



Amisha Grasty <amisha@birthswell.com>

Newsletter February 2026 Lactation Education Resources

1 message

Lactation Education Resources <support@lactationtraining.com>
Reply-To: Lactation Education Resources <support@lactationtraining.com>
To: Amisha Grasty <amisha@birthswell.com>

Fri, Feb 6, 2026 at 11:59 AM



Celebrating Black History Month | Live Session: Become an IBCLC | 15% Off Osteopathy Course | Exam Prep: Photo Questions | Coming Soon: Recertification Bundle in Spanish
Free Parent Handout: Hunger Cues

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Black History Month: Celebrating Black Lactation Leaders

During Black History Month, we honor Black IBCLCs, lactation support providers, researchers, and advocates—and all those working to make lactation care and outcomes more equitable for Black families.

As part of this recognition, we invite you to read our tribute to Dr. Kimarie Bugg, the first African American IBCLC in the United States, whose leadership and advocacy have helped shape more equitable systems of care nationwide.

Read the tribute—and add your voice by honoring a Black lactation consultant making a difference in your community.

Celebrate Black Lactation Leaders

LER Live: Real Talk About Becoming an IBCLC

Thinking about becoming an IBCLC—but not sure where to begin? Get honest guidance and answers to your questions in real time in a live conversation with Angela Love-Zaranka and Sekeita Lewis-Johnson. Understand the steps and start your IBCLC journey with confidence. Save your seat now for our next session: Tuesday, February 10, 8:00am PST / 11:00am EST.

Free; registration required.

[Register Now](#)

Osteopathy in Lactation—Explore, Learn & Save This Month

We tried something new, and you jumped on board! Our community chose the February Course of the Month by voting on Facebook and Instagram.

Your choice, ***Osteopathy, Facial Development and Lactation***, is 15% off all month.

- Rich insights on how craniofacial structure and function affect feeding
- Introduction to osteopathic care—and how it can help with the lactation challenges you see every day

Use the code **COTMfeb2026** at checkout through February 28, 2026, 11:59pm Eastern.

[Osteopathy Course—Save Now](#)

April Exam Takers: Be Ready by Test Day

You've worked long and hard to get to this place—two months out from your IBCLC Exam. Take the guesswork out of the final stretch. Our Exam Review and Exam Review Enriched courses have the tools you need to ensure you're fully prepared—750 online, interactive practice questions, and the option of a full video review of the exam's content.

"The IBCLC Exam Review course from LER was well worth the money. The answers to practice questions were thoroughly explained with references and prepared me for taking the real examination."

—Aira Jae E., MPH, CBS Georgia

[Shop Exam Prep Courses](#)

Coming Soon! IBCLC Recertification Bundle in Spanish

We're thrilled to announce that our 75-CERP IBCLC recertification bundle—providing all the CERPs you need to recertify, regardless of your Professional Development Plan—will soon be available in the Spanish language on our website, Capacitación en Lactancia. Watch your email, our social media channels, and our website for details.

Yes, You Can Get Your IBCLC Clinical Hours—Here's How

Need clinical hours for IBCLC exam eligibility, but unsure how to get them? Our new blog breaks down the practical, real-world options—from supervised practice to volunteer and internship routes. We'll help you find the path that works for your situation. If clinical hours feel like a barrier, start here.

[Explore Your Options](#)

LER Offers Baby Friendly Training

Ensure compliance with BFUSA's 6th edition guidelines by enrolling your Direct Care Personnel in our Competency-Based Training course at FirstLatch.net. Our course is evidence-based, fully on-line, and easy to administer. It is taught by experienced clinicians, including those who have successfully passed initial designation and redesignation.

Available now for enrollments—to preview the course, learn more, or request a quick quote:

[Preview the Course](#)

[Request a Quick Quote](#)

Free Parent Handout: Hunger Cues

Help parents understand their baby's feeding cues. This color handout provides photos and explanations. Download for free and share.

[Download in English](#)

[Download in Spanish](#)

Everything you need to be a lactation consultant

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The LER Family.

This e-mail has been sent to amisha@birthswell.com, click here to [Unsubscribe](#).

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