

Lactation Education Resources



World Breastfeeding Week

August 1-7

Celebrate World Breastfeeding Week with Lactation Education Resources by taking a free 2 hour online course.

Initiation of Breastfeeding: A Biological Perspective
By Jane Bradshaw RN BSN IBCLC

Go to: <https://lms.firmwater.com/ler/reg/11585>

Skip past the payment page, the course is free.
Register and enjoy the course!



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Tidbits from the ILCA conference

The ILCA conference was excellent, as always. And San Diego was cool and dry while most of the US was experiencing one of the worst heat waves in years!

The focus was on the Baby Friendly Hospital Initiative in many sessions. More hospitals than ever are working towards the certification. Additional details are at: <http://www.babyfriendlyusa.org/eng/06.html>

The exclusive breastfeeding rate at hospitals certified as Baby-Friendly hospitals was 78.4%, compared with 46.3% nationwide.

Several sessions focused on providing mother's milk to NICU infants. Even one in Spanish! R Cohen from Stanford University and the San Jose Milk Bank, spoke about the challenge of "Extra Uterine Growth Restriction" of calories, protein and calcium/phosphorus. He favors very early protein supplementation to improve weight gain and mental development – along with breastmilk!

Kat Shealy MPH IBCLC from the CDC inspired us all to "move the breastfeeding agenda forward" in our local areas. There is unprecedented attention to breastfeeding and support from governmental agencies at this time. Keep the momentum going!

- The First Lady's "Campaign to End Obesity" focuses on the right start by breastfeeding (<http://obesitycampaign.org/contentview.asp?ID=1>)

- The Surgeon General's Call to action to Support Breastfeeding (<http://www.surgeongeneral.gov/topics/breastfeeding/>)

- The CDC's Breastfeeding Report Card (<http://www.cdc.gov/breastfeeding/data/reportcard.htm>)

- The Joint Commission Perinatal Care Core Measures includes exclusive breastfeeding (http://www.jointcommission.org/perinatal_care/)



- The CDC mPINC survey of hospital breastfeeding practices (<http://www.cdc.gov/breastfeeding/data/mpinc/index.htm>)

- The Business Case for Breastfeeding sponsored by the Office of Women Health DHHS (<http://www.womenshealth.gov/breastfeeding/government-in-action/business-case-for-breastfeeding/index.cfm>)

- State Breastfeeding Coalitions are active in local breastfeeding promotion (<http://www.usbreastfeeding.org/Coalitions/CoalitionsDirectory/tabid/74/Default.aspx>)

The United States Breastfeeding Committee brings together all organizations that support breastfeeding (<http://www.usbreastfeeding.org/Home/tabid/36/Default.aspx>)

- And much more!!!

Baby-Friendly Hospital Initiative Training

Lactation Education Resources announces a new online training program for hospitals wishing to meet the BFHI requirement of 20 hours of staff training. Your training program can be customized to your setting with support statements from your hospital administrators.

Each lesson is recorded in webcast format so the learner sees the power point slides and hears the speaker's voice. Each lesson is 20-45 minutes in length so students can access the materials when they have a short window of time, or can do several lessons when they have a longer period of time to devote to it. Each webcast contains:

- realistic hospital scenarios
- links out to relevant web pages
- quick quizzes
- fast facts

The webinar format allows access to the training program 24/7/365. Special "Breastfeeding in Combat Boots" module for military hospitals.

http://www.LERon-line.com/BFHI_Training.html

Contact Vergie Hughes, Program Director, for a personalized proposal including any applicable discounts. 703-868-1849 or vergieh@comcast.net

Celebrating the end of the beginning!



Rachel Kovac's husband helped her celebrate completing her course work and taking her exam with a special cake! Now on to a career in lactation consulting.

The Big Pink Bus Latch-On America

The Big Pink Bus began its cross country tour leaving from the ILCA conference in San Diego on July 16 and will arrive in Washington DC during World Breastfeeding Week after stops in 30 cities.

Milk for Thought



Visit the Milk for Thought website at <http://www.milkforthought.com/tour>

Information for breastfeeding families

Signs of a Good Feeding



A good latch-on is the key to a good feeding. Regardless of the position you hold your baby, the latch-on remains the same.

Signs of a good latch-on

The baby has a deep latch with an angle where the lips meet the breast of at least 140°

Both upper and lower lips are flanged (rolled out)

All or most of your areola is in the baby's mouth (at least 1" from the base of the nipple). More from the bottom of the areola than the top (asymmetrical latch-on).



You are comfortable through the feeding. There may be some "latch-on" pain that subsides quickly.

There is movement in the baby's temples with sucking and the jaw moves up and down an inch or more.

There is slight movement of your breast near the baby's lips.

Signs of a good feeding

Hearing swallowing at least every third suck once the milk comes-in

Consistent sucking with only brief pauses

The breasts are softer after feedings

Appropriate output for age. (1 wet diaper on day 1, 2 wet diapers on day 2, 3 wet diapers on day 3, 6 wet diapers on day 4 and on, several stools each day)

Feeling strong, deep, "pulling", sucking, no sharp pain

Seeing milk in the baby's mouth

Leaking from the other breast or feeling of a "let-down" reflex or noticing a change in the baby's sucking rhythm from faster to slower

15 - 20 minutes vigorous sucking on each breast or 20 - 30 minutes on one side for a newborn. 5-10 minutes for an older baby

Your baby nurses 8 -12 times per day (24 hour day). Less than 8 or more than 12 is a concern

Your baby latches-on easily with minimal attempts and stays latched-on.

Minimal weight loss during the first few days (<10% of birth weight) and return to birth weight by 2 weeks



Where will you find LER next?

The In-patient Breastfeeding Specialist

Sibley Memorial Hospital

Washington, DC

August 22 or August 24, 2011

7 CERPs and Nursing Contact Hours

Register here: http://www.LERonline.com/Inpatient_Breastfeeding_Specialist.html

Clinical Skills Workshop

August 3 & 4, Kaiser Permanente, Rockville MD

October 15 & 16, Reston Hospital Center, Reston VA

13 CERPs and Nursing Contact Hours

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

In-patient Breastfeeding Specialist

Ft Smith, AR September 22 & 23

Maryland WIC Greenbelt MD

Sept 27, 2011

Breastfeeding Conference

Greater Baltimore Medical Center

October 6, 2011 7 CEUs and CERPs

Contact Marla Newmark MNEWMARK@gbmc.org

DUCK Conference Macon, GA Nov 4, 2011

For details contact Sibley.Debbie@mccg.org

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

Overview of the IBLCE pathways

<http://www.youtube.com/watch?v=0GxUh0KDiU0>

Pathway 1

<http://www.youtube.com/watch?v=qN8cRpURZKo>

Pathway 3

<http://www.youtube.com/watch?v=6KYHil9ZTqc>

Clinical Internships

<http://www.youtube.com/watch?v=6KYHil9ZTqc>

Program Director

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Specialists in online lactation support training

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