



# Lactation Education Resources

## NEWSLETTER FEBRUARY 2020

### ABM Revises Bedsharing Protocol

Although research has shown a correlation with bedsharing and lactation outcomes, bedsharing remains a controversial issue in the healthcare community.

Last month, the Academy of Breastfeeding Medicine updated its protocol regarding bedsharing to clarify the benefits and risks associated with the practice. Click [here](#) to read the revised protocol.

### Two Chances to Experience LER Live

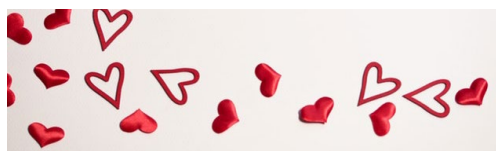
Students often ask if we have live events that they can attend. This Spring we have two opportunities to engage with our instructors in person.

The first will occur April 28 in Arlington, Virginia with the In-Patient Specialist course. This seven hour course is best for those working with breastfeeding families during the first five days of life, or those who usually work in an outpatient setting but are looking to round out their knowledge in a segment of the field in which they would not normally have experience. Click [here](#) to register.

May 28-29 we will be in Alexandria, Virginia for the clinical skills portion of our Hybrid CBS course. Complete the first 38 hours of our CBS course online, then finish the course in person with our instructors as you gain hands on practice. Upon completion of the course and exam, you will be awarded the Certified Breastfeeding Specialist certificate. To start your course, click [here](#).

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**Lactation Education Resources**  
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## FEATURED COURSE

### Human Milk Banking

Instructor Becky Mannel, MPH, IBCLC, FILCA, is the Executive Director for the Oklahoma Mothers' Milk Bank. She is also a Clinical Assistant Professor at the University of Oklahoma Health Sciences Center and the Director for the Oklahoma Breastfeeding Resource Center.

In her lesson for LER "Human Milk Banking," Professor Mannel tackles misconceptions about donor human milk and describes the process for donor human milk screening and the key steps in the pasteurization process. She then enumerates when donor milk is called for and the cost of that use.

Click [here](#) for 1.5 CERPs, Nursing Contact Hours, and CME credits; Physicians click [here](#) for 1.5 CME credits.

### 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](http://www.FirstLatch.net)

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





## Meet Andrea Inchaurredo: Nurse, Midwife, and IBCLC

Andrea was born and raised in Pamplona, Navarra, Spain where she earned an undergraduate degree in nursing from Universidad de Navarra. Post-undergraduate, Andrea decided to further pursue her nursing career and enroll into a 2-year program specializing in midwifery.



Intrigued with the practice and growing education involved in breastfeeding, Andrea enhanced her midwifery career by becoming an International Board Certified Lactation Consultant.

Andrea and her husband currently reside in the United States while he attends a UVA post-doctorate program. While in the states, thanks to her education and passion for women's health, Andrea works as a part-time translator. She works diligently with Spanish-speaking families to help with the transition into parenthood including facilitating the process of successful breastfeeding.

Last month we featured Andrea's work on translating our handouts into Spanish. We look forward to working with Andrea as she continues the project of translating all of our handouts.

## New Book On Safe Sleep

Dr. McKenna, one of the authors of the updated protocol from the Academy of Breastfeeding Medicine featured on page one of this newsletter, has concurrently published a book on the same subject of bed sharing. While the protocol is geared toward clinicians, your clients may enjoy this new book geared toward parents.

Dr. McKenna is the founder and director of the Mother-Baby Behavioral Sleep Laboratory at the University of Notre Dame. The book is available at a discounted price of \$12.95 at [www.platypusmedia.com](http://www.platypusmedia.com) until February 15, 2020.



## A Decade of Breastfeeding Rights

A new article from the website Romper highlights 2010 laws furthering protections for breastfeeding and breastfeeding families, from pumping rights to breastfeeding in public. Click [here](#) for the full article.

## Information for breastfeeding families

# Selecting a Breast Pump



It is hard to make a decision about which one will be effective and comfortable for you! The basic parts of a breast pump will vary from manufacturer to manufacturer. But these are typical.



Flange goes over the breast



Connector



Tubing for electric pump



Bottle

Breast pumps can remove milk from one breast at a time or both breasts simultaneously. Pumping both sides at once cuts the time in half and stimulates the hormones of lactation better.

### **Pumps fall into 4 basic categories:**

- Hospital grade - Generally rental pumps used while establishing a milk supply if your infant is premature or ill
- Personal use pumps - Generally used by employed mothers at work
- Battery or small electric pumps - Sometimes used by employed mothers or for occasional use
- Manually operated breast pumps - Best used for occasional use

**Adjustable suction and cycle frequency:** You want your pump to mimic the typical suction patterns of a baby at the breast. Therefore the suction range should be adjustable up to about 240 mm Hg and cycle about 48-50 times per minute. Breast pump packages are not labeled with this information at this time.

**Portability:** Where will you use your pump? Will there be times you will need to quickly put it in your purse or wear it as a backpack? Or will you always be sitting in a designated pumping room?

**Versatile power source:** It is useful that an electric pump can be plugged in and also could be operated on batteries at other times. In the case of a power outage, you should be able to operate it manually.

**Safety:** If it is operated by electricity, the pump should be rated by the Underwriters Laboratory as safe. Check to assure it will automatically cut off at suction levels above 240 mm Hg which could damage the breast tissue.

**Ease of cleaning:** Check the small parts. Is it likely that small, but essential, parts could slip down the sink and be lost? Is the pump easy to reassemble? The pump should be washed with soap and water after each use.

### **Resources**

FDA Breast Pump Website – Basic information on breast pumps

<http://www.fda.gov/MedicalDevices/ProductsandMedicalProcedures/HomeHealthandConsumer/ConsumerProducts/BreastPumps/default.htm>

Breast Pump Comparisons – User reviews of various breast pumps

<http://www.breastpumpcomparisons.com/category/first-years-breast-pump-reviews>



## Lactation Education Resources

*Specialists in online lactation training*

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Program Director

**Vergie Hughes RN, MS, IBCLC, FILCA**  
Founder

## Want to Be a LC But Not Sure Where to Start?

Click [here](#) to Choose Your Own Adventure with our IBCLC Pathways Chart



## Contact Us!

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## Where to Find LER Next

### The Bloom Collective

*CBS Hybrid*

Baltimore MD April 19 2020

### Virginia Hospital Center

*Inpatient Breastfeeding Specialist*

Arlington VA April 28, 2020

Click [here](#) to register

### Inova Alexandria Hospital

*CBS Hybrid*

Alexandria VA May 29, 30 2020

Click [here](#) to register