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Newsletter November 2025 Lactation Education Resources

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Reply-To: Lactation Education Resources <support@lactationtraining.com>
To: Amisha Grasty <amisha@birthswell.com>

Wed, Nov 5, 2025 at 12:00 PM



Live Event—Becoming an IBCLC | Celebrating American Indian and Alaska Native
Heritage Month | November Course of the Month | BFHI Training for Your Staff |
Free Parent Handout: Painful Nipples

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LER Live: Real Talk About Becoming an IBCLC

You want to become an IBCLC, but the process seems long and daunting. We've been there. That's why we created Real Talk—our regular live event with Angela Love-Zaranka and Sekeita Lewis-Johnson. Veteran IBCLCs and lactation educators, they provide insider insights and answer your questions in real time. Don't miss the next one! **Thursday, November 20th from 1:00 PM to 2:00 PM EST.** Free; registration required.

[Register Now](#)

Honoring World Prematurity Day with a Special Offer

In recognition of World Prematurity Day (Monday, November 17, 2025), enjoy 15% off BreaSteps: Breastfeeding the Premature Infant all month long. This evidence-based course helps you support premature infants and their families by aligning lactation care with each baby's natural neurodevelopmental stages—from birth through discharge home.

Use code Nov2025COTM at checkout anytime in November to save (offer valid through November 30 2025)

Shop the Course of the Month

BreaSteps: A Sneak Preview

Based on our course of the month (above), our blog introduces you to BreaSteps' five steps: Love, Lick, Latch & Linger, Learn, and Leave. We guarantee you'll want to hear more!

Read the Blog

Celebrating American Indian and Alaska Native Heritage Month

This month, LER honors American Indian and Alaska Native families and those who support them—including our Program Director, Angela Love-Zaranka, BS, IBCLC, RLC, FILCA! A member of the Iowa Tribe of Kansas and Nebraska and the Chickasaw Nation, Angela teaches many of our courses.

Her course, *Anatomy of a Lactation Consult*, is a great place to start—it provides a guided tour of an effective lactation consult, from beginning to end.

Learn More About This Class

Supporting an Adoptive Family? This course is for you.

November is National Adoption Month in the U.S. Prepare to support adoptive parents who wish to provide human milk for their baby! Our course, Three Step Framework for Inducing Lactation, is taught by Alyssa Schnell, MS, IBCLC, a foremost authority on the subject of inducing lactation. You'll leave with a customizable, evidence-based framework you can confidently apply to help any parent who wishes to induce lactation.

Explore Alyssa Schnell's Class

April IBCLC Exam Ahead? Let's Make Sure You're Ready.

Getting ready for the April 2026 IBCLC Exam? Build confidence with one of LER's proven prep courses. Once your exam application is accepted, it's the perfect time to enroll.

You'll receive:

- A **study skills webcast** and **guided study schedule**
- **Online flashcards** for on-the-go review
- Access to **QBank**, our practice question tool with more than 650 questions

For a comprehensive review of the entire exam content, choose **Exam Review Enriched**—featuring **32 video lessons** and **27 case studies** led by expert instructors.

“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**

Uplevel Your Tongue-Tie Skills & Practice

If you'd like to feel more confident identifying, understanding, or explaining tethered oral tissues—you're not alone.

TieLER, LER's 3-D infant mouth model, was created just for you. Designed by clinical experts, it helps you visualize oral anatomy, demonstrate function, and build the clarity you need to talk with both colleagues and parents.

Discover how TieLER can deepen your understanding and transform your confidence in practice.

[Learn More About TieLER](#)

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](https://www.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: Nipple Pain

Nipple pain—a common challenge, but not always a simple one! This free, illustrated handout offers tips for easing the discomfort, as well as knowing when to seek help. Download and share with new families you serve.

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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