



Lactation
Education
Resources

Newsletter

May 2020

Take the first step in your lactation career.

Become a Certified Breastfeeding Specialist.

Certified Breastfeeding Specialists educate and support breastfeeding families through pregnancy, breastfeeding initiation, and the normal course of lactation.

LER offers the training and support you need to complete the CBS certificate online and on your own time. The CBS can also serve as a stepping stone to the IBCLC.

[Learn more today.](#)

Stay Connected With FREE COVID-19 Updates

Did you know that Lactation Education Resources and Nikki and Nikki are bringing you weekly Q&As on lactation support during the pandemic?

Join Nikki Greenaway, FNP-C, IBCLC, RLC and Nekisha Killings MPH, IBCLC to answer your questions on clinical practice during the current COVID-19 health crisis.



Wednesdays
at 1:30 pm
EDT/10:30 am
PDT.

[Click here to register for the free sessions.](#)



Want to become an IBCLC but not sure where to start?

LER is here to help you find the pathway that is right for you.

[Click here to find tools to help choose.](#)

We are also here to help! Feel free to call us at 443-203-8553 to learn more.

www.LactationTraining.com

Prepare Your Community For Infant Feeding In An Emergency: NEW Infant Ready Emergency Feeding Program



- Managing and distributing formula according to international guidelines
- Supporting breastfeeding
- Practicing safe infant feeding techniques

Appropriate for: first responders, emergency managers, public health departments, medical volunteers, and WIC offices and staff, as well as all lactation professionals.

Instructors: Malaika Ludman MPH, CLC, Doula and Latona Giwa RN, IBCLC, Doula

Malaika is a birth Doula and a certified lactation counselor with a Master's degree in Public Health. Latona is a registered nurse, IBCLC and a Doula.

During an emergency, well-meaning but ill-informed support can undermine the health and safety of infants and young children. The New Orleans Breastfeeding Center presents a 90-minute webinar aimed at improving infant, maternal, and community health outcomes during and after an emergency.

Learn about:

- Preventing malnutrition and infection in young children
- Addressing the special needs of pregnant and postpartum women

[Learn more about this 1.5 L-CERPs and 1.5 Nursing Contact Hours course here.](#)

Lactation Education Resources

Specialists in online lactation training



Kirra Brandon MD, FAAD,
CBS
Medical Director

Angela Love-Zaranka BA,
IBCLC, RLC
Program Director

Vergie Hughes RN, MS,
IBCLC, FILCA
Founder



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**



Earn CMEs Online Through LER

Are you a physician looking to enhance your lactation knowledge and earn CME credit?

Take a comprehensive course or learn about a single topic with LER's CME offerings.

Prepare for the IBCLC exam or get a comprehensive reference for practicing health care providers with LER's Physician Lactation Consultant Training Program. This course meets the IBCLC exam requirement of 90 hours of lactation specific training. Participants receive the CBS certification upon completion as well as 90 CME credits.

Alternatively, take the Core Phase 1 course to earn 45 CME credits and CBS certification, with the option of then taking Core Phase II for an additional 45 CME credits.

Non-physician healthcare providers can also earn CMEs through LER. [Learn more here.](#)

The Lactation Consultant Training Program Enriched offers 90 CMEs upon completion, and the Lactation Consultant Training Program Core Phase 1 offers 45 CMEs. [Learn more here.](#)





Helping a Parent to Relactate

During emergencies or after premature weaning, parents may want to relactate to provide additional breastmilk for a child that is currently receiving other sources of food as their main source of nutrition. Success depends on the parent's wellbeing and motivation, age of the baby (under six months is optimal), how long the parent has ceased breast/chest feeding and access to skilled lactation support.

One of your roles as a lactation consultant can be to provide information to your colleagues, other health care professionals and parents about the steps to relactation.

Assess

Feed the Baby

Determine Ounces Needed

Support the Milk Supply

Reassess & Support

Ask questions to **assess history and establish goals.**

Working with the family to determine their goals and set realistic expectations will set the stage for measuring progress and determining "success."

- Why does the parent want to relactate?
- How did breast/chest feeding end? Has that issue been resolved?
- What are the parents' goals for relactation?
- What is the parents' timeline for achieving their goal?

The first rule of lactation support is to feed the baby.

Ask questions to establish the starting point for the relactation plan.

- How old is the baby?
- Is the baby currently nursing at the breast/chest?
 - What is the baby's behavior at the breast? Happy? Frustrated? Effective? Pacified?
- What is the baby being fed (formula, breastmilk, solid foods)?
- How much of each food is the baby receiving? If breastmilk, what percentage is from the parent?
- How is the baby currently being fed (breast/chest, bottle, spoon, cup)?

Determine **ounces needed per 24 hours.**

If a baby is less than 4-6 months old, calculate needed intake per 24 hours using the equation below. Once a baby is 4-6 months or taking in approximately 32-35 ounces/900mls - 1L in a 24 hour period, their intake needs remain the same until consuming solids.

Baby's weight in kilos	X 150	= total mls needed every 24 hours
Example: Baby's weight in kilos = 4	X 150	= 600 mls needed every 24 hours
Baby's weight in pounds	X 2.5	= ounces needed every 24 hours
Example: Baby's weight = 8 lbs.	X 2.5	= 20 ounces needed every 24 hours

Compare ounces/mls needed per 24 hours to the amount of breastmilk the parent is able to provide. The gap between those two numbers is the target number of ounces/mls of increased milk production.

Support the milk supply by developing a plan for frequent milk removal.

Remove milk from the breast

- Begin with three times in 24 hours (reassess with parent) and work up to 8+
- Engage parents' senses to increase milk output (sight, sound, smell, touch)
- Methods of milk removal can include
 - Pumping
 - Hand expression
 - Baby directly at breast, with or without a supplemental nursing system
- Discuss pharmaceutical and herbal options to increase milk production

Provide parent with an unbiased and reliable way to measure on the progress of milk production.

Frequent reassessment and support will ensure baby is growing and the parent is working towards their goals.

Follow up includes:

- Parent's opinion of the process and the current situation
- Baby's demeanor
- Baby's weight gain
- Parent's willingness to modify the plan/goals

Listening and affirming the parent's experience and progress will help them to determine the next steps forward.

Reducing the amount of supplement the baby receives may need to be a slow process. The baby's growth needs to be the top priority. If the baby is gaining appropriately, the non-breastmilk supplement can be reduced by 1-2 ounces every 3-4 days. Continued monitoring of baby's weight and demeanor are important to the success of this gradual weaning.

Provide the parent with support and encouragement throughout the process. Follow-up every 2-3 days during the first week, then every 3-4 days until the parent has met their goal. There will be peaks and valleys along the way. Share your confidence in their success. Your guidance and support can build food security in emergencies and help families achieve their relactation goals.

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v1 May 2020

Resources

<https://www.enonline.net/resources/operationalguidancev32017>



IBLCE Spring Exam Update

The International Board of Lactation Consultant Examiners (IBLCE) has announced that the March/April IBCLC exam, put on hold due to COVID-19, is unlikely to take place before September 2020. Candidates who were accepted to take the March/April 2020 exam will automatically be accepted to sit when the exam is offered and do not need to

re-apply for the September 2020 exam. The rescheduling of the exam also will not impact the certification status of current IBCLCs who are recertifying by exam.

[Check the IBLCE site here for updates.](#)

Prep For the Exam With LER

Need to study for the exam? [Choose from our two online review courses.](#)

Get practice exams with instant feedback with our IBLCE Exam Review Course. It also provides a study schedule, anatomy worksheet, medical vocabulary flashcards, picture flashcards, and access to a private Facebook group.

Add in 32 topical lessons and 27 case studies to the review course by taking our Enriched version. Clinical skills workshop also available.

From a former student:

"LER has been a wonderful experience from start to (almost) finish. And I realized most especially while sitting for the IBCLC exam that I was well prepared because I had chosen LER. There was no topic that I felt wasn't covered."



Contact Us!

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