

Lactation Education Resources



Lactation Support Training from Novice to Expert!

Clinical Skills Workshops

September 21 & 22 Kaiser Headquarters, 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.

Skills stations include:

Test Weights	Supplementing at the breast
Breast Exam	Paced Bottle Feeding
Shells & Shields	Suck Assessment
Breast Pumps	Hand expression
Cup feeding	Finger feeding

Essential for those preparing for the IBCLC certification exam, useful for hospital nurses as well as experienced Lactation Consultants! Are you a current student in our Lactation Consultant Training Program? Contact us!

For more details and to register, go to
http://www.LERon-line.com/Workshop/skills_workshop.htm

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Resources for Medication and Herbal Use During Breastfeeding

InfantRisk Center New at Texas Tech University is a resource for breastfeeding mothers and professionals alike under the direction of Tom Hale RPh PhD.

<http://www.infantrisk.org/>. Good information on a wide variety of subjects. Especially notable is the information on alcohol and breastfeeding. <http://www.infantrisk.org/content/alcohol-and-breastfeeding>

Safe Fetus This is a searchable data base on drugs in pregnancy and lactation. <http://www.safefetus.com/>

LactMed This is a searchable data base on medication use during lactation sponsored by the National Institutes of Health. <http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT>

AAP Policy Statement on the Transfer of Drugs and Other Chemicals into Human Milk. This contains lists of medications that are safe, contraindicated and drugs in question. Published in 2001, this reference is getting outdated. <http://aappolicy.aappublications.org/cgi/content/full/pediatrics%3b108/3/776>

Medications in Mothers' Milk By Tom Hale RPh PhD. This book has become the definitive resource on the safety of medication use during lactation. The 2010 edition is now available. <http://www.LERon-line.com/StudentBookstore.htm>

Nonprescription Drugs for the Breastfeeding Mother
By Frank Nice RPh PhD
This book is a helpful resource for determining the safety of commonly taken over-the-counter drugs. Includes over 1400 OTC drugs and herbals. <http://www.LERon-line.com/StudentBookstore.htm>

The Nursing Mother's Herbal by Sheila Humphrey BSc RN BICLC. This is a comprehensive review of herbs mothers take to increase milk supply or for other indications, as well as herbs given to infants. <http://www.LERon-line.com/StudentBookstore.htm>

Clinical Therapy in Breastfeeding Patients by Tom Hale RPh PhD and P Berens MD. This helpful book suggests alternative prescription medications when a breastfeeding mother has been prescribed a medication that is contraindicated during lactation. <http://www.LERon-line.com/StudentBookstore.htm>

IBCLC Video on YouTube

This video describes the role of the lactation consultant in assisting breastfeeding mothers, providing guidance to the health care team and promoting breastfeeding

Go to the link on YouTube

<http://www.youtube.com/watch?v=rFzGSyb3ljA> to view this beautiful video. Finally, a video to tell the world of the important work of lactation consultants!



Clinical Internships for new IBCLCs

The IBLCE Pathway 3 offers fledgling lactation consultants the opportunity to work with experienced (re-certified) lactation consultants in a clinical setting. Look for the Pathway 3 Guide at <http://americas.iblce.org/document-downloads>.

Lactation students look to mentors to provide that real-world component to the "book learning" they have been doing. Interacting with a variety of mothers, navigating "the system", problem-solving in difficult situations: these are all skills best learned one-on one. Remember the old saying "iron sharpens iron". Mentors get as much from the experience as the intern!

The deadline for IBLCE internship applications to qualify for sitting for the 2011 and 2012 exam is September 30, 2010.

New on the LER website

- Monthly drawing for a free course! Everyone on our e-newsletter mailing list is eligible to win a complimentary course. One is given away each month. Sign up today!
<http://www.admail.net/manage/memberprefs.php?accountid=4728&group=2>
- Student calendar - Includes LER events, IBLCE deadlines and more....
http://www.LERon-line.com/LER_Calendar.html
- Printable brochure. Need a brochure for our courses and programs to show a colleague or supervisor. Print it out here.
<http://www.LERon-line.com/OnlineBrochure.pdf>

CERPs for Re-certification



*Recertifying by CERPs?
Need Ethics E-CERPs and more....*

View the list of courses available for 2 CERPs
<http://www.LERon-line.com/ContinuingEducationCourses.htm>

View the Ethics course available for 5 E-CERPs.
http://www.LERon-line.com/IBLCE_Ethics.html

Oxytocin and Bonding

Oxytocin is not just about the let-down reflex, anymore ☺

We have known about the role oxytocin and prolactin play in breastmilk production and let-down. But we have not realized that they can affect mothering behavior for up to six months. And these hormones affect fathers' parenting behaviors too!

A new study, published in Biological Psychiatry, shows that oxytocin levels of mothers and fathers increase over the first 6 months of their infant's life. Mothering behaviors center on talking, expressions of caring and affectionate touch. Fathers' behaviors were usually stimulatory behaviors, touch, movement and offering objects.

The same group of researchers also studied serum prolactin levels over the first 6 months of parenting. They found that in fathers, prolactin was related to father-infant exploratory play and oxytocin was associated with father-infant engagement.

They also found that when mothers, fathers and infants were studied together, higher levels of oxytocin in both parents was associated with physical closeness, more touch and eye contact.

- [Oxytocin and the development of parenting in humans.](#) Gordon I, Zagoory-Sharon O, Leckman JF, Feldman R. Biol Psychiatry. 2010 Aug 15;68(4):377-82.
- [Prolactin, Oxytocin, and the development of paternal behavior across the first six months of fatherhood.](#) Gordon I, Zagoory-Sharon O, Leckman JF, Feldman R. Horm Behav. 2010 Aug;58(3):513-8.
- [Oxytocin, Cortisol, and triadic family interactions.](#) Gordon I, Zagoory-Sharon O, Leckman JF, Feldman R. Physiol Behav. 2010 Aug 16.



Where will you find LER next?

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 Las Vegas, NV

Sept 25-29, 2010 LER instructor Lou Lamb MA RN IBCLC

presenting *Got Mama's Milk? The Nurse's Role in Successful Breastfeeding*

Breastfeeding Resource Nurse Training

October 18 & 19, 2010 (closed attendance)

In-patient Breastfeeding Specialist Fairfax, VA

October 21 & 22, 2010, Contact Marie Pokraka 703-776-4579

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November 6 & 7, 2010 Reston Hospital Center, Reston VA

More details at http://www.LERonline.com/Workshop/skills_workshop.htm

Breastfeeding the NICU Infant Fairfax, VA

November 10, 2010 Contact Marie Pokraka 703-776-4579

LLL Regional Conference Chevy Chase, MD

November 12 & 13 Contact mswills2@comcast.net

New Approaches to Positioning and Latch, Implementing Breastfeeding in the first 48 Hours

Lactation Education Resources

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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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