



# Lactation Education Resources

## NEWSLETTER

### JANUARY 2019

LactationTraining.com

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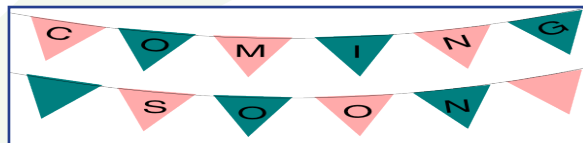
January 2019

### Is becoming a lactation consultant on your list of New Year's Resolutions?

Learn more about how LER can help you achieve your goals.



Get started by [clicking here](#).



### Coming Soon! University Credit for Lactation Courses

Walden University will be providing college credits for these LER courses:

- Lactation Consultant Training Course - 6 credits
- Core Phase I - 3 credits
- Core Phase II - 3 credits

***Stay tuned for details!***

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**Lactation Education Resources**  
*Specialists in online lactation support training*

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## Featured Course : Hormones of Lactation from Puberty to Pregnancy

Instructor: Lisa Marasco MA IBCLC FILCA

This 3-lesson online conference explores in detail the hormones that propel lactation from breast development through pregnancy. Lisa takes a deep dive into breast anatomy, cutting edge hormonal research, seminal and current physical concepts that support the process of effective breastmilk production and maintenance.

4 L-CERPS, 4 Nursing Contact Hours and 4 CPEs Level II \$50.00

[Click here](#) for more information.

## 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](http://www.FirstLatch.net)**

Visit our website and sign up for a **[FREE TRIAL PREVIEW](#)**  
or download a **[FULL PROPOSAL](#)**

## New Resources from U.S. Breastfeeding Committee

The USBC has published an updated edition of the "Breastfeeding Legislation and Policy Update." The toolkit provides advocates across the First Food field with information, talking points, and action opportunities on a variety of policy topics that impact breastfeeding families. The toolkit features background information, status updates, key messages, sample tweets, and individual and organizational action opportunities. Download the policy toolkit [here](#).

U.S. Breastfeeding Committee: USBC has published a series of state-by-state Guides to the Rights of Breastfeeding Employees. Each guide includes information about state and federal workplace breastfeeding laws, including Title VII of the Civil Rights Act, as amended by the PDA. Learn more by clicking [here](#).

## Congratulations to our Interns!

LER had 8 interns take the fall IBLCE exam this year! Congrats to you all!



**Robin Haile (Virginia)**

Mentors: Judi Hall, Valerie Lemelin, Kaye Donald, Caroline Conneen



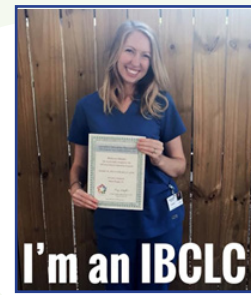
**Rebecca Gravenor (Maryland)**

Mentors: Tina Wehberg, Stephanie Amsel & Janet Forrest



**Tamika Harris (Virginia)**

Mentors: Angela Love-Zaranka, Marisa Smith



**McKenna Mateer (Louisiana)**

Mentors: Ester Bucher, Denise Thompson, Roxanne Williams, Sharron Buchart, Nicole Fox



**Jill Marion (Virginia)**

Mentors: Patricia Webber, Halima Sadki, Dalaney Young, Alison Stamper-Levy, Sarah Macchio



**Sarah McDonald (Virginia)**

Mentors: Elizabeth Abando, Laura Erim, Nancy Forrest, Jeanne Gackstetter, Sarah Macchio, Karen Rechnitzer, Jennfer Zaptin, Margaret Bain, Sharon Gough, Rachel Crossen

Not pictured:

**Lisa Crawford (New Jersey)**

Mentors: Kara Beverly, Laura Mathews, Ann Mruk, Lisa Mathiasen, JoAnn Ennis, Melanie Miller, Kristen Kratz

**Paige Bearden (Virginia/Michigan)**

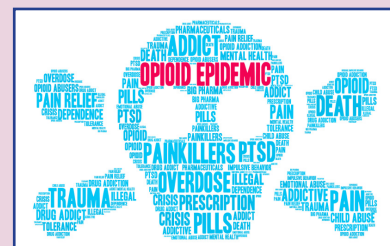
Mentors: Patricia Webber, Halima Sadki, Dalaney Young, Alison Stamper-Levy, Sarah Macchio

## Opioid Epidemic Resource

The Health Resources and Services Administration, Maternal and Child Health Bureau has released a resource titled "HRSA's Home Visiting Program: Supporting Families Impacted by Opioid Use and Neonatal Abstinence Syndrome."

The new resource for Maternal, Infant, and Early Childhood Home Visiting Program (MIECHV) awardees and their state partners in early childhood, public health, and substance misuse and mental health treatment provides information about the opioid epidemic, opioid use disorder, and neonatal abstinence syndrome. It includes relevant research, offers strategies, and highlights promising efforts underway in Maine, Colorado, West Virginia, and Massachusetts.

Learn more by [clicking here](#).



## Information for breastfeeding families

# Tips for the Feeding in Delivery



- **Provide lots of skin-to-skin contact** immediately after birth. Ask your provider to place your baby on your abdomen. Your baby will instinctively move towards your breasts for his first feeding. Skin-to-skin holding helps your baby regulate his temperature, heart rate, and breathing. Any routine procedures that need to be done can be done while your baby is nestled near your breasts. Tee-shirt to nightgown does not count; it must be skin-to-skin.

- **Position your baby comfortably on your chest.** Babies usually assume a face down position and this is perfect for him to look for the breast. Provide a little gentle guidance if your baby needs it.



- **Feed your baby early.** Begin breastfeeding within the first hour after delivery. This is the optimal time to start. Let your baby crawl to the breast and find it with only minimal help from you. He can do it! Keep your baby skin-to-skin with you until you have completed the first feeding. Your baby will be ready and willing!
- **Massage your breasts** to increase the flow to your baby. Massage from the outer edges towards your nipple. This will move colostrum into your nipple. Then give your breast a gentle squeeze.



- **Your baby is very sensitive to smells.** He will know you by your scent. Gently wipe away any fluids from his skin but delay the first bath for 24 hours or so. Let breastfeeding get off to a good start before others hold your baby. Delay your bath until after several feedings to allow your baby to “know you by your scent”.
- **If supplements are necessary** for medical reasons, give only 5 to 10 mls. Continue to hold him in skin to skin contact and encourage him to feed again as soon as he shows interest.
- **Moving to the post-partum unit.** Wrap both you and your baby together to maintain skin-to-skin contact while you are moved from labor and delivery to your post-partum room. Then keep your baby with you throughout the day and the night so you can respond quickly when your baby shows signs of wanting to feed.

Feel free to duplicate

Lactation Education Resources  
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 physician 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.



## Where will you find LER next?

**Lactation Consultants of Greater Washington**

Topic: Hands-on Breast Pump Demonstration

Jan 13, 2019

Sibley Hospital, Washington DC

<http://www.lcagw.org/>



## Lactation Education Resources

*Lactation Management Training:  
From Novice to Expert*

## Contact us!

### Lactation Education Resources

*Specialists in online lactation support training*

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Program Director

**Angela Love-Zaranka BA IBCLC RLC**  
Program Development

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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](https://youtu.be/90nhHBTb_ME)

#### Pathway 1

<https://youtu.be/oUV1dtpa97Y>

#### Pathway 3

<https://youtu.be/eOT1AEcj8x4>

#### Internships

<https://youtu.be/N3hWU4QUrDQ>

