



Live Discussion: Create Your Exam Study Schedule | Should You Take a Review Course?
| Scholarship Winners Announced | Course Discount: BreaSteps in the NICU | Meet
TieLER, Our New Mouth Model | Free Parent Handout

Newsletter January 2024

Lactation Education Resources

Free Live Session — 90 Days and Counting: Creating a Study Plan for the IBCLC Exam

Let our experts help you make a plan that covers everything and arrive on exam day ready to succeed. Additional topics: the structure of the exam, the types of questions you'll face, and how to study efficiently and effectively. Hosted by Angela Love-Zaranka, BA, IBCLC, RLC and Sekeita Lewis-Johnson, DNP, FNP-BC, IBCLC. Free registration required.

[Register Now](#)

Is An Exam Review Course Worth It?

We'll let two of our recent students answer that question! They subscribed to our Exam Review and Exam Review Enriched courses.

"The LER IBCLC Exam Review Enriched course has made me feel very confident in taking my IBCLC exam. The recorded lectures and Qbank are invaluable ... I feel this course was the most value for my money as I prepare and study."

—Stephanie W., BA in Public Communications, CBS, Virginia

"Purchasing the IBCLC exam review course from LER was well worth the money ... The answers were thoroughly explained with references. Invest in this product, you will not be disappointed!"

—Aira Jae E., MPH, CBS Georgia

Now is the perfect time to enroll in Exam Review to be ready for the April exam.

Shop Exam Review Courses

Spanish Practice Exam Available

Are you a Spanish speaker preparing for the IBCLC exam? Our Spanish language practice exam covers all sections of the IBCLC exam and can be taken as many times as you wish. Each question provides immediate feedback, explaining the correct answer and the reason behind it.

Shop Spanish Practice Exam

NICU Course 15% Off

If you work with premature babies — or wish you did — our course of the month is for you. It's everything you need to know to implement BreaSteps, a unique, evidence-based approach to human milk feeding in the NICU. BreaSteps uses babies' innate neurobiological behaviors to gently move through each phase of the process, from skin-to-skin to full feeding at the breast or chest. 15% off this month with the code Jan2024COTM.

View the Course

BreaSteps Blog

For a sneak preview of the exciting content in our course of the month, head on over to our new blog: Is Your NICU Doing the BreaSteps?

Read the Blog

Announcing Juntos Triunfamos Winners

Please join us in congratulating this year's Juntos Triunfamos Scholarship recipients! The Juntos Triunfamos Scholarship is designed to remove financial barriers for bilingual Latinx/Hispanic aspiring IBCLCs in the United States. We are thrilled to say that we received nominations for so many highly qualified candidates that we decided to create additional scholarship opportunities this award cycle. Please join us in congratulating the following winners:

*Full scholarship winners: Gabriela Colacho, Heidy Ramirez

*Partial scholarship winners: Teresa Peña, Lizbeth Sanchez Hernandez, Natalia Cava

Their stories are being featured on our social media — head on over to be inspired and say “Congratulations”! Learn more about the scholarship [here](#).

Webinar Explains New Complementary Feeding Guidelines

Complementary feeding is a critical developmental step. It's the time when babies and toddlers learn to accept healthy foods and establish healthy lifelong habits, and also a time when they face increased risk for disease and compromised growth if they don't receive the right nutrition. WHO has issued new guidelines for this important period. Learn more in this free webinar, where they also announce a new global alliance on complementary feeding.

[Watch the Webinar](#)

Announcing New Courses!

You can't practice evidence-based lactation care without up-to-date info. That's why we add new courses every single month ... like our new course on communicating with parents. Your words matter, and this course shows you how to use them in the best way possible. It's just one of our many new courses!

[View New Communications Course](#)

[Shop All New Courses](#)

Infant Mouth Model: On Sale Soon

TieLER, LER's new, 3-D, realistic infant mouth model that allows you to feel and see variations on infant tongues and palates, will be on sale soon. Sign up now to be notified as soon as TieLER is available for order, and get ready to watch your oral assessment skills soar!

[Tell Me First!](#)

[Visit Our Bookstore & Save](#)

LER offers the lowest prices available on many of the most important books for lactation care providers, including *Breastfeeding and Human Lactation, Sixth Edition*.

Lactation Books For Less

New Baby Friendly Training Available

BFUSA has released its 6th edition guidelines. You can ensure compliance by enrolling your Direct Care Personnel in our new Competency-Based training course at FirstLatch. Our course is evidence-based, fully on-line, and easy to administer. It is taught by experienced clinicians, including those who have successfully passed initial designation and redesignation. The course is available now for enrollments. To preview the course, learn more, or request a quick quote, click on one of the links below.

[Preview the course](#)

[Request a quick quote](#)

Free Parent Handout: Plugged Ducts & Mastitis

The steps to treat plugged ducts or mastitis can feel overwhelming for parents. Stock your bag with this fully illustrated, updated handout, filled with key information to help them remember and apply the steps you discuss. It's a free download!

[Download in English](#)

[Download in Spanish](#)

Everything you need to be a lactation consultant

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[The LER Family](#)

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712 Childs Point Road, Annapolis, MD 21401