



Lactation Education Resources

NEWSLETTER JUNE 2019

Ask a Question Get an Answer

Has a certain topic or issue puzzled you in the field of lactation?

See your question featured in our newsletter, and read the answer from one of our experts.

If you would like to submit a question for the newsletter, email Julie Grimes at customerservice@lactationtraining.com

45 Hour Hybrid Lactation Training Course: Brought to You

Have you wanted your staff trained in lactation, but scheduling a full week of training is impossible?

Our hybrid 45 hour course provides the best of online and in-person education. Students take 38 hours of instruction online prior to attending a 7 hour skills day. Supervisors can schedule skills training for 2 days and continue to provide patient care on the unit while allowing half of the designated staff to attend face-to-face instruction each day.

Contact Angela Love-Zaranka to find out how to bring this to your facility. programdevelopment@lactationtraining.com

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Lactation Education Resources
Specialists in online lactation support training

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FEATURED COURSES

Infant Assessment, Growth, and Development

Sarah Stilling CPNP-AC/PC, IBCLC delineates the differences in growth patterns among newborns, young infants, older infants and toddlers. In the infant assessment portion, Sarah highlights pertinent medical history for the mother and/or her newborn that could potentially impact breastfeeding, addresses terminology used to describe the relationship between newborn's weight and gestational age and the implications associated with the different age/weight-based classifications, reviews 6 different infant behavioral states, and articulates both typical and atypical newborn physical exam findings.

4 L-CERPS, 4 Nursing Contact Hours, 4 CPEs Level II

Click [here](#) to learn more.

Lactation Management for Outpatient Staff

Gathering the expertise of several instructors, this course covers the full cycle of lactation that outpatient staff are likely to see: from early day common problems of sore nipples and engorgement, to lactation management for parents returning to work, to weaning.

Our course also includes material on assisting parents with more difficult situations that may require supplementation or the maintenance of lactation if separated from their babies for illness or other reasons.

7 L-CERPS, 7 Nursing Contact Hours, 7 CPEs Level II

Follow this [link](#) to add this to your courses.

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 Discounted 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](#)



Discounts for International Students On Lactation Consultant Courses

Did you know that we offer discounts to students from developing countries based on the World Bank Economy Indicators?

Click [here](#) for more information about which countries are eligible.

Country Category	Lactation Consultant Training Program Enriched	Core Phase I
Category A	\$975	\$645
Category B	\$825	\$545
Category C	\$680	\$450
Category D	\$535	\$350

Meet Our Infant Growth and Development Instructor

Originally, Sarah Stilling started as a pediatric hematology and oncology nurse and earned her dual PNP certification in 2010. She then went into primary care and attained her IBCLC during that period. She supported breastfeeding moms in routine care and saw feeding visits. Sarah became a pediatric hospitalist in 2017, moved back to in-patient care, and now sees well babies, attends high risk deliveries, and does in-patient pediatrics.



Make Your Charting Fast, Easy, and Accurate!

Milk Notes is a secure electronic charting system useful for recording your consults. Because it is web-based, it is available in your office, clinic, or at the client's home from any device. MilkNotes was developed by Liz Flight RN, IBCLC to streamline client charting. HIPPA compliant.

- Manage Documents
- Track Breast Pump Inventory
- Fax Providers
- Host Video Sessions

Learn more at <http://milknotes.com/>



Information for breastfeeding families



Breastfeeding Begins Before Birth

Gather Your Breastfeeding Team

Everyone needs help as a new breastfeeding parent. Before you deliver, locate those who can help you get started.

- ✓ Friends who have breastfed before
- ✓ Family member
- ✓ Obstetrician/Midwife
- ✓ Pediatrician
- ✓ Lactation Consultant
- ✓ WIC counselor
- ✓ Peer Support Group

Learn About Breastfeeding

- ✓ Read a breastfeeding book/brochure
- ✓ Attend a breastfeeding class
- ✓ Ask about things you have heard that you might wonder about or might be untrue
- ✓ Learn about the Baby Friendly Hospital Initiative and how it will help you get started with breastfeeding
- ✓ Access additional helpful resource sheets
<https://www.lactationtraining.com/resources/educational-materials/handouts-parents>

Key Points

- ✓ Hold your baby skin-to-skin right after birth until he has fed the first time
- ✓ Delay common procedures until the first feeding is done (newborn weight, eye treatments, vitamin K)
- ✓ Keep your baby in your hospital room around the clock (rooming-in)
- ✓ Feed your baby when ever he shows feeding cues around the clock (at least 8 times per 24 hour day)
- ✓ Plan for quiet time without visitors during your hospital stay
- ✓ Do not use pacifiers; offer your breast if your baby is fussy or wants to eat
- ✓ Use no supplemental bottle feedings unless your healthcare provider says there is a medical reason
- ✓ Do not accept samples of formula or other items that might distract from breastfeeding





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>

Where will you find LER next?

USBC

Bethesda MD June 13-15

Show your support of lactating parents by taking a photo with our selfie frame. Follow this [link](#) for conference details.

ILCA

Atlanta GA July 24-26

Stop by our booth and say hi. Click [here](#) for conference Information.

University of Virginia

Charlottesville VA September 8

7 hours of clinical skills to complete our hybrid 45 hour course. Follow this [link](#) for early bird pricing until June 14th.

Virginia Hospital Center

Fairfax VA September 27

7 hour In-Patient Specialist Course

More information will be coming soon.

Contact Us!

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*Specialists in online lactation support
training*

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