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Newsletter May 2026 Lactation Education Resources

1 message

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To: Amisha Grasty <amisha@birthswell.com>

Tue, May 5, 2026 at 5:41 AM



Live Event: Becoming an IBCLC | Complementary Medicine in Lactation Care: 15% Off
Honoring Midwives & Nurses | New Blog Series: Mastitis Updates | Free Parent Handout

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LER Live: Real Talk — The Realities of Being and Becoming an IBCLC

What does it actually take to become an IBCLC, and what's life like once you get there? Get answers from two people who know. Angela Love-Zaranka, BA, IBCLC, RLC, FILCA and Sekeita Lewis-Johnson, DNP, FNP-BC, IBCLC are bringing the unfiltered truth straight to you and taking your questions live. Thursday, May 7 | 11:00am EDT / 8:00am PDT. Free; registration required.

[Register Now](#)

Expand Your Lactation Toolkit (15% Off)

You voted, we listened. This month's community-selected Course of the Month, ***Complementary and Alternative Medicine in Breastfeeding Therapy***, opens the door to a whole new dimension of lactation care. Explore herbal medicine, acupuncture, chiropractic, homeopathy, craniosacral therapy, and more, along with the evidence for their effectiveness in challenges like nipple pain, low milk supply, mastitis, tethered oral

tissues, and perinatal anxiety/depression. You'll also leave with practical guidance on finding qualified providers for referrals.

Save 15% when you enroll during May with the code **COTMmay2026**.

[Enroll Now](#)

(Watch our social media channels to help choose the June course of the month. You could win the course you vote for, free!)

Honoring International Day of the Midwife

On May 5, we celebrate the skill, dedication, and heart midwives bring to their work every single day as they show up for families at the most profound moments of their lives.

At LER, we're proud to support midwives at every stage of their lactation education journey. Whether you're building foundational knowledge, earning a lactation credential, or deepening your clinical skills, we have training designed specifically for you. Explore our resources for midwives all in one place.

[Explore Lactation Training for Midwives](#)

Happy National Nurses Week

Nurses are at the heart of patient care, and the lactation support you provide can make an unforgettable difference for families. This week, we celebrate your expertise, your compassion, and your commitment.

We're proud to support nurses on their lactation education journey. Explore the training we've created, designed to meet you where you are and help you achieve your goals.

[Lactation Training, Designed For Nurses](#)

Prepping For the September IBCLC Exam? We can help.

The application window for the September 2026 IBCLC exam opens later this month. To apply, you must have completed all three exam eligibility criteria (lactation-specific education, health sciences education, and clinical hours). **Once you've successfully applied, LER can help ensure you're ready for test day.** Here's what our students have to say about our exam prep courses:

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*

Shop Exam Review

Spanish Practice Exams

Did you know: in addition to offering CBS and IBCLC training in Spanish, we now offer two Spanish-language IBCLC exam practice tests. Each practice test contains 175 questions covering all sections of the exam, and provides immediate feedback on the answer and the reason behind it.

View Practice Exams

Confused About the New Mastitis Recommendations? Our new blogs have answers.

You've heard that ABM protocol #36 changed the guidance on mastitis, but exactly how that should change your care still feels unclear. Our new three-part blog series was written with you in mind. Read all three and walk away knowing what's changed and why, what to do, and what to stop doing.

Mastitis Care Has Changed

It's Not Just Milk: Understanding Engorgement

Wait ... Do Plugged Ducts Still Exist?

LER Offers Baby Friendly Training

Ensure compliance with BFUSA's 6th edition guidelines by enrolling your Direct Care Personnel in our Competency-Based Training course at FirstLatch.net. 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.

Available now for enrollments—to preview the course, learn more, or request a quick quote:

[Preview the Course](#)

[Request a Quick Quote](#)

Free Parent Handout:

Laid-back breastfeeding can be a great tool, but many new parents are unfamiliar with it. Leave them with this fully illustrated handout to help them remember what you go over together.

[Download in English](#)

[Download in Spanish](#)

Everything you need to be a lactation consultant

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[Earn CME](#) | [What's New](#) | [En Español](#)



[The LER Family.](#)

This e-mail has been sent to amisha@birthswell.com, click here to [Unsubscribe](#).

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