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Newsletter January 2026 Lactation Education Resources

1 message

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Mon, Jan 5, 2026 at 12:00 PM



Live Session: Create Your IBCLC Exam Study Plan | 15% Off—Hope & Healing Online
Conference | Free Parent Handout: Hands-On Pumping

Newsletter January 2026 Lactation Education Resources

Live Session: Build Your April IBCLC Exam Study Plan

Studying for the April IBCLC exam? On Tuesday, January 6th from 11AM to 12PM EST, join our live session for expert advice on mapping out your study schedule and make a plan to succeed.

- ✓ Decode the exam's structure
- ✓ Understand the kinds of questions you can expect
- ✓ Learn how to spend your study time effectively

Led by Angela Love-Zaranka, BA, IBCLC, RLC, FILCA and Sekeita Lewis-Johnson, DNP, FNP-BC, IBCLC. Free; registration is required.

[Register Now](#)

 **15% Off—Hope & Healing: Lactation Care in the
Context of Trauma**

This month, we're honoring Maternal Health Awareness Day (observed January 23, 2026) by offering our two-part online conference **Hope & Healing: Lactation Care in the Context of Trauma** at 15% off.

The two courses in this conference (*Trauma Informed Care* and *When Developmental Trauma and Breastfeeding Collide*) explore how trauma affects new parents during pregnancy, birth, and lactation. Prepare to expand your understanding and ability to help, as expert, compassionate instructors Laurie K. Scherer, MS, LCPC-S and Dr. Melody Jackson, GP, IBCLC share their insight. No lactation care provider should be without this crucial information—learn for less during January when you enroll with code **JanCOTM2026**.

Enroll in Hope & Healing Conference

Sneak Peak: Holding Space for Trauma—What Lactation Helpers Need to Know

Want a preview of the rich content in our course of the month? Our blog with instructor Dr. Melody Jackson, GP, IBCLC (*When Developmental Trauma and Breastfeeding Collide*) outlines key facts about trauma and foundational steps for talking about it with clients.

Read the Blog

LER Exam Prep: Our Students' Reviews

Accepted to sit for the **April 2026 IBCLC exam**? This is the moment to get support in place for your exam prep.

LER's **Exam Review** and **Exam Review Enriched** are designed to help you study with confidence—combining targeted practice, clear explanations, and structured review so you know what to focus on, and why.

- **Both options include QBank:** 600+ exam-style questions with detailed explanations to identify gaps and track progress and a suggested Self-Study Schedule
- **Exam Review Enriched** also includes **32 concise video sessions** covering the full exam content along with worksheets, answer keys, and case studies

Here's how a recent exam candidate described their experience:

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 find myself consistently coming back to them throughout my studies.

I feel this course was the most value for my money as I prepare and study.

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

Shop Exam Prep

Congratulations, New IBCLCs!

LER honors all our students who are newly certified IBCLCs. We're thrilled to be part of your continuing journey.

What's Next After Certification?

Earning your IBCLC credential is a huge accomplishment—and also the start of ongoing learning and growth in practice.

LER supports IBCLCs at every stage with practical, evidence-based resources, including:

- [Free parent handouts](#) to support parents beyond the consult
- [Private practice planning tools](#) for launching and sustaining your work
- [Continuing education courses](#) to keep your knowledge current and expanding

Continue learning and growing with us!

Need Clinical Hours? LER Can Help

Did you know that LER offers two great ways to earn clinical hours for IBCLC exam eligibility? Our Pathway 3 Clinical Lactation Internships and our Pathway 1 HOURS Program provide options for healthcare providers and non-providers alike. Get started in 2026!

Earn Clinical Hours at LER

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](#)

Updated Free Parent Handout: Hands-On Pumping

Parents can increase their pumping output by using massage techniques while pumping—sometimes by twice as much! This fully illustrated handout reinforces your teaching. Download for free.

[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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