



Happy "Breastfeeding" Father's Day!



Fathers and Breastfeeding

Fathers and partners play an essential role in the decision to breastfeed, problem solving and the motivation to continue to breastfeed. They are an indispensable support to the breastfeeding mother.

In honor of the importance of this special role, LER presents:

Fathers and Breastfeeding

2 CERPs, 2 Nursing Contact Hours and
2 dieticians CPEUs available

View more details:

<https://www.lactationtraining.com/fathers-2017>

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Specialists in online lactation support training

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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

Visit our website and sign up for a **FREE TRIAL PREVIEW**
or download a **FULL PROPOSAL**.

World Breastfeeding Week - August 1-7

The World Breastfeeding Week is in its 25th year. The theme for 2017 is about working together for the common good: **SUSTAINABLE PARTNERSHIP AND THE RULE OF LAW**. The focus is on highlighting the sustainability of breastfeeding through multi-level partnerships at all levels.

#WBW2017 calls on advocates and activists, decision-makers and celebrants to forge new and purposeful partnerships to attract political support, media attention, and participation of young people.



<http://worldbreastfeedingweek.org/>



Create a Breastfeeding Friendly Office

Do you work in a clinic or office? Are you a breastfeeding advocate, but your office isn't?

Walk the talk by taking a few steps to make sure you patients/clients know that you support breastfeeding.

- Train your staff at a level appropriate for their interaction with patients
 - Nurses and physicians – 45-90 hour lactation consultant training
 - Front office staff – 1 to 2 hour introductory course
- Schedule your newborn visits in-conjunction with a lactation consultant who can observe a feeding
- Become knowledgeable about other breastfeeding initiatives in your local hospital, WIC center, Public Health Department, or other community organizations and coordinate activities with them
- Place pictures of breastfeeding mothers in each patient room
- Be knowledgeable about drug compatibility and have reference books available.
- Provide handouts for parents to select in your waiting room (free handouts available at <https://www.lactationtraining.com/resources/educational-materials/handouts-parents>)
- Provide handouts for mothers to address problem situations
- Place supplies of formula, bottles and pacifiers in a closed closet
- Encourage breastfeeding in your waiting room. Provide privacy for those who want it
- Make services for tongue-tie available in your office or refer to others who can provide this procedure
- Monitor your patients/clients breastfeeding initiation and duration rates



Resources to get you started:

<https://www.lactationtraining.com/licensed-healthcare-providers>

<https://www.lactationtraining.com/breastfeeding-resources-nurse-online>

<http://pediatrics.aappublications.org/content/early/2017/04/13/peds.2017-0647>

<http://pediatrics.aappublications.org/content/131/5/942>

<http://www2.aap.org/breastfeeding/files/pdf/aap%20havefriendlypractice.pdf>

Information for breastfeeding families

Help From Friends and Family



New mothers need help and support in the early days of breastfeeding. Partners, husbands, grandparents, siblings, and friends all can play a critical role in meeting the needs of a new mother. Everyone needs to be on the same “wave length” when offering help and suggestions. Be aware of differences in culture and changes in parenting philosophy from generation to generation.

How to Help

Bring the baby to mom for feedings

Change diapers

Watch for feeding cues

Burp the baby

Hold the baby skin-to-skin

Walk, rock, swing, and cuddle the baby

Take care of household duties

Make sure mom has some help for the first 6 weeks or so

Bathe the baby

Take care of the other children

Offer encouragement

Be there!

What Has Changed

More breastfeeding, limited infant formula

Feed on demand, 8 or more times each day when the baby shows feeding cues. No feeding schedules.

Respond to the baby quickly. No “crying it out”

Minimal pacifier use

Less babysitting, bring baby along

Continue breastfeeding while employed by using a breast pump at work



Where will you find LER next?

International Lactation Consultant Association

July 19-22

Toronto, ON, Canada

<http://www.ilca.org/ilca17>

Maryland Breastfeeding Sharing Conference

June 13, 2-8 PM

Towson, MD

featuring Dr. Frank Nice RPh, DPA, CPHP speaking on Non-prescription Drugs and Sore Nipples and Cheryl Harrow DNP, FNP-BC, IBCLC speaking on Neonatal Abstinence Syndrome.

<http://www.marylandclc.org/about-us/>

United States Breastfeeding Committee

August 4-6

Arlington, VA

LER graduates: Stop by and pick up your lapel pin!

Contact us!

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Lactation Management Training: From Novice to Expert



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>