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Lactation
Education
Resources

October Newsletter

Newsletter October 2022 Lactation Education Resources

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

If you are considering becoming an IBCLC, but wish you knew more about what it's really like or how to get there, this talk is for you. Angela Love-Zaranka, BA, IBCLC, RLC and Sekeita Lewis-Johnson, DNP, FNP-BC, IBCLC, answer your questions live on Thursday, October 27th at 12pm EDT / 9am PDT. Free registration required.

[Register for Live Event](#)

Honoring Hispanic and Latinx Heritage

Hispanic and Latinx Heritage Month is a period meant for recognition, education, and celebration of Hispanic culture and history in the United States. LER is honoring the month by highlighting resources designed to increase awareness of the needs of the Hispanic community, grow the number of culturally matched lactation consultants, and share the stories and knowledge of some of our Hispanic team members. We hope you will take advantage of these resources, including:

Take 20% Off Spanish Language Courses. Now through October 15th, take 20% off the cost of lactation training courses offered on our Spanish Language site, [Capacitacionenlactania.com](https://capacitacionenlactania.com). Whether you are pursuing the IBCLC or seeking Certified Breastfeeding Specialist (CBS) certification, we have a Spanish Language course to meet your goals. Use the coupon code **HHM20** at checkout to

apply your discount.

[View Courses Now](#)

Free For a Limited Time: Sexuality and Lactation Course. Families often have questions about how sexuality intersects with lactation. Be prepared to answer with our course of the month, Sexuality and the Breastfeeding Family. This course is taught by Andrea Inchaurredo, IBCLC, nurse, and midwife. Born and raised in Pamplona, Navarra, Spain and currently residing in Switzerland, she supports Spanish-speaking families with all elements of breastfeeding and parenting. Complete this course to earn 1.5 CMEs, 1.5 L-CERPs, or 1.5 Nursing Contact Hours. Free through October 15, registration required.

[Register \(English language\)](#)

[Register \(Spanish language\)](#)

Engage and Understand Through Story. Learn about the history of how colonialism has affected breastfeeding parents and their children, impacting generations—and the ongoing efforts to reclaim what has been lost. Tecpaxochitl Mireya Gonzalez is a first-generation Purepucha and Anahuaca and a Certified Lactation Specialist at Chichihualli Lactation. Chichihualli Lactation is a community nonprofit working to protect, preserve, and restore breast/chestfeeding as an ancestral tradition for Indigenous people of Cemanahuac or North/Central America living displaced in Los Angeles, California. Gonzales shares her family's incredible story and her own important work in this Nikki & Nikki replay.

[Watch the Replay](#)

Explore the Melanated Mammary Atlas. Skin tones vary widely in the Hispanic community, while the vast majority of lactation texts portray mammary-related conditions only on white skin. Mammary-related conditions can look very different, depending on the skin tone of the individual, leading to mistakes and misdiagnoses. That's why the Melanated Mammary Atlas®, a digital resource providing images of mammary-related conditions on Asian, Indigenous, Black, and Brown skin, is an essential tool. LER is proud to partner with the MM Atlas and is the only lactation education program to feature MM Atlas images throughout our curriculum. Our CBS students also receive a discount when they subscribe to the

MM Atlas.

[Learn More About the MM Atlas](#)

[Subscribe to the MM Atlas](#)

[Read Our Blog on This Topic](#)

You Can STILL Recertify by CERPs This Year!

If you thought you missed the deadline to renew your IBCLC certification by CERPs in 2022, there's great news. IBLCE has extended the deadline to October 31, 2022. You can still take the CE Self-Assessment and earn the CERPs you need. All requirements must be met prior to submitting your application by the new October 31 deadline. LER has [course bundles](#) to help you get your CERPs quickly and easily. Our [75-CERP Recertification Bundle](#) fulfills your requirement in 2022 regardless of the results of your CE Self-Assessment.

[Read IBLCE's Announcement](#)

[Learn About Recertifying by CERPs](#)

LER Staff Recognized for Equity Contributions

The lactation community has recently honored the work of two LER staff members:

LER Director of Equity, Inclusion, and Belonging Nekisha Killings MPH, IBCLC, RLC, and Doula, has been selected as the 2022 recipient of the United States Lactation Consultant Association's Terry Jo Curtis Award for her work to improve equity within the US breastfeeding landscape. Killings has also been selected for the Black Breastfeeding Week 2022 Tech Innovators Award for her groundbreaking work with The Melanated Mammary Atlas®. This award is presented by the Irth App in recognition of innovation that leverages technology to address disparities in birth and breastfeeding.

Angela Love-Zaranka, BA, IBCLC, RLC, Program Director at LER, has received the William Lloyd Garrison Ally Award from Reaching Our Sisters Everywhere (ROSE). This award is presented in recognition of her work to recognize and call out racism, in support of the effort to achieve health diversity, equity, and inclusion through breastfeeding.

[Learn More About LER's Commitment to Diversity](#)

Take General Education Courses in Spanish

Our General Education Bundle provides 5 of the IBLCE-required General Healthcare Requirements in one easy package. And now, it's available in Spanish!

[See the Course](#)

Get Clinical Hours Through LER

As an IBLCE-recognized Breastfeeding Support Organization, LER can now offer students the opportunity to accrue the clinical hours needed for the IBCLC exam. Our program is currently in its pilot phase and will be accepting new students soon! Join our priority list and receive an alert the day spots open.

[Tell Me About Clinical Hours](#)

New BFHI Training Coming Soon

We're almost ready to unveil a brand new way for you and your staff to receive BFHI training. Be the first to know when it is available! Sign up at the link below.

Be the First To Know

Need Parent Handouts? Ours Are Free!

Leaving a concise, illustrated handout with your client helps them remember your teaching and increases their chance for success. Our free, updated handouts cover a wide range of topics, from early days through weaning. We also have handouts for providers. Handouts are available in six languages, including Spanish!

Handouts for Parents

Handouts for Providers

Learn More About LER

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[Lactationtraining.com](https://lactationtraining.com)

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