

Lactation Education Resources



IBLCE Recertification Earlybird Deadline February 28

Look at the variety of CERPs courses available at:

<http://www.leron-line.com/ContinuingEducationCourses.htm>

Need some suggestions? How about some of these:

Breastfeeding in Combat Boots by Robyn Roche-Paull

Classifying Sucking Problems by Alison Hazlebaker

Obesity and Lactation by Lou Lamb

Maternal Disease and Lactation by Susan Hatcher

Tongue Tie – Assessment and Treatments by Alison Hazlebaker

Breastfeeding Multiples by Jane Bradshaw

Many more interesting topics.....

View the webcast at your convenience, instant certificate.

Most classes are 2 hours long and offer 2 Nursing Contact Hours and 2 CERPs

Ethical Issues for Lactation Consultants CERPs and Nursing Contact Hours

2 hour and 5 hour classes available

Speakers are Lou Lamb RN MS IBCLC and
Priscilla Bornman JD

http://www.leron-line.com/IBLCE_Ethics.html

Contents

IBCLE recertification by CERPs	1
Ethical Issues	1
Mother's Milk Bank of VA	1
Don't Blame Breastfeeding	2
Lactation Consultant Training	2
Baby Friendly Hospital Training	3
Be aware of deadlines	3
Additional IBLCE required courses	3
Free Monthly Parent Handout	
When to Call a Lactation Consultant	4
Mother's Milk Bank of VA	5
Training Your Staff	5
LER Contact Information	5

Mother's Milk Bank of Virginia

opened on Jan 28 with an informational open house in their Herndon VA office. Senator Janet Howell and Delegate Ken Plum officiated at the ribbon cutting ceremony.

Pictures and more on page 4.

Don't blame breastfeeding!

Help for new moms and crying babies

All too often crying babies are blamed on the method of feeding. Moms hear: "If you just gave him a bottle he would settle down!!"

What alternatives can we give moms other than the bottle.

- ✓ **Offer the breast again.**
Feeding 8-12 X each 24 hour day is common, but some babies want to go to breast even more often. Mom's not a pacifier: baby is giving mom lot's of opportunity to practice breastfeeding. ;-)
- ✓ **Try motion**
Babies are not used to being stationary. They are used to the constant motion of mom while in the uterus. So walking, rocking and swinging are soothing
- ✓ **More skin-to-skin time.** There cannot be too much skin to skin holding! It is soothing for babies and for mothers.
- ✓ **Interpret babies signals**
Listen for baby "words" that might give a clue about what baby wants
Dustan Baby Language can help moms decipher what her baby needs
<http://video.google.com/videoplay?docid=4052428020269668962>
<http://video.google.com/videoplay?docid=4052428020269668962>
- ✓ **Secrets of Baby Behavior**
The UC Davis Human Lactation Center publishes an excellent blog full of advice and information for new moms
<http://www.secretsofbabybehavior.com/>
- ✓ **Pick up on feeding cues early** before the baby gets upset and is hard to settle
Watch for rousing, hand to mouth activity, mouthing, licking and rooting.

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 – February 28 (least expensive)
Final – April 30 (most expensive)

Advantages to online education:
No travel from home or days missed at work
Study at your convenience 24/7/365
Go back and review if you don't understand
Go back and review right before the exam
Access to lessons for a year
90 Nursing Contact Hours and CERPs granted

http://www.LERonline.com/LC_Training_online/Lactation_Consultant_Training_online.htm

Baby Friendly Hospital Initiative Training

Lactation Education Resources offers an online training program for hospitals wishing to meet the BFHI requirement of 20 hours of staff training.



Each lesson is recorded in webcast format so the learner sees the power point slides and hears the speaker's voice. Studies on comprehension and retention of new information show that both audio and visual components are most effective. Our lessons contain both and are rich with photos and graphics

The webinar format allows access to the training program 24/7/365. 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*

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

Contact Vergie Hughes, Program Director, for a personalized proposal including any applicable discounts. Unlimited usage contracts available for large hospitals or hospital systems. 703-868-1849 or vergieh@comcast.net

Upcoming Dates

Feb 28	First IBLCE exam application deadline
April 30	Final IBLCE exam application deadline
June 15	All course work and clinical experience must be completed
July 30	IBLCE certification exam
Sept 30	Clinical Internship application deadline for 2013 exam

Additional Courses Required by the IBLCE

To qualify for the IBLCE certification exam, the IBLE now requires education in six general education topics:

- Documentation for the Lactation Consultant
- Medical terminology
- Occupational safety & security
- Professional ethics
- Universal safety precautions
- CPR for Health Care providers

Health care professionals may have taken these topics as part of their work requirements. For those who have not, we offer:

- Documentation for lactation consultants (2 hours), Occupational safety & security (1 hour), Professional ethics (2 hours), Universal safety precautions 1 hour), Medical terminology (4 hours).

View the online webcast and print your certificate immediately. [IBLCE Additional General Education Package](#)

CPR must be taken as an onsite course and may be obtained a local hospital, fire department or training facility.

<http://www.heart.org/HEARTORG/classConnector.jsp?pid=ahaweb.classconnector.home#>

Information for breastfeeding families

When to Call a Lactation Consultant



Call a lactation consultant for additional instruction and support if your baby :

- Is jaundiced
- Refuses to latch-on
- Is not gaining weight quickly (1/2 – 1 oz per day)
- Is gaining weight too quickly (more than 1 ½ oz per day)
- Cries a lot and is fussy
- Feeds “all of the time”
- Is premature or a “late preterm” baby
- Spits up “a lot”

Call a lactation consultant for additional instruction and support if you :

- Have flat or inverted nipples
- Have sore nipples
- Are engorged
- Are ill or need to have surgery
- Have a low milk supply
- Are returning to work
- Experience mastitis (breast infection)
- Wish to breastfeed an adopted baby
- Experiencing stress around feedings
- Need to take medications
- Need advice about selecting an appropriate breast pump
- Are receiving conflicting advice or discouragement to breastfeed

Or, anytime you are unsure if breastfeeding is going well



Margaret Parselyh RN IBCLC and Vergie Hughes RN MS IBCLC FILCA
Mother's Milk Bank of Virginia Grand Opening
January 28, 2011

<http://mothersmilkofva.weebly.com/index.html>



Need to train a lot of staff? Quickly and easily?

Lactation Education Resources offers several classes to help you.

Breastfeeding Resource Nurse
In person 1 or 2 day training

Towards Exclusive Breastfeeding
In person 1 day training

Basics of Lactation Management
On-line 5 hour training

In-patient Breastfeeding Specialist
In person 1 or 2 day training

Baby Friendly Hospital Training
On-line 15 hours

Lactation Education Resources

5614 Dover St
Churchton, MD 20733

Voice 443-607-8898
Fax 410-648-2570
Email LERonline@yahoo.com
Website
www.LERon-line.com

Blog – How to Become a Lactation Consultant <http://www.LERon-line.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

LER Newsletter © 2012
Vergie Hughes, Churchton, MD.
All rights reserved.