

# Lactation Education Resources



Lactation Support Training from Novice to Expert!

## Clinical Skills Workshops

**August 20 & 21 Prince William Hospital, Manassas, VA**  
**September 21 & 22 (tentative), Rockville, MD**  
**November 6 & 7 Reston Hospital Center, 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 hospital nurses as well as experienced Lactation Consultants!

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

Students enrolled in the LER Lactation Consultant Courses (Core and Enriched) may attend for free as part of their program. If you are a current student, please let us know which course you plan to attend.

*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)

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## Need some beach reading?

Here are some suggestions for free journal articles that you can access via the internet or print and take with you.

### Journal of Midwifery & Women's Health

Promoting and Supporting Breastfeeding: A Guide for Clinical Practice. Volume 52, Issue 6. (2007). The whole issue is dedicated to breastfeeding issues.  
[http://www.imwh.com/issues/contents?issue\\_key=S1526-9523%2807%29X0051-5](http://www.imwh.com/issues/contents?issue_key=S1526-9523%2807%29X0051-5)

### Journal of Pediatric Health Care

The lactation consult: Problem solving, teaching, and support for the breastfeeding family.  
 Volume 19, Issue 1, Pages 12-16 (2005)  
<http://www.ipedhc.org/article/S0891-5245%2804%2900172-5/abstract>

### Midwifery

Women's views and experiences of breast feeding: positive, negative or just good for the baby?  
 Volume 26, Issue 1, Pages 88-100 (2010)  
<http://www.midwiferyjournal.com/article/S0266-6138%2808%2900048-X/fulltext>

### International Breastfeeding Journal

The effect of maternal breast variations on neonatal weight gain in the first seven days of life. 4:13, (2009).  
<http://www.internationalbreastfeedingjournal.com/content/4/1/13>

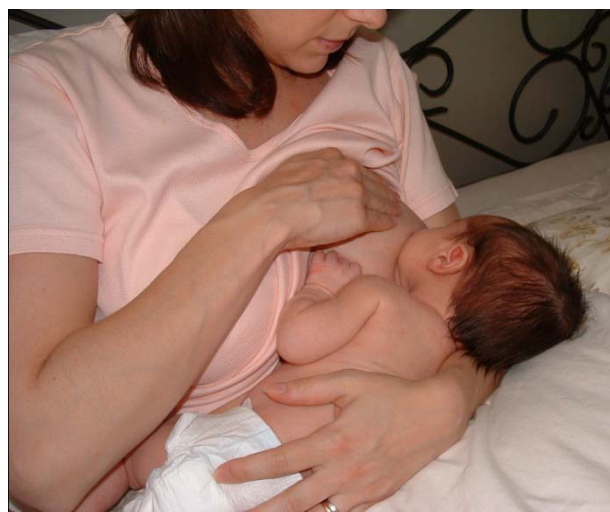


## World Breastfeeding Week

Join us in celebrating World Breastfeeding Week August 1-7, 2010 with a free online course!

For your free course, go to <http://www.LERonline.com/ContinuingEducationCourses.htm> and select "Initiation of Breastfeeding: A Biological Perspective". Complete the video, worksheet, and post-test. Receive your completion certificate for 2 L-CERPs and 2 Nursing Contact Hours immediately.

Tell your friends! Supervisors, encourage your staff to take this free course!



## What is your mPINC score?

The Centers for Disease Control has surveyed birth facilities to benchmark their activities in providing breastfeeding support. A summary of their findings can be found in the National Survey of Maternity Practices in Infant Nutritional Care (mPINC) :  
<http://www.cdc.gov/breastfeeding/data/mpinc/index.htm>

Reports are available by state as well as by maternity practices: Labor and delivery, feeding of breastfed infant, breastfeeding assistance, mother/infant contact, discharge care, staff training, structural & organizational aspects. In addition, reports were mailed to individual birthing facilities. **Use the report to see how your institution and your state rank!**

### ***New Continuing Education Courses available***

LER has recently added two new CERP and Nursing Contact Hour courses.

- Breastfeeding the Late Preterm Infant
- Breastfeeding the Older Nursling and Weaning.

Coming soon

- Documentation for Lactation Consultants

To view all of our L-CERP and Nursing Contact Hour courses, go to <http://www.LERonline.com/ContinuingEducationCourses.htm>. Browse down the list and see which courses interest you!

## Milk and Cookies?



We know a lot about how to help new mothers increase milk supply and it doesn't often include cookies! But there are several companies that claim their cookies can help. Oatmeal, brewer's yeast, fenugreek, flax seed and nutritional yeast are some of the active ingredients. Many mothers claim – they work!

- [http://www.milkin-cookies.com/Home\\_ep\\_1.html](http://www.milkin-cookies.com/Home_ep_1.html)
- <http://www.lilsugar.com/Milkmakers-Lactation-Cookies-7002389>
- <http://www.yummymummycookies.com/Lactation-Cookies.html>

For recipes for lactation cookies, go to

- <http://www.epicurious.com/recipes/member/views/LACTATION-COOKIES-1252680>
- <http://www.themommyplaybook.com/forum/showthread.php?p=241153>

## **IBCLC Lactation Care Award**

In order to recognize hospitals, birthing facilities and birthing services that provide lactation support by hiring certified lactation consultants, the International Lactation Consultant Association (ILCA) and the International Board of Lactation Consultant Examiners (IBLCE) announce the **IBCLC Lactation Care Award**.

This award will recognize facilities that provide dedicated lactation consultant support 5-7 days per week and who have provided breastfeeding support training for their nursing, medical and other staff who care for newborns.

Centers that are acknowledged as providing Lactation Consultant care in their facilities will be recognized on the Lactation Care Award Directory.

<http://www.ibclccare.org/directory.html>

Facilities may apply by completing the form found on

<http://www.ibclccare.org/award.html>

## **Secrets of Baby Behavior**

Here is a great blog on “what babies mean when they do that” from the team at the UC Davis Human Lactation Center.

<http://www.secretsofbabybehavior.com/>

Not necessarily a blog with breastfeeding content, but the sage advice is definitely breastfeeding and family friendly. It is a great resource to pass on to the new families that you work with. Look back on some of the helpful blogs in the archive.



## Where will you find LER next?

### ***In-patient Breastfeeding Specialist***

August 19 & 20, 2010, Dover, DE Contact Gail Smith 302.744.6812  
 October 21 & 22, 2010, Contact Marie Pokraka 703-776-4597

### ***Breastfeeding Resource Nurse Training***

October 18 & 19, 2010 (closed attendance)

### ***Exclusive Breastmilk Feeding: Are You Ready?***

Sept 27, 2010 Augusta, GA Contact Donna Wilson 706.667.4705  
 Sept 29, 2010 St Simons, GA Contact Jodi Hudgins 706.721.1558

### ***AWHONN National Convention***

Sept 25-29, 2010 LER instructor Lou Lamb MA RN IBCLC  
 presenting *Got Mama's Milk? The Nurse's Role in Successful Breastfeeding*

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 More details at [http://www.LERonline.com/Workshop/skills\\_workshop.htm](http://www.LERonline.com/Workshop/skills_workshop.htm)

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Blog – How to Become a Lactation Consultant  
<http://www.LERonline.com/blog1>

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

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