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Lactation
Education
Resources

March Newsletter

Newsletter March 2022 Lactation Education Resources

Happy IBCLC Day!

Today is IBCLC Day and we are celebrating by offering you a discount! Enjoy 10% off any Lactation Education Resources offering with the coupon code IBCLCDAY2022. The code is active through Sunday, March 6th.

Looking for other ways to celebrate the IBCLC in your life? Visit the International Lactation Consultant Association's [IBCLC Day celebrations here.](#)

IBCLC Day Celebrations

Exam Prep LER Live

Taking the IBLCE exam this month? Make the most of your final study days! Join Sekeita Lewis-Johnson, DNP, FNP-BC, IBCLC and Angela Love-Zaranka, BA, IBCLC, RLC for a live review. Go over the exam's toughest topics and get your questions answered. Free registration required. Thursday, March 3rd, 12:00 pm EST.

[Register for Live Review](#)

Last Minute Study Tips

What can you accomplish toward exam success in the next few weeks? Plenty, if you use the proven strategies from our blog on this topic.

[Read the Blog](#)

One top tip: An Exam Review Course can be a great way to solidify your knowledge. LER's Exam Prep Courses offer QBank—a cutting-edge practice exam tool, so you can test yourself and know if you're ready.

[Learn More About LERQBank](#)

LER Offers Grand Rounds!

We're excited about a new offering at LER: Community Breastfeeding Grand Rounds. Each Grand Rounds focuses on a real case study to explore a lactation topic. Hosted by Birthmark Doula Collective and New Orleans Breastfeeding Center and cosponsored by LER, Touro LCMC Health, and the Bureau of Family Health. Enroll now in our first Grand Rounds, exploring tandem nursing through one parent's journey.

Enroll in Grand Rounds: Tandem Nursing

Assisting with Aversion

Have you ever helped a client with breastfeeding/chestfeeding aversion? It's one of the rich topics addressed in this month's Grand Rounds, and our new blog offers advice.

Read the Blog

Clinical Hours Q&A

Working toward IBCLC certification but not sure how to get your clinical hours? Angela Love-Zaranka, BA, IBCLC, RLC, Program Director at Lactation Education Resources (LER), served on the IBLCE Board from 2006 to 2012 and on IBLCE committees until 2015. Read her advice on getting those all-important hours, in our new blog—part of a series on certification.

Read the Blog

Clinical Internship Program

An internship can be a great solution for getting clinical hours. LER can help you connect with an IBCLC mentor.

Learn About Internships

H.E.A.L Program Launched

Lactation professionals have a new resource to offer African American families. Reaching Our Sisters Everywhere (ROSE), in partnership with the Office on Women's Health (OWH), recently launched the Health Equity Action for Lactation (H.E.A.L.) Breastfeeding Program for African American Mothers and Their Families. The initiative aims to develop, implement, and evaluate a national program to encourage African American mothers to breastfeed for at least six months. The program features videos of parents telling their own stories, a breastfeeding guide, support for breastfeeding at work, and more.

[Learn More](#)

Free Handout for Parents: Drying up a Milk Supply

At times, a client may need your help to stop producing milk. This free handout for parents summarizes the information they need to safely eliminate supply.

[Get the Handout](#)

Film Series Explores Choices in Childbirth

Help your clients navigate topics from prenatal care and birth interventions to lactation and perinatal mental health with a new film series from Every Mother Counts. Titled “Choices in Childbirth: Essential Conversations for Pregnancy, Birth, and Beyond,” the series includes videos and interactive tools for parents covering a variety of topics. The materials (completely available for free online) bring together the voices of parents and professionals—including doulas, midwives, doctors, lactation consultants, and more. Available in English and Spanish.

[Explore the Series](#)

Recertifying Soon?

At LER, we are closely monitoring the new IBLCE recertification rules. We're creating new resources to help you recertify, whether you are using CERPs or taking the exam! Stay tuned for more details, coming soon.

Questions in the meantime? We're here to help. Contact us at support@lactationtraining.com.

[Review IBLCE's New Guidelines Here](#)

Congratulations to the Winners of Walden's Gift Certificate Contest

Walden University's, "Empowering You to Empower New Mothers" initiative gave LER members the chance to win a \$500 gift certificate toward LER's courses.*

Congratulations to the winners, Shameka Watson and Kristin Walker. Walden is grateful for the important work that you do in lactation education.

Interested in learning more about Walden? Visit WaldenU.edu/LER.

**No purchase necessary. Terms and conditions apply. Please visit waldenu.formstack.com/forms/ler_contest_rules for the complete rules.*

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