



# Lactation Education Resources

## NEWSLETTER FEBRUARY 2019

**NEW**

### 15 CERPs, QUICK!

Need a quick, convenient way to earn 15 CERPs?  
Check out our new powerhouse bundle!

#### Bundle D contains:

Alyssa Schnell Conference, Breastfeeding without Birthing  
Lisa Marasco Conference, Hormones of Lactation from  
Puberty to Pregnancy  
Cathy Watson Genna, Introduction to Infant Suck  
Cheryl Harrow, Safe Sleep  
Mary Bailey, Formula Feeding  
Sekeita Lewis-Johnson Jaundice and Breastfeeding

15 L-CERPS, 15 Nursing Contact Hours  
and 15 CPEs Level II \$179.00

[Click here to get started!](#)

### Start Exam Prep Now!

Register now for your [Lactation Consultant Training Program](#) so you will be ready for the IBLCE Certification Exam application deadline.

The application deadline for the October 2019 exam is May 15th. Course work needs to be completed **before** applying. The exam administration will be on October 7-9.

**If you start now, you can complete  
your online course in time!**

Need other lessons to meet the exam requirements? Check out the [General Education Package](#) and [college courses](#).

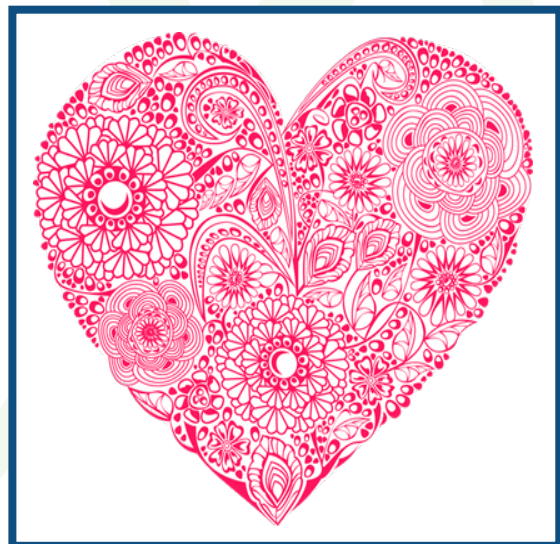
LactationTraining.com

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February 2019

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**Lactation Education Resources**  
*Specialists in online lactation support training*

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## Featured Course : Annual Update, 2018: Lactation Landscape

Instructor: Sekeita Lewis-Johnson BSN RN IBCLC DNPc

This course discusses what's new in breastfeeding research and practice for 2018. Perfect for Baby Friendly Hospitals and lactation consultants to keep current in new research. Topics covered include:

- National breastfeeding updates
- Existing policy or protocol updates from authoritative organizations
- Applicable literature relevant to the policy updates
- Noteworthy research and policy updates

1 L-CERP, 1 Nursing Contact Hour and 1 CPE Level II \$15.00

[Click here](#) for more information.

## 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](#)**

## New WIC Breastfeeding Support Website

The US Department of Agriculture has launched a new website devoted to breastfeeding support.



New parents can learn about the stages of breastfeeding: Learn, Start, Overcome and Thrive.

Also included are discussions on talking to your family about breastfeeding, breastfeeding rights and baby's hunger cues.

<https://wicbreastfeeding.fns.usda.gov/>

## Walden University and LER partner for College Credits

Walden University and Lactation Education Resources are partnering to provide college credits for the 90 hour Lactation Consultant Training Program (6 credits) and both the Core I and Core II programs of 45 hours (3 credits). These credits may be used for a degree in Nursing, Public Health or other relevant major at Walden University. They may also be transferable to other colleges subject to their transfer policies. For further information on transferability and admissibility, please inquire at [www.WaldenU.edu/LER](http://www.WaldenU.edu/LER)

Degree seeking students enrolled in Walden and students who have completed the Lactation Consultant Training Program or Core I or II are eligible for these college credits as well as a 25% tuition reduction. Please inquire at [www.WaldenU.edu/LER](http://www.WaldenU.edu/LER) for further information or call at 855-532-1973.

Walden University currently offers a "lactation package" of college courses that are required by the IBLCE for Pathway 3. Click here to learn more about the [required College Courses](#).

## Starting a Clinical Internship Site

Quality clinical sites for aspiring IBCLCs to gain clinical proficiency are difficult to find in many locations. LEAARC is now offering approval for qualified programs offering a minimum of 500 hours of clinical experience and recognition is available for qualified individuals offering a minimum of 100 hours of clinical experience. Guidance in establishing a program is available as well as an extensive Clinical Instruction Resource Guide. Please join LEAARC in encouraging the development and growth of clinical education sites worldwide.

If you are an aspiring lactation consultant, LER may be able to assist you with a clinical placement. Please contact Amy Black at [interns@lactationtraining.com](mailto:interns@lactationtraining.com)



## MOTHER'S MILK, MOTHER'S WISDOM

BREASTFEEDING DOCUMENTARY SOON TO BE RELEASED FOR EDUCATIONAL SALES

written and directed by Jennifer Goldsmith, M.E., CDP



Breastfeeding is a learned skill that requires practice, guidance, and support. Many mothers face a variety of challenges within days or weeks after giving birth that cause them to abandon their resolve to breastfeed: A traumatic birth experience, the lack of a supportive social network, misinformation from medical providers, and unexpected health issues are all factors that can derail a woman's plans to nurse her child...

MOTHER'S MILK, MOTHER'S WISDOM follows the stories of three women: Sarah, Yev, and Sumitra, who each face serious postpartum challenges. Not only must they draw upon their own vital resources of strength and determination, but each mother finds it critical to have a supportive presence

to help her stay the course. Each mother's experience becomes a catalyst for personal growth and healing and is a testament to the importance of having ongoing, non-judgmental, skilled support.

[mothersmilkmotherswisdom.com](http://mothersmilkmotherswisdom.com)

## 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, as desired by baby and by 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 begin around 6-9 months as you begin introducing solid foods and continues as a gradual process over the next months. Follow your baby's lead!

#### **Don't offer, don't refuse (for toddlers)**

After about 1 year of age, do not offer a breastfeeding, but feed whenever your baby "asks". Offer meals at regular feeding times.

### ***Post-pone Weaning If:***

Baby or mother is sick or hospitalized  
Family is traveling, during holiday periods or other times 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 feedings until they go away. You may hand express milk or use a breast pump at any time that you are uncomfortably full just to relieve the fullness. If you develop a fever, red tender area, or lump that will not go away, contact your Provider. Sage or peppermint tea, peppermint candy (natural flavor), and parsley may help reduce supply. You may also apply ice or cabbage leaves to your breasts several times per day.



## Where will you find LER next?

### More than LATCH Conference

Virginia Beach, VA

February 21-22, 2019

Co-sponsored by HealthSource for Women  
and Lactation Education Resources

### Speakers:

Frank Nice, RPh, DPA, CPHP

Nancy Mohrbacher, IBCLC, FILCA

Susan Hatcher, RN, BSN, IBCLC

Susannah Dillender, MD

Margo Benoit, MD

### Pre-conference

February 20, 2019

For more information and registration:

<http://latchconference.wixsite.com/latchconference>

Join us at the 25th Annual  
More Than LATCH conference!

## Contact us!

### Lactation Education Resources

*Specialists in online lactation support training*

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Program Development

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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](https://youtu.be/90nhHBTb_ME)

### Pathway 1

<https://youtu.be/oUV1dtpa97Y>

### Pathway 3

<https://youtu.be/eOT1AEcj8x4>

### Internships

<https://youtu.be/N3hWU4QUrDQ>

