

# Lactation Education Resources



## Online CERPs for Recertification

Certificate immediately available to print

### E-CERPs

Ethical Issues for Lactation Consultants

[http://www.LERon-line.com/IBLCE\\_Ethics.html](http://www.LERon-line.com/IBLCE_Ethics.html)

5 E-CERPs and Nursing Contact Hours \$79

2 E-CERPs \$25

### L-CERPs

46 CERP classes are available, 2 L-CERPs each for only

\$25. [http://www.LERon-](http://www.LERon-line.com/ContinuingEducationCourses.htm)

[line.com/ContinuingEducationCourses.htm](http://www.LERon-line.com/ContinuingEducationCourses.htm)



Breastfeeding in Combat Boots by  
Robyn Roche-Paull LLL, BS, IBCLC  
available now! [Click here](#)

From Breasts to Blogs: Using Social  
Media to Advocate for, Support and  
Educate Families by Amber McCann  
BA, IBCLC, available soon!

## Onsite CERPs Conferences

•Clinical Skills Workshop – Reston Hospital Center, Oct  
15 & 16, 13 CEUs and Nursing Contact Hours

See the last page for onsite learning opportunities

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Are you a RD?

Are you an IBCLC?

Are you a former Lactation  
Education Resources student?

We need you! ;-)

Please contact Vergie Hughes at 703-  
868-1849 or [vergieh@comcast.net](mailto:vergieh@comcast.net)

Thank You!!!

## CDC Breastfeeding Report Card for 2011 now available

The first Breastfeeding Report Card was released in 2007 and we have seen an increase in most measures each year in both breastfeeding exclusivity and duration.

	2010	2011
Ever breastfed	75	74.6
Exclusive 3 months	33	35
6 months	43	44.3
Exclusive 6 months	13.3	14.8
12 months	22.4	23.8

To view the full report, go to: <http://www.cdc.gov/breastfeeding/data/reportcard.htm> Be sure to click on both the *Outcome Indicators* and the *Process Indicators*.



## Lactation Consultant Training Program 90 hours on-line



Want to be a lactation consultant?  
Want an advantage in being hired?

Get started on your online training course now and be ready for the IBLCE exam deadlines!  
First – End of February (least expensive)  
Second – End of March  
Final – End of April (Most expensive)

Advantages to online education:  
No travel from home or days missed at work  
Study at your convenience  
Go back and review if you don't understand  
Go back and review right before the exam  
[http://www.LERonline.com/LC\\_Training\\_online/Lactation\\_Consultant\\_Training\\_online.htm](http://www.LERonline.com/LC_Training_online/Lactation_Consultant_Training_online.htm)

## Orphan Drug Designation For Domperidone

The FDA has granted Orphan Drug Designation for domperidone for the treatment of hypoprolactinemia in breastfeeding mothers. This is the first step in a lengthy approval process that all drugs go through before being approved by the FDA. This will, however, open the door for grant funding to conduct the clinical trials that are necessary for a FDA application.

## ***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 included for military hospitals.

[http://www.LERon-line.com/BFHI\\_Training.html](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](mailto:vergieh@comcast.net)

## **Hospital Support for Breastfeeding: Preventing Obesity Begins in Hospitals**

The CDC monthly publication "Vital Signs" for August focuses on prevention of childhood obesity by breastfeeding. A baby's risk of becoming an overweight child goes down with each month of breastfeeding. In the US, most babies start breastfeeding, but within the first week, half have already been given formula, and by 9 months, only 31% of babies are breastfeeding at all.

To view the publication:

<http://www.cdc.gov/vitalsigns/Breastfeeding/index.html>

To print out the PDF version of the publication:

<http://www.cdc.gov/VitalSigns/pdf/2011-08-vitalsigns.pdf>

## ***An Invitation to newly certified IBCLCs Let's celebrate!***

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If you live in the metro Washington DC area and you have been anxiously awaiting the results of your IBLCE exam, please come to a celebration party!

**Where:** Pat Shelly's home  
4923 Springbrook Drive  
Annandale, Va 22001

**When :** Sunday, October 30  
5:00-8:00PM

**Bring:** A covered dish to share

All currently certified IBCLCs, please come to celebrate with our new colleagues! Wahoo!

**RSVP:** [PatriciaLShelly@gmail.com](mailto:PatriciaLShelly@gmail.com) or  
703.978.1617

# Information for breastfeeding families

## *Breastfeeding in the Hospital*



Getting the best start, right in the hospital in the first few days of your baby's life, is key to long-term breastfeeding.

Talk to your obstetrician during your pregnancy so he/she is aware of your wishes. Talk to your labor nurse when you arrive at the hospital to assure that she knows your wishes and can help you when the time arrives. Talk to your pediatrician in a prenatal consultation so he/she can follow-up with your ideal plan.

### ***First, ask that your baby be put on your tummy right after delivery***

- Hold your baby skin to skin and watch him crawl up to the breast for his first feeding. This may happen from 10 to 40 minutes after birth.
- Keep your baby skin-to-skin until he has fed for the first time.
- Delay the eye treatment, first weight, newborn injections and other procedures that are common right after delivery until the first feeding is finished.
- If you give birth by cesarean-section, your partner can hold your baby skin-to-skin until you are able to hold him and breastfeed.

### ***Second, keep your baby right with you at all times (rooming-in)***

- If you are moved from the delivery area to the maternity area after the birth is over, hold your baby skin-to-skin during this transfer. Cover you both with blankets.

- Your baby can't breastfeed in the hospital nursery. Keep your baby with you so you can respond easily and quickly every time he shows feeding cues.
- Feed your baby 8-14 times each 24 hour day. It seems like a lot, allow your baby to tell you how hungry he is.
- Look for feeding cues:
  - Waking up, becoming agitated
  - Rooting (turning his head and opening his mouth)
  - Licking, smacking, mouthing movements
  - Sucking on fingers or fist
  - Crying is the last cue, don't wait for that!
- Continue holding your baby skin-to-skin: before feedings, after feedings, whenever your baby is upset.

### ***Avoid unnecessary supplementation***

- Feeding right after birth assures that your baby gets a nice big feeding right away. After that, offer the breast frequently.
- If you are unsure your baby is breastfeeding properly, ask for help! Your nurse can give you pointers and if you need more assistance, ask to see the Lactation Consultant.

Feel free to duplicate Lactation Education Resources 2011.

Please be aware that the information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician for any questions you may have regarding your or your infant's medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this information.



## Where will you find LER next?

### ***The Clinical Skills Workshop***

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](http://www.LERonline.com/Workshop/skills_workshop.htm)

### ***Grand Rounds***

Oct 27, 2011 12:15 – 1:15 PM  
Successful Breastfeeding: One of the Keys to Obesity Prevention? Speaker: Vergie Hughes RN MS IBCLC  
Prince William Hospital, Manassas VA

***DUCK Conference*** Macon, GA Nov 4, 2011  
For details contact [Sibley.Debbie@mccg.org](mailto:Sibley.Debbie@mccg.org)

### ***The Inpatient Breastfeeding Specialist***

December 5, 2011  
Virginia Hospital Center, Arlington, VA  
7 Nursing Contact Hours and L-CERPs  
For more information : [http://www.LERonline.com/Inpatient\\_Breastfeeding\\_Specialist.html](http://www.LERonline.com/Inpatient_Breastfeeding_Specialist.html)

## 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=0GxUh0KDiU0>

### ***Pathway 1***

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

### ***Pathway 3***

<http://www.youtube.com/watch?v=2JKKxrmYSag>

### ***Clinical Internships***

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

Program Director  
Vergie Hughes RN MS IBCLC FILCA



***Specialists in online lactation support training***

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