



Lactation Education Resources

NEWSLETTER SEPTEMBER 2017

Renew Your Breastfeeding Specialist Certification

Your original CBS is valid for 5 years. To renew for another 5 years you need:

- 20 CERPs (available online from LER or from any conference you attend that grants CERPs)
- A letter of recommendation from a colleague that can attest to your clinical skills and competence

See the website for details and fees.

<https://www.lactationtraining.com/shopping/recertify-cbs>



BLACK
BREASTFEEDING
WEEK
AUGUST 25-31

Black Breastfeeding Week is August 25–31

Black Breastfeeding Week was created because for over 40 years there has been a gaping racial disparity in breastfeeding rates. The most recent CDC data show that 75% of white women have ever breastfed versus 58.9% of black women.

Learn more about it on their website:

<http://blackbreastfeedingweek.org/>

LER Course Discounts

To celebrate Black Breastfeeding Week, LER is offering **\$100 discount on our Lactation Consultant Training Program**, **\$50 off our Core Phase I course** and **\$45 off the Core Phase II**. Discounts will be reflected in the purchase price for this week.

See our website for more details.

<https://www.lactationtraining.com/lactation-consultant-training-program>

Contents

Renew Your CBS	1
Black Breastfeeding Week	1
Featured Course - Slow Weight Gain	2
Race, Geography and Breastfeeding	2
Global Health and Breastfeeding	3
Online Resource for Drugs and Mental Health	3
Vergie's Blog	3
Free Parent Handout	4-5
<i>Breastfeeding with Large Breasts</i>	
LER Live! and LILs Upcoming Dates	6
LER Contact Information	6

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 - Slow Weight Gain

Vergie Hughes discusses slow weight gain and failure to thrive and their causes. This course includes assessment of the maternal milk supply and ways to increase production. Methods of supplementation are also discussed including methods to calculate how much to supplement.

2 L-CERPs, 2 Nursing Contact Hours and 2 CPE's \$25.00

<https://www.lactationtraining.com/swg>



Racial and Geographic Differences in Breastfeeding in the U.S. 2011-2015

The CDC recently published a report highlighting the difference in breastfeeding rates based on race showed that African-American babies continue to be breastfed at rates lower than other groups. National estimates of breastfeeding initiation and duration have consistently improved among black and white infants over the past decade, the differences in breastfeeding rates between black and white infants remains substantial.

<https://www.cdc.gov/mmwr/volumes/66/wr/mm6627a3.htm>

In a related article, relating breastfeeding rates to weeks of paid maternity leave, the U.S. rated near the bottom, with Norway, Sweden, Lithuania, Iceland, The Czech Republic and Germany leading the way.

<https://qz.com/1034016/the-class-dynamics-of-breastfeeding-in-the-united-states-of-america/>

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](#)**



Breastfeeding: A Missed Opportunity for Global Health



The Lancet reports that, “no country in the world meets the recommended standards for economic investment and implementation of policies supporting mothers to breastfeed.

Who did the best? Armenia, Cuba, The Gambia, Guatemala, Nepal, and Vietnam achieved the minimum standard in more than half of the indicators reported.

The lack of political leadership and funding for breastfeeding is a missed opportunity to improve health and economic outcomes. With the right level of investment and commitment from policy makers we can transform global health.”

See the article in the August 2017 Lancet:

[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(17\)32163-3/fulltext?elsca1=etoc](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(17)32163-3/fulltext?elsca1=etoc)

Learn more about this issue from the Global Breastfeeding Collective:

https://www.unicef.org/breastfeeding/?utm_source=media&utm_medium=email&utm_campaign=WBFW2017

View the Global Breastfeeding Scorecard here:

<http://www.who.int/nutrition/publications/infantfeeding/global-bf-scorecard-2017-summary.pdf?ua=1>

Online Resource for Substance Abuse and Mental Health

[DrugRehab.com](http://www.drugrehab.com) is a free online resource that provides information about substance abuse, mental health, pregnancy, and related issues. They have recently updated their Pregnancy & Addiction resource guide that goes well as a resource with our Alcohol page for breastfeeding mothers.

www.drugrehab.com/guides/pregnancy/

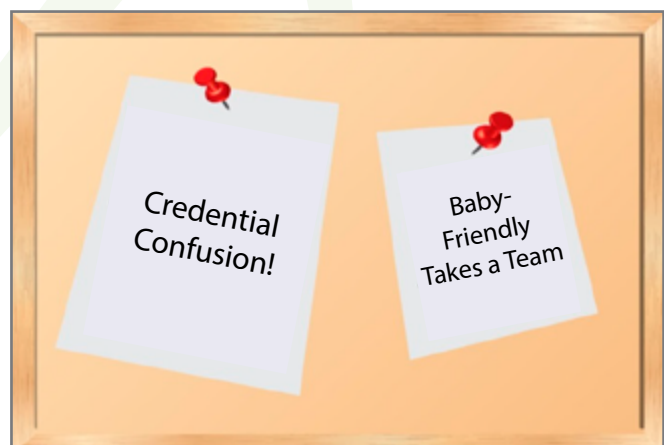
www.drugrehab.com/addiction/alcohol/

Congratulations to Carolyn Mosier who completed her Clinical Internship at Fort Belvoir Community Hospital with Angela Love-Zaranka and Marisa Smith.



Vergie's Newest Blogs

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





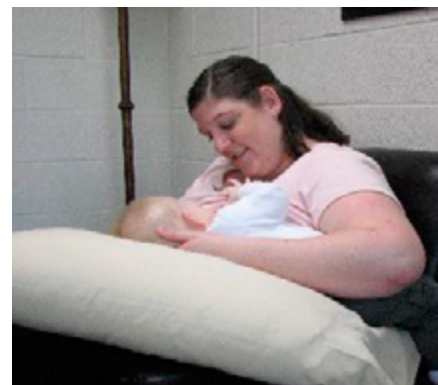
Breastfeeding with Large Breasts



Find positions where your breast and your baby are both supported, such as lying on your side.



Your hands are free to hold the breast when your baby is resting on a padded table.



When commercial nursing pillows do not fit, try bed pillows to support your arm.



Sitting cross-legged with lots of pillows under the baby is another possible position.



Lying back at an angle works for some women. Find your most comfortable position.



Be sure the weight of your breast is not on your baby's chest. Lift your breast up with your hand.



Try a small rolled towel to support your breast.



A sling can hold the weight of your breast for the baby.



A bra with a cut out area can support the weight of the breast.



To make an airway, press the breast down and toward the baby's nose. (Do not pull the breast away from the baby.)



Look for a space between the baby's nose and breast and between the chin and chest.



Some women may lack nipple sensitivity, so they do not feel when the baby is incorrectly latched, creating a hiccup.



Band-aids® can be used as markers to feel for thumb and finger placement when sandwiching the breast.



Squeeze 2" (5 cm) behind the base of the nipple to create a "breast sandwich."



Body exposure can be a big concern when in public.



A man's undershirt with large arm holes can cover your midriff.



To hide your midriff, cut a hole in a tank top or T-shirt and layer it under your blouse.



A bra with a cut-out area can hold a funnel while pumping.

Be creative! Find solutions that work for you.

Written by Kay Hoover M Ed IBCLC FILCA

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.

This handout may be freely duplicated. Lactation Education Resources 2017



LER Live! and LIL Schedule

Got a Minute? Live Interactive Learning Sessions, or LILs, are short, focused learning sessions to increase knowledge and retention.

Got Questions? 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](#).

LIL Session: Positions for breastfeeding with large breasts

August 30, 7:00-7:30pm

Special Guest Kay Hoover MEd, IBCLC, RLC, FILCA delivers a talk about breastfeeding positions

LER Live!

September 5, 8:00-9:00pm

LIL Session

September 14, 6:00-6:30pm

Lactation Education Resources

Lactation Management Training: From Novice to Expert



Contact us!

Lactation Education Resources

Specialists in online lactation support training

Program Director

Vergie Hughes RN MS IBCLC FILCA

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>

