

Lactation Education Resources

Happy New Year!



Clinical Skills Workshop

Saturday & Sunday, Feb 19 & 20 Reston Hospital Center, Reston, VA This 2 day 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. http://www.LERon-line.com/Workshop/skills_workshop.htm.

Essential for those preparing for the IBLCE 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!

In-patient Breastfeeding Specialist

Tuesday March 15, Virginia Hospital Center, Arlington, VA

This one day conference is designed primarily for hospital nurses who would like to update their breastfeeding support skills. The focus is on bedside strategies to increase breastfeeding success. http://www.LERon-line.com/Inpatient_Breastfeeding_Specialist.html

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The Newborn Rap

By Ann Kellams MD (reprinted with permission)

I'm a little baby cute and pink,
 Put me right on mom's chest so I can find a drink.
 Today I may be sleepy, but don't let me forget
 The more times that I breastfeed, the more I will be wet!
 When the second night comes...I will pout
 I've just discovered, Yo, it's harder when you're "out!"
 I wish that I could go right... back... inside!
 Mommy's chest is next best, that's where I like to hide.
 I don't need instructions; I didn't read the book, so
 Give me back to mommy every time I "look."
 I love to hear her heartbeat and be next to her skin
 Oh! And if the breasts are there—count me in!
 When I'm super hungry, put me back!
 Mom's brain will get the signal, and then we'll be on track.
 That being said, though, you may have to rein me in,
 If what I'm doing's hurting Mommy's very tender skin?
 I need to feed a lot, but not when there is pain.
 If my Mommy's hurting, I need to try again.
 Nursing when it's hurting can lead to lots of trouble,
 Less milk now and later, and Mommy's pain will double!
 And, if you want to help me out some more,
 Be sure to WATCH me feeding, give me a LATCH score!
 Don't give me bottles or paci's because it can cause a ripple:
 If I'm acting like I want to suck, I need to be at the nipple!
 In the first few days, I love those golden drops
 Then she will make ounces; I'll eat until I pop!
 It is natural for you to worry, and even for you to fret,
 But first look at my weight and how much I've pooped and wet.
 If we NEED to supplement, "'Tis the Season!"
 But first make sure that there's a very good reason!!!
 If I chow on formula as much as I want,
 Then, at the breast, I'll be less likely to hunt.
 So make sure I keep practicing and don't forget to tell
 My Mommy's body every time so it will keep up well.
 Mommy has been making milk for me
 Since her fourth month of pregnancy!
 I am wired to do whatever I should need
 As long as I've got the chance to feed, feed, feed!
 Thank goodness my Mommy's milk is Oh, so dear!
 That's all I'm supposed to eat for half a year!
 ~Word to your Mother!

When to treat tongue-tie?

Cho A, Kelsberg G, Safranek S. J Fam Pract. 2010 Dec;59(12):712a-b.

“Mothers of infants with any degree of tongue-tie who have difficulty with breastfeeding despite lactation support report immediate improvement after frenotomy is performed on the baby”.

H.U.G. Your Baby

Help, Understanding, Guidance for young families

Helping new families understand the messages their infant is sending is important to parenting as well as sustaining breastfeeding. It is easy for parents to mis-understand their baby's cues and think that breastfeeding is not working!

H.U.G. provides training for parents as well as professionals, <http://www.hugyourbaby.org/Home>



Resources from Breastfeeding Coalitions

Massachusetts Breastfeeding Coalition

Management Guidelines for Healthy Term Newborns
– Birth to 48 Hours

Management Guidelines for Healthy Term Newborns
– 48 Hours to 2 Weeks

<http://massbreastfeeding.org/providers/earlyBF.html>

Breastfeeding Coalition of Washington

Increasing Breastfeeding Success: 2 CD set of power point presentations for training physicians and their office staff.

<http://www.breastfeedingwa.org/Increasing+Breastfeeding+Success+News+Item>

Palm Beach County Breastfeeding Coalition

Downloadable posters in English and Spanish

- Making Milk is Easy poster
- Support for Breastfeeding Families
- Discharge Instructions
- Skin to skin Contact for You and your Baby

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

Maryland Breastfeeding Coalition

And others, sponsored at airplane banner over Ocean City during World Breastfeeding Week 2010. See the picture.

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

Chicago Area Breastfeeding Coalition

Downloadable ILCA “Inside Tracks” handouts

<http://chicagoareabfc.org/ILCAhandouts>

The Breast Crawl

Video’s depicting newborns crawling to the breast for their first feeding are on YouTube.

To view the videos go to

<http://www.youtube.com/watch?v=pjDQN9keKQk>

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

<http://www.youtube.com/watch?v=LKFD0Qdlb5E>

Deadlines!

Be aware of the approaching deadlines for those applying for IBLCE certification.

Deadline for the 2011 IBLCE exam applications:

- 1st deadline - February 28 \$490
- 2nd deadline – March 31 \$540
- 3rd deadline – April 30 \$640

To obtain an application for the 2011 IBLCE exam:

http://www.americas.iblce.org/upload/2011Pathway1Guide_USACanada.pdf

Deadline for Pathway 3 applications for the 2012 IBLCE certification exam:

- September 30, 2011

To obtain an application for Pathway 3 go to

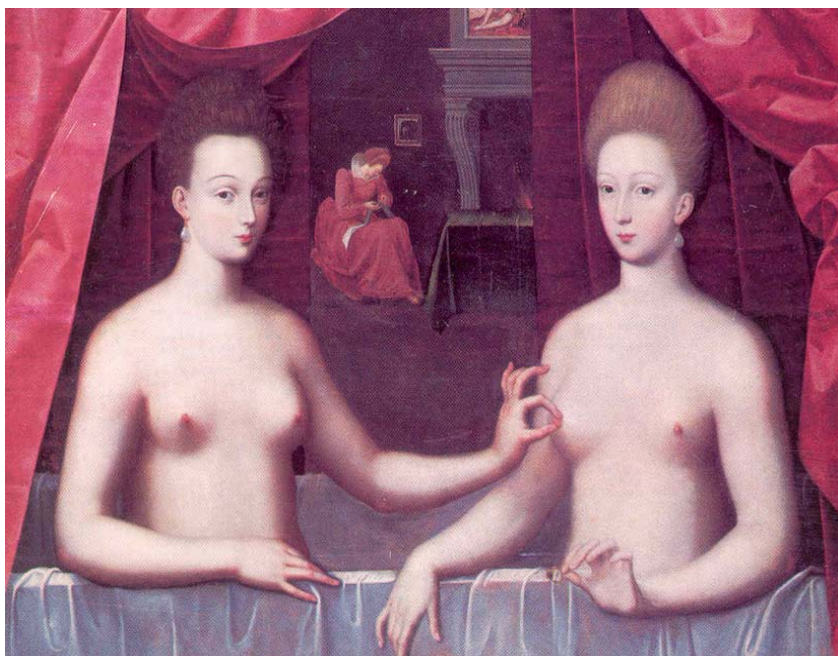
<http://www.americas.iblce.org/upload/Pathway%203%20Guide.pdf>

Lactation Specific Education requirements:

2011 IBLCE exam – minimum of 45 hours

2012 IBLCE exam – Minimum of 90 hours

LER has an online Lactation Consultant Training Course of both 45 and 90 hours available now!



Where will you find LER next?

Clinical Skills Workshop

February 19 & 20, 2011

October 15 & 16, 2011

Reston Hospital Center, Reston VA

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

In-patient Breastfeeding Specialist Course

March 15, 2011

Virginia Hospital Center, Arlington, VA

More details at http://www.LERonline.com/Inpatient_Breastfeeding_Specialist.html

NAPNAP National Conference

Baltimore, MD

March 22, 2011

<http://www.napnap.org/Events/AnnualConference.aspx>

Got Mama's Milk? The Pediatric Nurse Practitioner's Role in Successful Breastfeeding. Speaker Vergie Hughes

Lactation Education Resources

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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=ixgHQAE4VZQ>

Pathway 1

http://www.youtube.com/watch?v=HV5Bq7PJEiQ&feature=mfu_in_order&list=UL

Pathway 3

http://www.youtube.com/watch?v=Y_Ev59GSJGs&feature=related

Clinical Internships

<http://www.youtube.com/watch?v=KqqwfvjUbc&feature=related>

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Specialists in online lactation support training

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