

Lactation Education Resources



Lactation Support Training from Novice to Expert!

Are you ready? **Tools to help you prepare for the IBLCE Certification Exam**

Our Exam Review and Study Group will begin May 1.

- ✓ 30-day guided study plan (complete in 30-90 days)
- ✓ Webcast of study skills and exam taking strategies
- ✓ Flash cards
- ✓ Anatomy worksheets
- ✓ Two 100-question, computer graded exams, immediate results
- ✓ Three live audio chat sessions (stay for the whole session or just drop in)
 - Thursday May 13, 7-10 PM
 - Wednesday June 23, 7-10 PM
 - Saturday July 17, 1-4 PM

Registration begins April 30 via the LER website

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Clinical Skills Workshop May 15 & 16, 2010 Reston, VA

This workshop is designed to be an interactive, hands-on session with videos, demonstrations and case studies. These small group sessions will provide lots of interaction with the instructor and other students.

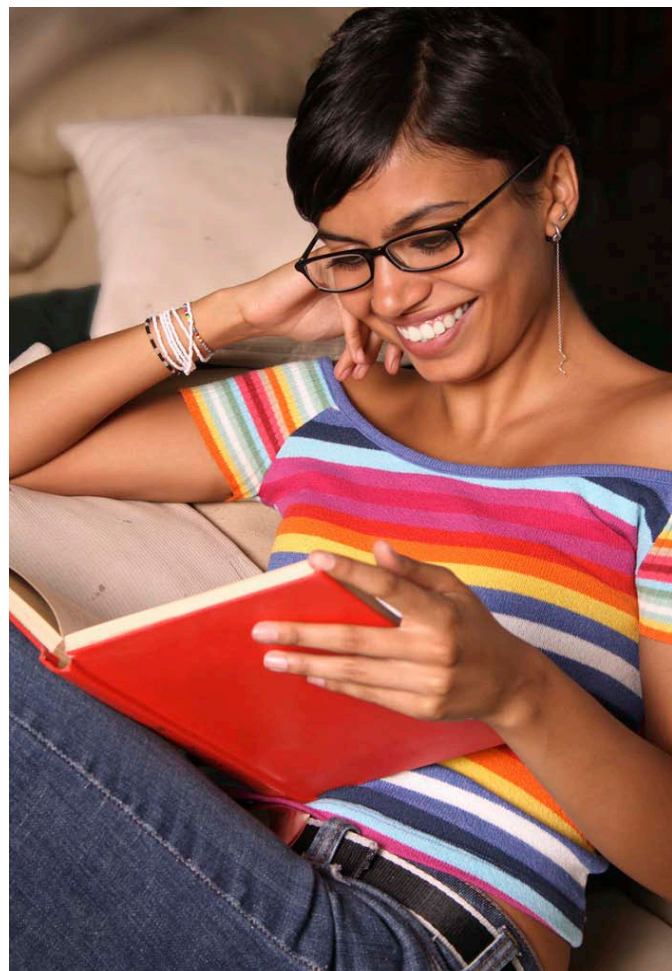
Essential for those preparing for the IBLCE certification exam, useful for experienced Lactation Consultants! This course is open to anyone with an interest in lactation management.

12.5 Nursing Contact Hours and CERPs will be awarded for this 2-day workshop.

Students enrolled in the Lactation Consultant Courses (Core and Enriched) may attend for free as part of their program. Please let us know you will be attending.



*For more details and to register, go to
[http://www.leron-
line.com/Workshop/skills_workshop.htm](http://www.leron-line.com/Workshop/skills_workshop.htm)*



There is Still Time!

Students are asking “Do I have time to complete the Lactation Consultant Course before this year’s IBLCE exam application deadline?”

Yes! Depending on how quickly you work! Each module takes about two hours. How often can you fit a 2-hour class into your day?

The IBLCE requires that you be registered for a Lactation Course when you submit your application. The course must be completed before the exam date.

The IBLCE application deadline is April 30, 2010.

The Certification exam will be administered July 26, 2010.



Racial Disparities Continue in Breastfeeding Rates

Data from the National Immunization Survey shows breastfeeding rates for African-Americans is lower than in other groups.

<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5911a2.htm>

Blacktating!

A website specifically supporting black breastfeeding moms. News, views, blogs and shopping! <http://www.blacktating.com/>

Free Live Audio Chat!

Attend live chats with
LER Program Director, Vergie Hughes

Who can attend? LER students, those thinking about Lactation Consultant Training, anyone else interested in lactation management topics.

Topics: How to become a lactation consultant, types of training programs, internships, IBLCE pathways, more.

When: Twice each month. The next sessions are:

► Thursday, April 22, 2010 at 9 pm EDT.

[Check for time where you are](#)

► Monday May 10 and Thursday May 27, 2010 at 9 pm EDT. [Check for time where you are](#)

Register: 15 slots are available. Register early, OfficeManager@LERon-line.com. Include your name, email address and the date of the session you will attend. You will be sent details via email about how to log-on prior to your session.

Study Reports Lives Saved, \$ Saved by Breastfeeding

A new study reported in *Pediatrics* indicates that if 90% of US families would comply with the medical recommendation that mothers should breastfeed exclusively for 6 months, \$13 billion would be saved each year and ~911 deaths (nearly all being infants) could be prevented. At 80% compliance, the savings would be \$10.5 billion and ~741 deaths.

The current breastfeeding goals set by the US DHHS are 75% initiation rate, 50% at 6 months, and 25% at one year.

Conclusions: The current US breastfeeding rates are suboptimal and result in significant extra costs and preventable infant deaths. Thus, any investment in strategies to promote the longer duration of exclusive breastfeeding would prove to be cost-effective.

“The Burden of Suboptimal Breastfeeding in the United States: A Pediatric Cost Analysis.” Bartick, M. and Reinhold, A. *Pediatrics* 125:5, 2010.



Lactation Education Resources

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***Specialists in online
lactation support training***

LER Newsletter © 2010
Vergie Hughes, Churchton, MD.

Where will you find LER next?

New Strategies for Better Breastfeeding Outcomes

April 29, 2010 Greater Baltimore Medical Center
Speaker – Vergie Hughes RN MS IBCLC FILCA
Contact Marla Newmark for information
mnewmark@gbmc.org

Clinical Skills Workshop

May 15 & 16, 2010 Reston Hospital Center
More details at http://www.LERon-line.com/Workshop/skills_workshop.htm

AWHONN National Convention

June 12-16, 2010 Nashville, TN
Vergie Hughes presenting *Got Mama's Milk? The Nurse's Role in Successful Breastfeeding* and *Breastfeeding in the NICU: From Science to Solutions*



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