

Lactation Education Resources



Free Vocabulary Flashcards

Review 480 terms and facts with online flash cards. Great review for the IBLCE certification exam. View one side and flip the card or view both sides together. View them alphabetically or mix them up randomly. You can create a test or scatter game, or a space race. Makes learning fun!

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

IBLCE Exam Review

Newly revised and updated with 300 test questions very similar to the IBLCE certification exam. More than half have pictures, just like the IBLCE exam.

- ✓ Three 100 questions exams
- ✓ Video lecture – “Strategies for Acing the IBLCE Certification Exam”
- ✓ Suggested self study schedule
- ✓ Anatomy worksheets
- ✓ Vocabulary words (480) online or print
- ✓ Question of the Day via online group
- ✓ Monthly live chat via online group

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

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New CERP Course on Obesity

The obesity epidemic is growing! Lou Lamb RN MA IBCLC addresses the issue of maternal obesity and infant obesity. Includes interview with N Stettler MD, obesity expert. Go to: <http://www.LERonline.com/courses/obesity.html>

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.LERonline.com/BFHI_Training.html

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

Lobbying on Capitol Hill

Our program director, Vergie Hughes and Keisha Walker from Johns Hopkins National Children's Study Center visited lawmakers on April 12 as part of AWHONN's support of the Breastfeeding Promotion Act soon to be reintroduced. Vergie and Keisha visited the offices of Congressman Dutch Ruppersberger, Senator Barbara Mikulski and Senator Ben Cardin.



Vergie Hughes RN MS IBCLC FILCA, Senator Ben Cardin of Maryland, Keisha Walker RN MSN



Milk to Share

With the renewed interest in breastfeeding and increased research on the benefits of breastmilk, there are more women willing to share breastmilk with babies in need.

Official Milk Banks

The Human Milk Banking Association of North America is the organization that sets standards for screening and pasteurization of donated human milk. There are 11 active milk banks in the US and 2 in Canada. There are 4 that are in planning stages, including one in Virginia, which will be located in Reston, VA.

<http://www.mothersmilkbankofvirginia.org/#>

There is a screening process for donors, pasteurization of the milk and handling fee to cover the milk banks' expenses.

Sharing Unscreened milk

Mothers are willing to share breastmilk with other mothers who do not have access to, or cannot afford banked milk from a milk bank.

Milk is being shared via Facebook at "Eats of Feets" <http://www.facebook.com/EatsOnFeetsHome> with local chapters to exchange breastmilk throughout the world. And stories of mothers sharing breastmilk are at <http://www.facebook.com/MilkywayMilkSharingStories>

Mothers are breastfeeding Moses, whose mother died after childbirth.

<http://edition.cnn.com/2009/LIVING/12/01/marquette.ms.nursing.moses/index.html>

Despite the desire of women to share breastmilk, The FDA warns against using unscreened, unpasteurized donor milk because of the concerns about transmission of disease including HIV and chemicals, such as prescription and illegal drugs.

<http://www.fda.gov/ScienceResearch/SpecialTopics/PediatricTherapeuticsResearch/ucm235203.htm>



Happy Mother's Day!

Donate to a good cause

Celebrate Mother's Day by honoring a breastfeeding mom. Donate to the United States Breastfeeding Committee who works to protect, promote and support breastfeeding in the U.S. Matching funds available! https://org2.democracynaction.org/o/5162/t/6359/shop/custom.jsp?donate_page_KEY=38

Donate to the World Alliance for Breastfeeding action that protects, promotes and supports breastfeeding worldwide. WABA organizes the Annual World Breastfeeding Week <http://www.waba.org.my/>

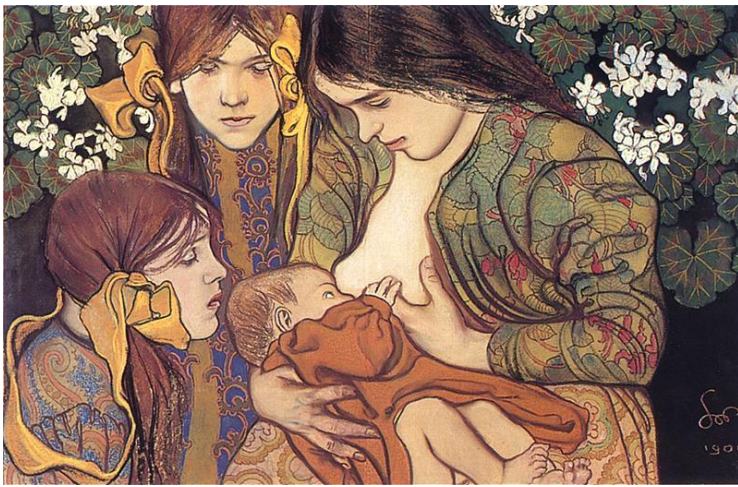
Breastfeeding T-Shirts

<http://www.zazzle.com/breastfeeding+gifts>

<http://www.miztees.com/b/breastfeeding.shtml>

Breastfeeding art, cards, t-shirts, calendars

<http://www.redbubble.com/explore/breastfeeding>



Where will you find LER next?

Towards Exclusive Breastfeeding

Englewood Hospital and Medical Center
Englewood, NJ June 1 or June 2, 2011
Contact Kim Morrissey for details or to register
Kim.Morrissey@ehmc.com

The In-patient Breastfeeding Specialist

George Washington University Hospital
June 10, 2011
Register here: http://www.LERonline.com/Inpatient_Breastfeeding_Specialist.html

ILCA Conference San Diego, CA July 13 to 17, 2011

DONA Conference Boston, MA July 21-23, 2011
Visit our booth for a special gift.

Breastfeeding Conference Albany, GA
August, 2011 Date TBA

Maryland WIC Greenbelt MD
Sept 27, 2011

Clinical Skills Workshop

August 3 & 4, Kaiser Permanente, Rockville MD
October 15 & 16, Reston Hospital Center, Reston VA
More details at http://www.LERonline.com/Workshop/skills_workshop.htm

DUCK Conference Macon, GA Nov 4, 2011
For details contact Sibley.Debbie@mccg.org

Lactation Education Resources

5614 Dover St
Churchton, MD 20733

Voice 703.868.1849
Fax 443.607.8898
Email LERonline@yahoo.com
Website
www.LERon-line.com

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=YEv59GSJGs&feature=related>

Clinical Internships

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

Program Director
Vergie Hughes RN MS IBCLC FILCA



Specialists in online lactation support training

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