



Lactation Education Resources

NEWSLETTER

MAY 2019

CEs Available for Nurse Midwives

Lactation Education Resources is pleased to announce that our 90-hour Lactation Consultant Training Program Enriched has been approved for 90 CE through the American College of Nurse Midwives. See Page 3 for more details.



Lactation Training: Online *and* In- Person

LER is partnering with the University of Virginia to offer a course which combines the convenience of online learning with an in-person clinical day. Sign up now to take 38 hours of on-line training then come to Charlottesville for the clinical training on Sunday Sept 8, 2019. The online courses include the fundamentals of lactation care, and the seven hour in person education will include Clinical Skills and the Anatomy of a Consult. Early bird pricing is \$545 until June 7th. [Click here](#) to be one of the first 10 people to register, use the coupon code UVAfirst10, and pay only \$497!

Contents

Hybrid Lactation Course	1
ACNM CEs	1
Featured Course	2
<i>GERD and the Breastfeeding Family</i>	
Training for BFHI	2
Indigenous People and Safe Sleep	2
Ask a Question, Get an Answer	3
Continuing Ed for Nurse Midwives	3
Free Handout	4
<i>Colostrum First</i>	
Where to Find LER	5
Where to Start	5
Contact Us	5



Lactation Education Resources
Specialists in online lactation support training

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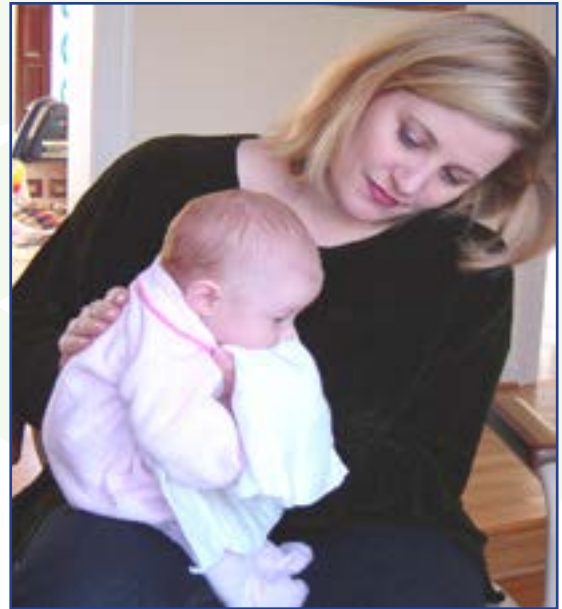
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FEATURED COURSE

GERD and the Breastfeeding Family

Mary Bailey IBCLC RD focuses on identifying the signs and symptoms of GER vs. GERD, describes many lifestyle modifications that have been shown to ease GER/D symptoms, reviews medication use in infants with GERD, and aids in supporting families experiencing GERD by contributing appropriate treatment strategies within the participant's scope of practice. Click [here](#) to enroll.



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](#)**

Indigenous People, Breastfeeding, and Safe Sleep

NICHQ has published an article which explores sharing information about breastfeeding and safe sleep to any population which has endured historical trauma. The example is with indigenous populations in the US. Native Americans have the lowest breastfeeding rates compared to all racial and ethnic groups. Breastfeeding, which can reduce the risk of sudden infant death syndrome (SIDS) by as much as 70%, represents a critical opportunity to preserve the health of the next generation of Native Americans and begin to address an alarming lack of equity in national infant mortality rates.

Click [here](#) to read further.

Ask a Question, Get an Answer



How do I bill insurance companies for lactation services?

A. Good question! The ACA included provisions for lactation services, but every insurance company is interpreting this differently. Most insurance companies do not understand lactation consultants and the categories of providers because the lactation profession as a stand alone occupation is relatively young. Therefore, some companies will allow an IBCLC to bill them directly and others will not.

In order to bill an insurance company for your services, you need to become an in-network provider. First contact the insurance company to see if they cover lactation services or have any “in-network” providers. If they do, inquire about their requirements for what type of provider they would allow to bill for these services. Many insurance companies will only recognize and reimburse for the services of an IBCLC, if at all.

For any health care provider who bills an insurance company or would like their clients to receive reimbursement for services, you need a National Provider Identifier (NPI) number. We would also recommend a tax ID number to protect your social security number. Both are easy and free to obtain. Insurance companies will also ask for contact information such as a mailing address, phone, or fax number.

You may want to check with your local breastfeeding coalition or USLCA chapter to find out more information about insurance reimbursement. They may be able to provide you with the landscape of lactation support providers in your area.

Good luck in your endeavors supporting breastfeeding families in your area!

CEs Available for Nurse Midwives

As a Nurse Midwife, you provide excellent midwifery care to clients throughout pregnancy, labor, and delivery. Do you wish you knew more about supporting your breastfeeding clients in the postpartum period?

Now you can earn 90 CEs while you learn what you need to know to provide excellent breastfeeding care to your clients after delivery and throughout their breastfeeding experience. Our LEAARC-approved comprehensive breastfeeding education course provides you with the breastfeeding knowledge you need to better support your clients and will prepare you to sit the IBCLC certification exam while you earn 90 CEs.

Provide the continuity of care your clients want through their breastfeeding journey with training from LER's [Lactation Consultant Training Program Enriched](#).



Information for Breastfeeding Families

Colostrum First



Colostrum is the ***“first milk”*** that a breastfeeding mother produces in the weeks before delivery and in the early days of breastfeeding. It is just waiting for your baby to be born. This special milk is low in fat and high in carbohydrates, protein, and antibodies; it is also extremely easy to digest. Although the amount of colostrum is low, it is high in concentrated nutrition. It is the perfect first food!

If you worry that you have no milk the first few days after delivery, remember that a little bit of colostrum goes a long way. Put your baby to breast often for him to “sip” on colostrum. This helps bring in your “second milk,” the mature milk, sooner.

To help your baby get the full benefit from colostrum, make sure the first several feedings are colostrum. If supplementation becomes necessary for a medical concern, try expressing some of your own colostrum. You can express some colostrum by hand or use a breast pump and feed your pumped milk to your baby by spoon or syringe. Ask your lactation consultant for assistance. Make sure your baby’s gut is first protected by colostrum before other fluids are given.

- Colostrum has a laxative effect on your baby, helping him pass meconium which aids in the first bowel movements and helps prevent jaundice.
- Colostrum is often called “white blood” because it provides large amounts of living cells (lymphocytes and macrophages, similar to those in blood) which will defend your baby against infections and illnesses.
- Colostrum has an especially important role in protecting your baby’s gastrointestinal tract. A newborn’s intestines are very permeable (leaky). Colostrum seals the microscopic holes by “painting” the gastrointestinal tract with a barrier which prevents most foreign proteins (from food the mother has eaten or from infant formula) from penetrating the gut and possibly sensitizing your baby to an allergy.
- Colostrum is considered your baby’s first immunization because it contains large quantities of an antibody called secretory immunoglobulin A (sIgA).
- As breastmilk changes from colostrum to mature milk, the concentration of immune factors and antibodies decreases but the volume of breastmilk greatly increases. Therefore, the amount of infection fighters your baby receives remains fairly constant throughout breastfeeding.

This handout may be freely duplicated. Lactation Education Resources 2019

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.



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?

BMFBA

The Motown Birth and Breastfeeding Conference--Co-Sponsor. Click [here](#) for more details.

Detroit MI May 8-10

8 CERPs and 8 NCHs

USLCA

Scottsdale AZ May 16-18

Follow this [link](#) for more details, and make sure to stop by our booth.

ILCA

Atlanta GA July 24-26

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

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.

Contact Us!

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*Specialists in online lactation support
training*

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