

# Lactation Education Resources



Lactation Support Training from Novice to Expert!

## ***22 days and counting!!!***

If you are taking the IBLCE Certification Exam on July 26, you might be getting a bit nervous!

### **Let us help you prepare with our Review for the IBLCE Certification Exam**

- ✓ Guided study plan
- ✓ Webcast of study skills and exam taking strategies
- ✓ Flash cards
- ✓ Anatomy worksheets
- ✓ Two 100-question, computer graded exams, immediate results
- ✓ Question of the day discussions
- ✓ Live online chat session Saturday July 17, 1-4 PM

Three L CERPS and Nursing Contact Hours available

[http://www.LERon-line.com/IBLCE Exam Review.html](http://www.LERon-line.com/IBLCE_Exam_Review.html)

## Contents

---

IBLCE Exam Review Tools.....	1
90 hour course available.....	2
Lactation Leaders.....	3
ABM protocols.....	2
Breastfeeding is Normal.....	3
International Breastfeeding Symbol	3
Where will you find LER next?.....	4
LER Contact Information.....	4

## 90 Hour Course Now Available

The IBLCE has announced new requirements to become eligible for the certification exam in 2012. They will require a 90 hour comprehensive course. LER now has available a 90-hour course online.

The course will consist of 35 online classes. Each class consists of:

- 1 hour webcast presentation
- Worksheet
- Bibliography
- Post-test of 5 questions

Included in the Course is a Clinical Skills Workshop. Students may attend in-person or view the videotape online.

The Course ends with a 100 question final exam similar to the IBLCE certification exam. This is helpful to review the material, determine if you are ready for the exam, and to give you practice in test taking.

For the 2011 administration of the certification exam, LER will be offering both the 45 and the 90 CERP course.

[http://www.LERon-line.com/IBLCE\\_Ethics.html](http://www.LERon-line.com/IBLCE_Ethics.html)

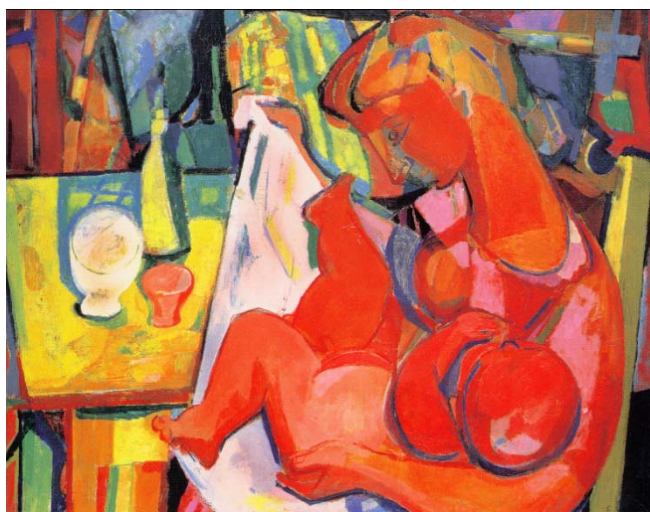


## Lactation Leaders

*Join this exclusive group as you look at making improvements in breastfeeding support in your institution*

This group of 10 Lactation Consultants will explore resistance to change and what it takes to make change that “sticks” to promote breastfeeding. Through readings, group discussions, and planning strategies each Lactation Leader will work towards her own goals in her hospital. The group will begin monthly virtual meetings in September. Apply to become a Lactation Leader now!

<http://www.LERon-line.com/LactationLeaders.html>



## New Protocols from the Academy of Breastfeeding Medicine

A total of 22 protocols are now available on the ABM website. New additions are:

- Breastfeeding Promotion in a Prenatal Setting
- Engorgement
- Guidelines for breastfeeding and the drug-dependent woman
- Hospital guidelines for the use of supplementary feedings in the healthy term breastfed neonate

<http://www.bfmed.org/Resources/Protocols.aspx>

## ***Breastfeeding is Normal!!***

Breastmilk has been nourishing our babies forever and infant formula has been around for, at most, 150 years. Infant formula is the new-comer and has been trying to come ever closer to the composition of breastmilk. However, as new research emerges on the components, that goal becomes more elusive.

Breastfeeding advocates have long been frustrated that infant formula has become the cultural norm in the US and many other westernized countries. Research results are skewed when infant formula is used as the independent variable and breastmilk (or breastfeeding) outcomes are compared to that.

Marketing is also affected when infant formula is considered the norm and breastfeeding is positioned as “better”. Many mothers would go with the norm, “all my friends are doing it”. Infant formula is just fine and I don’t really need to do the *best*. In this way breastfeeding is viewed as optional, similar to a multivitamin.

Many breastfeeding advocates are now espousing the position that breastfeeding needs to be recognized as the *normal* way to feed infants. Explore the websites of some of the projects and strategies working to “Normalize Breastfeeding”.

The International Breastfeeding Journal article “Is it just so my right?” Women Repossessing Breastfeeding, outlines steps to redefine and normalize breastfeeding.

<http://www.internationalbreastfeedingjournal.com/content/3/1/12>

Best for Babes: Giving Breastfeeding Makeover is working to normalize breastfeeding and make it the trend setting thing to do.

<http://www.bestforbabes.org/>

Carnival of Nursing in Public is a website working to normalize breastfeeding in public

<http://codenamemama.com/2010/06/21/carnival-nip-call-submissions/>

Nursing is Normal Project in Charlotte/Gastonia, NC, Madison, WI, and other locations.

<http://www.youtube.com/watch?v=EOqknjmhsQE&NR=1>

[http://www.youtube.com/watch?v=vhjUcPCBJ5c&feature=player\\_embedded#!](http://www.youtube.com/watch?v=vhjUcPCBJ5c&feature=player_embedded#!)

<http://www.youtube.com/watch?v=EOqknjmhsQE>

[http://www.youtube.com/watch?v=c\\_pUPoGRBw](http://www.youtube.com/watch?v=c_pUPoGRBw)

<http://www.youtube.com/watch?v=l5IqGIQQa1A>

Squidoo is working to make breastfeeding normal in the UK with a universal breastfeeding logo.

<http://www.squidoo.com/milkofhumankindness>

The Massachusetts Breastfeeding Coalition reports on their campaign to make breastfeeding the norm. Listen to an 18 minute webcast.

[http://apha.confex.com/apha/134am/techprogram/paper\\_128849.htm](http://apha.confex.com/apha/134am/techprogram/paper_128849.htm)

Café Press sells t-shirts “Normalize Breastfeeding. Nurse in Public”

[http://www.cafepress.com/+normalize\\_breastfeeding\\_womens\\_cap\\_sleeve\\_tshirt,74995491](http://www.cafepress.com/+normalize_breastfeeding_womens_cap_sleeve_tshirt,74995491)

Formula Fed America is an exposé movie about the rate of infant formula feeding in the US.

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

Re-framing infant formula with risk statistics. What are the Risks Associated with Formula Feeding? A re-analysis and Review.

<http://www3.interscience.wiley.com/cgi-bin/fulltext/123302749/PDFSTART>

The Crunchy Lactavist wants to make breastfeeding normal in public with their “Breastfeeding Manifesto”.

<http://crunchylactavist.com/>



Download your copy of the International Breastfeeding Symbol

<http://www.breastfeeding-symbol.org/download/>

## Lactation Education Resources

5614 Dover St  
Churchton, MD 20733

Voice 703.868.1849

Fax 443.607.8898

Email [LERonline@yahoo.com](mailto:LERonline@yahoo.com)

Website  
[www.LERon-line.com](http://www.LERon-line.com)

Blog – How to Become a  
Lactation Consultant  
[http://www.LERon-  
line.com/blog1](http://www.LERon-line.com/blog1)

Program Director  
Vergie Hughes RN MS IBCLC  
FILCA



**Specialists in online lactation  
support training**

LER Newsletter © 2010  
Vergie Hughes, Churchton, MD.  
All rights reserved.



### Where will you find LER next?

#### **ILCA Conference July 21-25, San Antonio TX**

Visit us at our exhibit booth

#### **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

#### **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*

#### **Clinical Skills Workshop**

August 20 & 21, 2010 Prince William Medical Center  
November 6&7, 2010 Reston Hospital Center  
More details at [http://www.LERon-  
line.com/Workshop/skills\\_workshop.htm](http://www.LERon-line.com/Workshop/skills_workshop.htm)

 Find us on  
**Facebook**

FOLLOW US ON 