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Newsletter April 2026 Lactation Education Resources

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Fri, Apr 3, 2026 at 5:20 AM



Live Event: Becoming an IBCLC | New! IBCLC Recertification Bundle in Spanish |
Prenatal Lactation Assessment Course: 15% Off | Honoring Black Maternal Health Week |
New Blog: Lactation After Cesarean | Free Parent Handout: Newborn Feeding Log

Newsletter April 2026

Lactation Education Resources

LER Live: Become an IBCLC

Your IBCLC journey starts with the right information. Join us live as Sekeita Lewis-Johnson, DNP, FNP-BC, IBCLC and Angela Love-Zaranka, BA, IBCLC, RLC walk you through what the path really looks like and field your questions in real time. **Wednesday, April 8 | 11:00am PDT / 2:00pm EDT.**

[Register Now](#)

Set Families Up for Success Before Birth (15% Off)

The best time to prevent lactation challenges? Before they start. This month's selected course, **Empowering Parents: The Importance of Prenatal Lactation Assessment and Support**, gives you the skills to identify risk factors early, help parents understand their unique lactation physiology, and build proactive plans that make a real difference.

Melissa Cole, IBCLC, clinical herbalist, neonatal oral motor assessment professional, and Perinatal Mental Health Certified Professional, brings real case studies, practical

assessment techniques, and evidence-based strategies you can put to work right away.

Save 15% when you enroll during April with the code **COTMapril2026**.

[Enroll Now](#)

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

New Arrival! 75-Hour IBCLC Recertification Bundle in Spanish

We've been working on something exciting, and we're thrilled to announce that it has arrived. **Our comprehensive 75-Hour Recertification Bundle is now available in Spanish** at Capacitación en Lactancia. Regardless of your Professional Development Plan, this bundle has all the CERPs you need.

[View the Bundle](#)

April Exam Takers: We're Proud of You

To every LER student taking the IBCLC exam this April: We honor all the work you've done to get here, and we're rooting for you every step of the way. Once the exam is finished, the wait for your results can feel endless. If you've ever asked yourself why scores take so long to come back, our blog has the explanation.

[Read the Blog](#)

September IBCLC Exam Application Opens Soon

Working to fill last-minute requirement gaps before applying for the September 2026 IBCLC Exam this spring?

- Get additional **lactation training hours** with our [course bundles](#).
- Complete the Additional Health Science courses with our [Additional General Education Package](#). Covers Documentation, Medical Terminology, Legal and Ethical Concerns, and Occupational Safety and Security (just add Basic Life Support in your community).
- Fulfill your required two hours of **WHO Code education** with our course, [Unpacking the International Code](#).

Not ready to apply for the IBCLC exam this time, but wish you were? Let's get you ready. LER has everything you need to qualify to take and ace the exam: lactation training, affordable health science courses, clinical hours, and exam review.

Explore Your Options

Honoring Black Maternal Health Week: Culturally Matched Lactation Care Matters

The evidence is clear: Lactation care from someone in your own community is the most effective support. Yet in the United States, only about 3% of IBCLCs are Black. The high cost of IBCLC education has historically presented a significant barrier for aspiring Black lactation consultants. At LER, we are committed to removing that barrier. Our [low-tuition health sciences courses](#) and our [Rising Tide Lactation Equity Scholarships](#) are two ways we're working on this goal. We believe there are few paths more promising to supporting Black Maternal Health than making sure Black parents have access to skilled lactation care providers who understand their communities and their journeys.

New Blog: Supporting Lactation After Cesarean

Delayed milk onset, a sleepy baby, incision-site pain, IV fluid weight fluctuations, concerns about pain medications ... lactation challenges after cesarean birth are real, and your skilled support is crucial. Celebrate Cesarean Awareness Month by ensuring you're providing the best, most up-to-date guidance, with our latest blog. It pulls together the wisdom of four of our most experienced instructors.

Read the Blog

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

Partner with LER for Exhibits and Sponsorship at Your Conference

If you are hosting a conference, summit, or symposium in 2026, consider LER as an exhibitor or partial sponsor. Contact us via email and include your event's prospectus.

Send a Prospectus

Updated Free Parent Handout: Newborn Feeding Log

During the hectic, hazy first few weeks, tracking their baby's feeds and diaper output can be invaluable for new parents. Make it easy by leaving them with this convenient log sheet. It's free, downloadable, and guaranteed to bring peace of mind.

Download in English

Download in Spanish

Everything you need to be a lactation consultant

[Get Started](#) | [Become an IBCLC](#) | [Become a CBS](#)
[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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