Bring baby to breast, not breast to baby, chin first



Check the latch-on

- ✓ Look for flanged lips, open mouth to 140°
- ✓ Place most of areola in baby's mouth
- ✓ Ensure no pain, no wedged or creased nipple
- ✓ Check that chin is touching breast, asymmetrical latch-on

Assess milk transfer

- ✓ Watch for wide jaw movements
- ✓ Look for consistent sucking
- ✓ Listen for swallowing (after milk comes in)



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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>

Where Will You Find LER Next?

Virginia Hospital Center

Arlington VA September 27

7 hour In-Patient Specialist Course

Click [here](#) for more information

Contact Us!

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*Specialists in online lactation support
training*

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