

Lactation Education Resources



Summer Courses 2011

The In-patient Breastfeeding Specialist

Sibley Memorial Hospital, Washington, DC
August 22 or August 24, 2011 \$95
7 CERPs and Nursing Contact Hours

This course is designed specifically for maternity nurses who give assistance to breastfeeding mothers at the bedside. For more information or to register, go to: http://www.LERon-line.com/Inpatient_Breastfeeding_Specialist.html

Clinical Skills Workshop

Kaiser Permanente offices, Rockville, MD
August 3 & 4, 2011 \$195
12.5 CERPs and Nursing Contact Hours

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 the other students. Essential for those preparing for the IBLCE certification exam, useful for experienced maternity nurses and Lactation Consultants. For more information or to register, go to: http://www.LERon-line.com/Workshop/skills_workshop.htm

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Attending the ILCA Conference? All LER alumni and current students are invited to join us for Happy Hour

Lactation Education Resources will be exhibiting at the ILCA conference July 13-17, 2011 in San Diego, CA. Vergie Hughes our Program Director, Doug Thom our Technical Director and Lou Lamb one of our instructors will be there to greet you, so stop by our booth to pick up your invitation! You will find us in booth # 86.

Happy Hour
Saturday July 16, 2011
6-7 PM
Trellises Garden Grille
Town and Country Resort
and Convention Center.



Is Monitoring Exclusive Breastfeeding a Problem?

A commentary published in Pediatrics calls into question the monitoring of the rate of exclusive breastfeeding which is one of the measures in the Perinatal Care Core Measure Set of the Joint Commission.

The commentary, highly criticized by breastfeeding supporters, can be found at http://pediatrics.aappublications.org/content/127/6/1177/reply#pediatrics_el_51406 in addition to the numerous responses from professional organizations.

More details about Perinatal Core Measures can be found on the Joint Commission website: <http://manual.jointcommission.org/releases/TJC2011A/>

The United States Breastfeeding Committee (USBC) has published a very helpful summary of a teleconference [“Understanding the Joint Commission’s Perinatal Care Core Measure Set: A Toolkit for Hospitals in Your State.”](#)

Additional help in understanding the Core Measure can be found at [Implementing the Joint Commission Perinatal Care Core Measure on Exclusive Breast Milk Feeding](#) on the USBC website.



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:

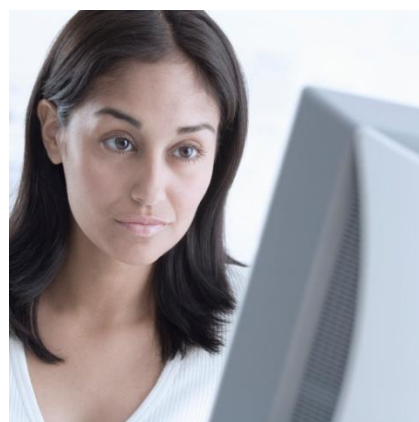
- *realistic hospital scenarios*
- *links out to relevant web pages*
- *quick quizzes*
- *fast facts*



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

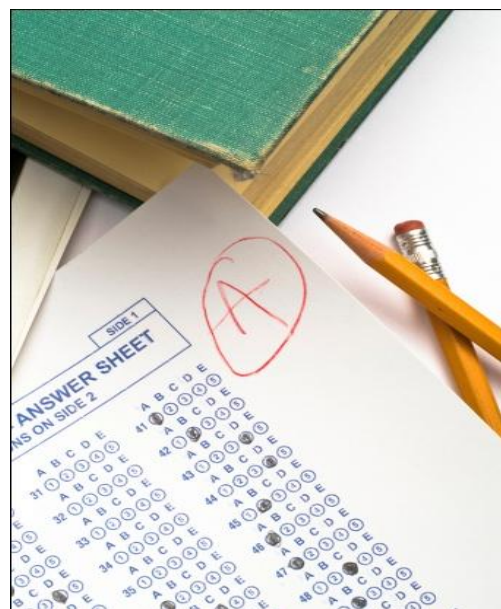
http://www.LERon-line.com/BFHI_Training.html

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



Need a quick review before the IBLCE Certification Exam? It is less than 4 weeks away!

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- Three 100-question, computer graded exams, immediate results
 - 30 day guided study plan
 - Webcast of study skills and exam taking strategies
 - Flash cards (400 + terms)
 - Anatomy worksheets
 - Question of the day discussions
 - Live online chat sessions (stay for the whole session or just drop in). Tuesday July 9, 2011 8-9 PM EDT
 - 3 CERPs and Nursing Contact Hours



Information for breastfeeding families

Bottle feeding like breastfeeding



Feeding is a special time and even when being bottle fed your baby can experience some of the benefits of breastfeeding

Mom should do the feedings

You, the mother should do the majority of feeds, as it would be if breastfeeding, for optimal social and emotional growth of your baby. When bottle feeding, it is easier to pass the baby off for others to feed, but strong bonding with the primary care giver, Mother, is what baby needs most.

Devote your attention to your baby

Stop other activities and devote yourself to baby during most feedings. Turn off the stove. Let the phone go to voice mail and let your attention be on your baby.

Hold the baby and the bottle

Hold your baby for feedings and often if using a pacifier. Never prop the bottle. Look at, talk, stroke and play with baby while he eats. This is good for his emotional and intellectual development.

You should hold the bottle for all feedings, even for older babies. Consider the bottle part of you, not the baby. So even when baby is old enough to hold the bottle himself, you continue to hold it also. Babies frequently drop their bottles then put them back in their mouths, increasing the risk of infection and illness due to dirt and germs.

Switch sides

Switch sides half way through the feeding or every other feed. This enhances baby's eye development and eye-hand coordination.

Paced bottle feeding

Hold your baby nearly upright and the bottle nearly horizontal. Be patient and respectful of baby, waiting for him to open his mouth rather than pushing the bottle in. A wide base nipple with a slow flow will probably work best for newborns. Place the tip of the nipple just below his nose and let him "reach" for it. Let your baby pace his own feeding. Don't force him to finish a bottle if he indicates he is done. And let him go to sleep in your arms as he might have done at the breast.

Skin to skin

Breastfed babies get large doses of skin to skin contact daily. Give your baby some skin to skin contact while bottle feeding. Baby can be skin to skin with your arm, chest, tummy or breast. Consider learning infant massage. The benefits of skin to skin contact have been found to be even more powerful than previously understood for health and growth.

Don't rush baby to wean from the bottle. Enjoy and treasure this special time. It will be gone all too quickly.



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](http://www.LERonline.com/Inpatient_Breastfeeding_Specialist.html)

Breastfeeding Conference Albany, GA
September, 2011 Date TBA

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

Maryland WIC Greenbelt MD
Sept 27, 2011

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=GxUh0KDiU0>

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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