



NEW COURSE Annual Review 2016

This course discusses what's new in breastfeeding research and practice for 2016. Perfect for Baby Friendly Hospitals which wish to keep staff updated on new developments in lactation management and for lactation consultants to keep current in new research. The course is broken up into 3 lessons, all of which must be completed in order to receive credit and obtain the certificate.

Topics covered include:

- Breastfeeding advocacy and promotion
- Recent studies re the properties of breast milk
- Methods of supporting mothers after hospital discharge
- How to stay professionally current in breastfeeding medicine

3 L-CERPs, 3 Nursing Contact hours and 3 CPE's.

<https://www.lactationtraining.com/shopping/online-shop/continuing-education/annual-update-2016-detail>

Lactation Consultants make a difference!

We knew lactation consultants make a difference. New research confirms this.

This meta-analysis looked at 16 reports with 5084 participants of the effectiveness of lactation consultants and counselors and found striking results.

It was found that breastfeeding interventions using lactation consultants and counselors increase the number of women initiating breastfeeding, improved "any" breastfeeding rates and had a beneficial effect on exclusive breastfeeding rates.

Patel S, Patel S. The Effectiveness of Lactation Consultants and Lactation Counselors on Breastfeeding Outcomes. *J Hum Lact.* 2016 Aug;32(3):530-41. doi: 0.1177/0890334415618668. Epub 2015 Dec 7.

Contents

Upcoming Deadlines	2
Safety of Baby-Friendly Practices	2
Baby-Friendly Hospital Training	2
Innovations Breastfeeding Support	3
Frank Nice's New Book	3
Vergie's Blog - Baby-Friendly Takes a Team ..	3
Free Parent Handout	4
<i>Waking a Sleepy Baby</i>	
Where will you find LER next?	5
LER Contact Information	5



Lactation Education Resources
Specialists in online lactation support training

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Sale! LER Lab Coats



Get a great looking lab coat while they last. These street length coats are embroidered with the attractive LER logo. These make a great gift!

Clearance! 25% off!
Limited sizes available.

<https://www.lactationtraining.com/lab-coats>

Safety of Baby-Friendly Hospital Practices

There have been several articles in medical journals over the past few years questioning some of the Baby-Friendly Hospital Initiative practices. Baby-Friendly USA responds:

<https://www.babyfriendlyusa.org/get-started/the-guidelines-evaluation-criteria/ebf--pacifiers-safe-sleep>

<http://www.babyfriendlyusa.org/get-started/the-guidelines-evaluation-criteria/safety-of-baby-friendly-practices>

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**.

Alert! Upcoming Deadlines

October 2017 Exam

Application deadline
May 15 (*passed*)

Exam dates Oct 2-4

April 2018 Exam

Application window
Sept 1 - Nov 15

Exam dates April 2-4

October 2018 Exam

Application window
March 1 - May 15

Exam dates Oct 1-3



Innovations in Delivery of Breastfeeding Support

Lactation services are available to more and more moms via innovative programs and virtual consultations. Here are a few examples:

- Pacify - <https://pacify.com/>
Phone support for breastfeeding and child care from RNs, RDs, IBCLCs via an app. Available 24/7/365
- Momseze - <https://www.momseze.com/#Home>
Phone support for breastfeeding and new baby concerns. Available 24/7/365
- Amwell Lactation Consultant <https://amwell.com/cm/services/online-breastfeeding-support/>
Virtual lactation consultations face to face via phone or ipad or by phone. Available 24/7 by appointment
- Tinyhood - <https://www.tinyhood.com/breastfeeding?gclid=CJrlyffQ79QCFdpXDQod6mgG1g>
Text a lactation consultant for support
- My Nursing Coach Mobile Breastfeeding Center - <http://www.mynursingcoach.com/breastfeeding-2/>
In-home consultations or video chat and follow-up in Los Angeles
- Mobile lactation consultant - <http://www.yaktrine.com/news/new-mobile-lactation-center-turns-heads-in-rural-eastern-oregon/513449108>
In person lactation consultants in a RV that travels to the client

Frank Nice and Cheryl Harrow release new book

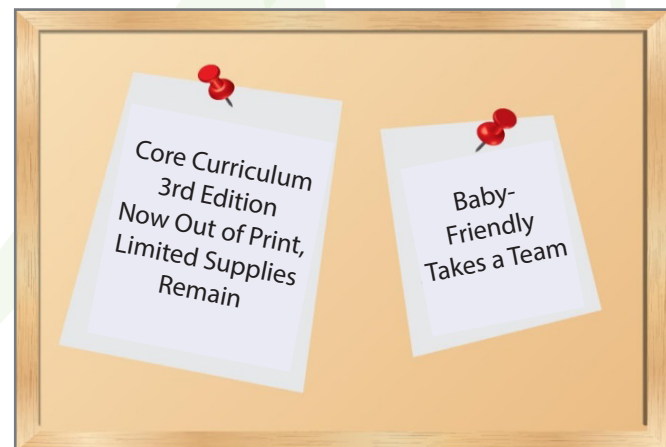


Frank Nice and Cheryl Harrow release new book for those working with addiction Recreational Drugs and Drugs Used to Treat Addicted Mothers: Impact on Pregnancy and Breastfeeding.

<https://www.lactationtraining.com/shopping/bookstore#nice>

Vergie's Newest Blogs

<http://www.lactationtraining.com/our-blog>



Information for breastfeeding families

Waking a Sleepy Baby



Babies are often sleepy during the first week or so. They may not awaken often enough to feed: remember newborns need to eat 8 or more times per 24 hours. Or once the feeding has begun, they may fall asleep again. Here are a few suggestions for waking your baby. Some work better on certain babies than others. When one quits working, try another.

Stimulate all of your baby's senses

- Hold baby skin-to-skin for 15-30 minutes
- Undress the baby to his diaper to cool him off slightly
- Rub and massage the baby in various places
 - Top of the head
 - Bottom of the feet
 - Up and down the spine
 - Across the belly
 - Up and down the arm
 - The spot right above the belly button
- Change the position of the baby, from cradle hold to football hold and back again
- Do "baby sit-ups". Rock the baby from a sitting to lying position and back again. Rock gently back and forth until the baby's eyes open. *Do not* "jack-knife" the baby (force him forward)
- Talk to the baby. Babies respond to mom's voice
- Try adjusting room lights up for stimulation or down so the baby can comfortably open his eyes

➤ Start to pull the nipple from the baby's mouth (Make sure that this does not result in the baby sucking on just the tip of the nipple. If it does, break the suction and re-attach the baby to the breast.)

➤ Change the baby's diaper

➤ Apply a cool washcloth to the baby's head, stomach or back. (Do not let the baby become chilled. Premature infants become chilled more easily than term infants.)

➤ Allow your baby to suck on your finger for a few minutes

➤ Express some breastmilk and place just under your baby's nose. Dribble milk over the nipple while latching-on.

Signs of concern

If your baby is un-aroused after a reasonable amount of time and the use of several techniques, contact your healthcare provider.

Feel free to duplicate Lactation Education Resources 2016. 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.



Lactation Management Training: From Novice to Expert

Where will you find LER next?

International Lactation Consultant Association

July 19-22

Toronto, ON, Canada

<http://www.ilca.org/ilca17>

LER graduates: Stop by and pick up your lapel pin!

United States Breastfeeding Committee

August 4-6

Arlington, VA

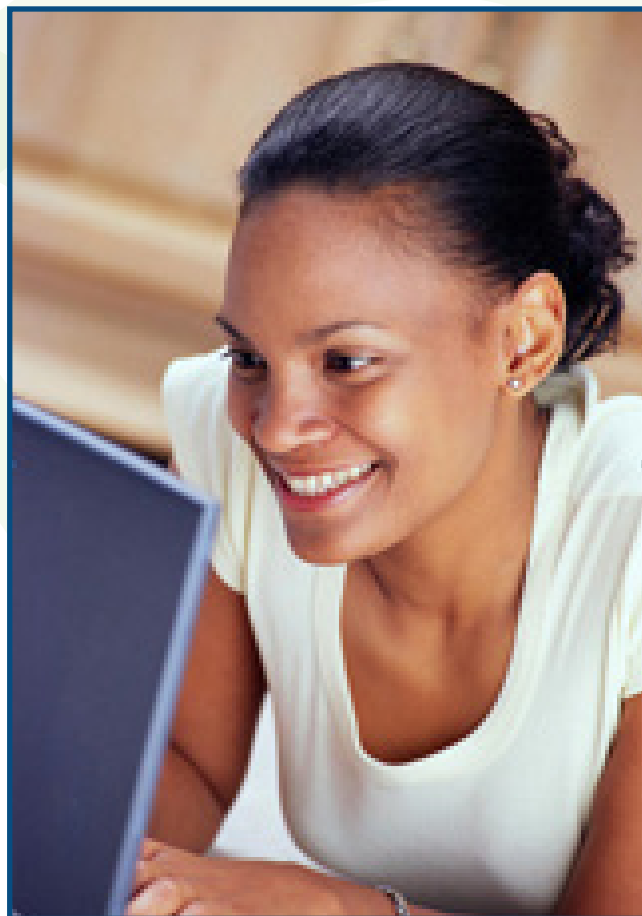
<http://www.usbreastfeeding.org/2017-nbcc>

Sibley Memorial Hospital

August 29

Washington, DC

*Staff only



Contact us!

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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>