



Lactation Education Resources

NEWSLETTER
MARCH 2020

HIV and Lactation

Our newsletter this month features two looks at lactation care for parents living with HIV in the developed world.

First, check out our new course "WHO Says What?" on page 2.

Just in time for the launch of our new course, the *Journal of Human Lactation* has published an article on the ethics of lactation counseling for HIV positive parents. See page 3 for a link to the article.



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March 2020

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Happy IBCLC Day!

Celebrate IBCLC Day with LER!

March 3-9 Lactation Education Resources will be offering a 10% discount on our courses.

To receive the discount, make sure to enter the code IBCLCday2020 at checkout.

LER In Person

Lactation Education Resources will have several opportunities for in person training with our instructors. Two are available for registration now.

See page 5 for our upcoming dates.

Lactation Education Resources
Specialists in online lactation support training

712 Childs Point Rd Annapolis, MD 21401

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FEATURED COURSE

WHO Says What?

Global Evidence and Infant Feeding Recommendations for Families Living with HIV

Dayna Hall, BS, IBCLC, ICCE, (ATC), discusses the discrepancies between WHO recommendations and CDC recommendations for lactating parents living with HIV. She reviews the science behind the recommendations and the risk/benefit analyses. Withholding information from these parents may put the infants at greater risk for the contraction of HIV because of cultural or other beliefs which may lead to mixed feeding.

To learn more about Dayna Hall, see page 3.

To purchase 1 L-CERP, 1 CME, and 1 Nursing Contact Hour, click [here](#).

Physicians purchasing 1 CME, click [here](#).

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**



HIV and Breastfeeding: Ethics and Autonomy



A new article in the Journal of Human Lactation questions the ethics of conflicting breastfeeding recommendations according to country, noting that HIV is the only condition where those recommendations are different based on country income indices.

They caution that such differing care may increase health risks by cutting these pairs off from feeding supports.

The authors further determine that withholding evidence-based lactation support may be a breach of reproductive justice and a violation of parental autonomy.

[Click here to read the full article.](#)

Breastfeeding and the Gut Microbiome

The International Lactation Consultant Association has paired with Jarold “Tom” Johnston DNP, CNM, IBCLC to delve into the connection between breastfeeding and the infant gut microbiome.

Click [here](#) to read the highlights in their blog.



Meet Dayna Hall, BS, IBCLC, ICCE, (ATC)

Dayna is an International Board Certified Lactation Consultant (IBCLC), an Internationally Certified Childbirth Educator (ICCE) through the ICEA, and a non-practicing certified athletic trainer.

Dayna grew up in central Washington on a large family operated farm which sparked her interest in biological systems. Human physiology and health grew to be an area of focus for her in college where she was an athletic trainer. After the birth of her children, her vocation shifted to supporting family health via education, and she taught at her local hospital.



Dayna’s family relocated to Cape Town, South Africa, an area of the world with some of the highest rates of HIV. There, she was invited to volunteer in a low-resource public hospital’s maternal obstetric unit as a birth and breastfeeding educator and counselor. One treasured aspect of this position was working with and mentoring local health workers from the community to provide postnatal home visits for infant weight checks and additional feeding support in this very low-resource community. These home visits are now being provided by her mentees.

Information for breastfeeding families

Infant Hunger Cues



Babies show several cues in readiness for breastfeeding. Tuning into your baby's cues will make your feeding more successful and satisfying for both your baby and for you.

Your baby does not have to cry to let you know he is hungry. ***Crying is the last hunger cue!***

- ❖ Awakening
- ❖ Soft sounds
- ❖ Mouthing (licking lips, sticking tongue out)
- ❖ Rooting towards the breast (turning the head and opening the mouth)
- ❖ Hand to mouth activity
- ❖ Crying beginning softly and gradually growing in intensity



Try to catch your baby's feeding cues early in the cycle – avoid crying – and begin breastfeeding!



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Specialists in online lactation training

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Angela Love-Zaranka BA, IBCLC, RLC
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

Sista Midwife

CBS Hybrid

Shreveport LA June 6, 2020

Nemours

Inpatient Breastfeeding Specialist

Wilmington DE August 29, 30

Registration coming soon