



Lactation Education Resources

NEWSLETTER DECEMBER 2018



Santa's Helper!

We have holiday gift suggestions for the lactation consultants and aspiring lactation consultants in your life.

Purchase courses, gift certificates and books just in time for Christmas!

[Click here for useful gifts!](#)



Newly Updated! Breastfeeding the Medically Challenged Infant

Instructor: Susan Hatcher RN BSN IBCLC

This course discusses the breastfeeding goals of the medically challenged infant and family. Included are cleft lip and palate, hypotonia, hypertonia, congenital cardiac diseases, respiratory disorders, neonatal abstinence syndrome and more. Discussion around the benefits of breastmilk and its healing properties as well as the Lactation Consultant's role in assisting the medically compromised infant and mother.

This course offers 2 L-CERPS, 2 Nursing Contact Hours and 2 CPEs Level II, \$25.00

Learn more by [clicking here.](#)

Contents

Gift Certificates	1
Newly Updated Course	1
Featured Course	2
<i>Initiating Breastfeeding: Facilitators and Barriers</i>	
BFHI Training	2
Study on Health Outcomes/Feeding Method	2
New Blog Post: Triple Feeding	2
Using Position Statements to Support Your Work .	3
Airport Pumping Facilities	3
Free Parent Handout	4
<i>Hands-on Pumping</i>	
Not Sure Where to Start?	5
LER Contact Information	5



HAPPY HOLIDAYS!



Lactation Education Resources
Specialists in online lactation support training

6329 Genoa Rd, Tracys Landing, MD 20779
Voice 443-203-8553 • Fax 410-648-2570 • LER@LactationTraining.com

www.LactationTraining.com • www.FirstLatch.net



Featured Course : Initiating Breastfeeding: Facilitators and Barriers

Instructor: Diane B. Procaccini MSN RN IBCLC

This course discusses the facilitators and the barriers to the initiation of breastfeeding post partum in the hospital setting.

2 L-CERPs, 2 Nursing Contact Hours and 2 CPE's \$25.00

[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 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](#)**

Study on Health Outcomes Based on Feeding Method

The journal Pediatrics has published an article titled "Infant Feeding and Weight Gain: Separating Breast Milk From Breastfeeding and Formula From Food." The authors investigated the method of breast milk feeding, type of supplementation, or feeding in hospital in the Canadian Healthy Infant Longitudinal Development (CHILD) birth cohort. The article concluded that breastfeeding is inversely associated with weight gain velocity and BMI. These associations are dose dependent, partially diminished when breast milk is fed from a bottle, and substantially weakened by formula supplementation after the neonatal period.

New Blog Post: Give Parents Tools for a Marathon, not a Sprint!

When a baby is having difficulty with weight gain or is born prematurely, many clinicians will suggest that a parent feed the baby every two hours, supplement the baby with x number of ounces at every feed and pump every two to three hours. While the evidence to support the individual points of this care plan are well documented, parents wonder "When does this end?" A better question is "Why start with such rigid recommendations?" This "triple feeding" is exhausting for parents and is unsustainable for very long.

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

Using Position Statements and Policies to Support Your Work

When you are asked to justify your position on a breastfeeding issue and the staff is saying “back that up!” try using some easily accessible position/policy statements. Of course you can do a MedLine search on the topic of interest, but you can also take advantage of the expertise of these clinicians who have reviewed the literature and written these policies and position statements. Click the links below to view them.

- The Academy of Breastfeeding Medicine has [28 protocols available online](#), many in several languages. ABM protocols are an excellent resource since they are written by physicians and therefore carry weight with other physicians.
- The United States Breastfeeding Committee issues statements on a wide variety of topics. The USBC is an organization of organizations that supporting breastfeeding over the whole course of lactation. [Click here to view.](#)
- American Academy of Family Physicians offer [Recommendations for Clinical Management.](#)
- Baby-Friendly USA is the accrediting body for Baby-Friendly Hospitals in the US. The [10 Steps to a Baby-Friendly Hospital](#) serve as guidelines for hospital care of breastfeeding mothers and infants.
- The American Academy of Pediatrics has issued a [policy statement on Breastfeeding](#) and Policy on [Postnatal Glucose Homeostasis in Late-Preterm and Term Infants.](#)
- The American College of Obstetricians and Gynecologists Committee Opinion on [Diagnostic Imaging During Pregnancy and Lactation](#) and [Optimizing Support for Breastfeeding as Part of Obstetric Practice.](#)

Here are some of the statements broken down by clinical issue:

Clinical issue: Supplementary Feedings in the Hospital

- ABM Protocol 3 Supplementation
- USBC Statement on Exclusive Breastfeeding
- AAFP Position Paper Appendix 1
- Baby-Friendly USA Ten Steps to Successful Breastfeeding
- AAP Policy Statement on Breastfeeding, Hospital Routines

Clinical issue: Treatment for Breast Engorgement

- ABM Protocol 20 Engorgement

Clinical Issue: Standards for Hypoglycemia

- ABM Protocol 1 Hypoglycemia
- AAP Policy on Postnatal Glucose Homeostasis in Late-Preterm and Term Infants, Figure 1

Clinical issue: Breastfeeding after

Analgesia and Anesthesia

- ABM Protocol 15 Analgesia and Anesthesia for the Breastfeeding Mother
- ACOG Committee Opinion Guidelines for Diagnostic Imaging During Pregnancy and Lactation
- ACOG Committee Opinion Optimizing Support for Breastfeeding as Part of Obstetric Practice, Clinical Management of the Breastfeeding Dyad

Clinical issue: Diagnosis and Treatment of Tongue Tie

- ABM Protocol 11 Neonatal ankyloglossia

Airport Pumping Facilities for Travelers

On Friday, October 5, the President signed the bipartisan Federal Aviation Administration (FAA) reauthorization bill which includes the provisions of the Friendly Airports for Mothers (FAM) Act. It requires all large and medium hub

airports to provide a private, non-bathroom space in each terminal for mothers to express breast milk. The space must be accessible to persons with disabilities, available in each terminal building after the security checkpoint, and include a place to sit, a table or other flat surface, and an electrical outlet. FAA reauthorization also requires airports to provide a baby changing table in one men's and one women's restroom in each passenger terminal building.



Information for breastfeeding families

Hands-on Pumping



Using a breast pump is important if your baby is ill, premature or unable to breastfeed for any reason. You will obtain more milk from the pumping session if you use breast massage at the same time. You will have more milk to save for feedings and your milk supply will increase.

Hands on pumping routine:

- Begin breast pumping within 6 hours of delivery
- Use a hospital grade breast pump with a double pump kit 8 times or more per 24 hours
 - Does not need to be a regular schedule, do whenever convenient
- Assure the flanges are appropriate size
 - Nipple moves freely in and out during suction cycle
 - Breasts are emptied completely, no areas of lumps
 - No pain while pumping
 - No white ring around areola
- Wear a bra or bustier that will hold the flanges in place while you pump so your hands can be free for massaging
- Start with slow massage to stimulate let-down
- Apply the breast pump and use the maximum suction level that is comfortable, not painful
- Watch the sprays of milk and adjust hand position to where milk flows the most easily
- When the sprays of milk subside, switch to single pumping so you can be more vigorous with the massage
- When the sprays of milk subside again, turn off the pump and hand massage into the pump flange. Some mothers can double their output this way. This is hind milk, the richest milk for the baby.
- Pay special attention to the outer margins of the breast



***Watch this video while
you are pumping!***

<http://med.stanford.edu/newborns/professional-education/breastfeeding/maximizing-milk-production.html>

Provided for you by Lactation Education Resources. May be freely copied and distributed. Please be aware that the information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your healthcare provider for any questions you may have regarding your or your infant's medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this information. 2016.



Lactation Education Resources

*Lactation Management Training:
From Novice to Expert*

Contact us!

Lactation Education Resources
Specialists in online lactation support training

Vergie Hughes RN MS IBCLC FILCA
Program Director

Angela Love-Zaranka BA IBCLC RLC
Program Development

www.LactationTraining.com
www.FirstLatch.net

Voice 443-203-8553
Fax 410-648-2570
LER@LactationTraining.com

6329 Genoa Rd
Tracys Landing, MD 20779



**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>