



Happy Thanksgiving from Lactation Education Resources!



Counseling Protocols

Don't reinvent the wheel! Protocols help you record your consults with ease. The 33 protocols in this series are designed to guide the professional in counseling mothers with breastfeeding problems and to facilitate documentation of a consultation.

Includes Consent Form, Prenatal Assessment and 33 different protocols for breastfeeding problems. Also a great learning tool for the novice! Reviewed and revised in 2015.

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

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Featured Course : Breastfeeding the Older Nursling and Weaning

This course covers breastfeeding the toddler, mother-led and child-led weaning, and methods of weaning. The instructor is Jane Bradshaw RN, BSN, IBCLC, RLC.

<https://www.lactationtraining.com/shopping/online-shop/continuing-education/breast-feeding-the-older-nursling-and-weaning-detail>

Congratulations to LER!



In the Spring
of 2018, ABT
Associates will

be selecting the third group of 100 hospitals to work toward achieving Baby-Friendly Hospital Designation. Funding for this project will again come from the Centers for Disease Control and Prevention. Lactation Education Resources has been chosen to provide 20 hours of Baby Friendly Hospital education to this group of hospitals.

Amazing RACE

Angela Love-Zaranka and Nekisha Killings from LER participated in the Amazing RACE at the National Association of Professional and Peer Lactation Supporters of Color (NAPPLC) Event prior to the ROSE Conference in New Orleans in August. Groups competed to promote breastfeeding and "win" grant funding.

More information is available at:
<http://napplsc.org/event-2527285>

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 in a Disaster



Recently there have been several disasters that effect breastfeeding mothers and babies. And in most cases, formula has been distributed, rather than support for establishing or maintaining lactation. Learn more about how to facilitate breastfeeding before the next disaster.

<https://www.lactationtraining.com/shopping/online-shop/continuing-education/infant-feeding-in-disasters-detail>

Vergie's Newest Blogs

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



9th Annual Breastfeeding Summit available for viewing online

The Summit took place on June 6-7, 2017 in Washington DC.

[Click here to view the sessions on YouTube](#)

Speakers:

Ruth Lawrence MD FABM

Jerome Adams MD MPH – Increasing Breastfeeding in Middle America

Haywood Brown MD - For Physicians and Medical Schools: Why Breastfeeding?

Karen Spence – Second lady of the United States

Virginia Asin Oostbery MD MPH - The CPS Breastfeeding Promotion Campaign

Mandy Brown Belfort MD MPH – Benefits to Infant Brain Development and Function

Arthur Eidelman MD FABM – The World of Breastfeeding: Current Research in Ethiopia

Ruth Peterson – From Our Shoes to Her Shoes: The Path to Successful Breastfeeding

And more...

Breastfeeding Cost Calculator

How much in health care costs could be saved if we were able to increase the breastfeeding rate by 10%? Or 20%? This calculator, based on 9 pediatric diseases and 5 maternal diseases, can estimate the change in life-time health care outcomes.

View the abstract to this study here:

<https://www.ncbi.nlm.nih.gov/pubmed/28906133>

Try out the calculator on the United States Breastfeeding Committee website:

<http://www.usbreastfeeding.org/p/cm/ld/fid=438>

Information for breastfeeding families

Weaning Your Breastfeeding Baby



The American Academy of Pediatrics, and other authoritative organizations, suggest exclusive breastfeeding for six months. Then, begin adding solid foods but continue breastfeeding for at least a year or longer, if agreeable to your baby and to you.

Weaning can be easy or difficult. First, make sure it is what you want. If you are wavering, your baby can sense that and be confused by your ambivalence. When it has been such a warm, loving experience, it is sometimes hard to let that go and move on to the next stage. So think it through, and if you are really sure, then you will send clear messages to your baby.

Mother-led Weaning

Mother-led means you decide when the time is right. Drop one breastfeeding (or pumping session) per week and replace it with a formula feeding or solid foods. If you are breastfeeding 5 times each day, then it would take 5 weeks to completely wean.

This is a slow gentle way for your baby to be transferred to another method of feeding and for you to reduce your milk supply. Some mothers like to keep one feeding for a longer period of time, such as a bedtime feeding.

You may accelerate this schedule if necessary by dropping one feeding every 2-3 days. If your breasts become engorged, use ice to your breasts at the end of feedings. Restricting your fluids and a tight bra may also help during this time.

Baby-led Weaning

Baby-led means your baby loses interest and weans himself. This may happen around 6-9 months as your baby becomes more active and involved in new skills. Follow your baby's lead.

Don't offer, don't refuse

Do not offer a breastfeeding, but breastfeed whenever your baby "asks". Offer formula or solid foods at regular feeding times.

Post-pone Weaning If:

- Baby or mother is sick or hospitalized
- Family is traveling, during holiday periods or other period of unusual stress
- Baby is teething
- Mother has mastitis
- Baby is in a growth spurt

You may experience a sense of sadness and loss during weaning. This is partly due to the loss of this close relationship, and partly due to the change in hormones from breastfeeding. Observe your breasts for lumps, and "hot spots". Massage them during several feedings until they go away. You may hand express milk or use a breast pump at any time that you are uncomfortably full. If you develop a fever, red tender area, or lump that will not go away, contact your physician. Sage or peppermint tea, peppermint candy (natural flavor), and parsley may help reduce supply. You may also apply cabbage leaves to your breasts several times per day.



Lactation Education Resources

Lactation Management Training: From Novice to Expert

Contact us!

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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>