

# Lactation Education Resources



Lactation Support Training from Novice to Expert!

## Clinical Skills Workshops

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Come to learn from experienced lactation consultants the hands-on skills needed for lactation consultant practice. A must for aspiring lactation consultants, a great way to upgrade skills for experienced lactation consultants. Earn 12.5 CERPs and Nursing Contact Hours. May 15 & 16, Reston, VA.

### Clinical Skills Workshop

- Positioning and latch-on, baby-led, mother-led
- Test Weights
- Breast exam
- Shells, shields and other devices
- Breast pumps and hand expression
- Alternative feeding methods
- Paced bottle feeding
- Suck assessment
- And lots of case studies!

*More details, page 2*

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## Re-certifying by CERPs?

Look over our list of 2 hour CERP courses and choose a few that interest you! Each consists of a video webcast of about 1 hour each presented by a variety of experienced instructors with a printable power point presentation so you can follow along with the lecture and take notes if you choose. The accompanying worksheet enhances your learning. A five question post-test completes your course and your certificate is available for immediate printing.

Assuring Breastfeeding Success  
 Evidence Based Breastfeeding  
 Addressing Breastfeeding Problems  
 Sexuality and the Breastfeeding Family  
 Slow weight gain in the Breastfed Infant  
 Breastfeeding the Premature Infant  
 Breastfeeding Twins & Super Twins  
 Infectious Disease in the Breastfeeding Mother  
 Jaundice  
 Maternal Illness  
 Counseling Skills  
 Milk Banking  
 Legal Aspects of Lactation Practice  
 Infant Congenital Anomalies  
 Engorgement and Mastitis  
 The Politics of Breastfeeding  
 Allergies in the Breastfeeding Infant  
 Hospital Routines Affect on Breastfeeding  
 Induced Lactation and Re-lactation  
 Counseling Skills  
 Human Growth and Development  
 Drugs and the Breastfeeding Mother  
 Herbal Preparations for the Breastfeeding Mother  
 Professional Development  
 Nutrition during Lactation  
 Breast Pumps and Manual Expression  
 Physiology of Sucking  
 The Employed Breastfeeding Mother  
 Research and Statistics  
 Maternal Recovery  
 Ethics  
 Anatomy and Physiology  
 Composition of Human milk

Stay tuned for CERP classes from Alison Hazlteachingebaker PhD IBCLC on Tongue Tie and on Infant Sucking Problems. Alison is an expert on oral motor issues as well as tongue tie.

Other new classes will be added periodically, check our listing often!

Visit <http://www.LERonline.com/ContinuingEducationCourses.htm>

## The Clinical Skills Workshop

Attend our Clinical Skills Workshop either on-site or on-line. This program is included in the Lactation Consultant Training Program (Core & Enriched). Others who wish to learn (or refresh) hands-on clinical skills are welcome! 12.5 Nursing Contact Hours and CERPs will be awarded.

On-site dates and locations for 2010:

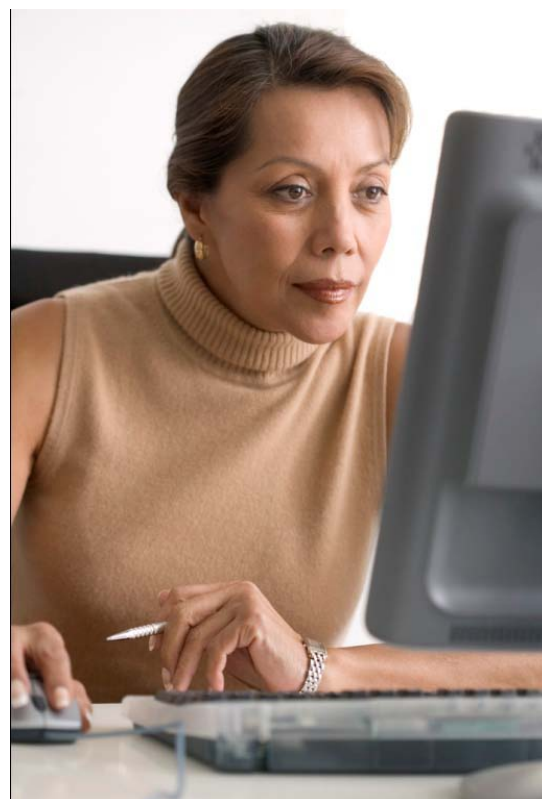
May 15 & 16, 2010  
 Reston Hospital Center, Reston VA

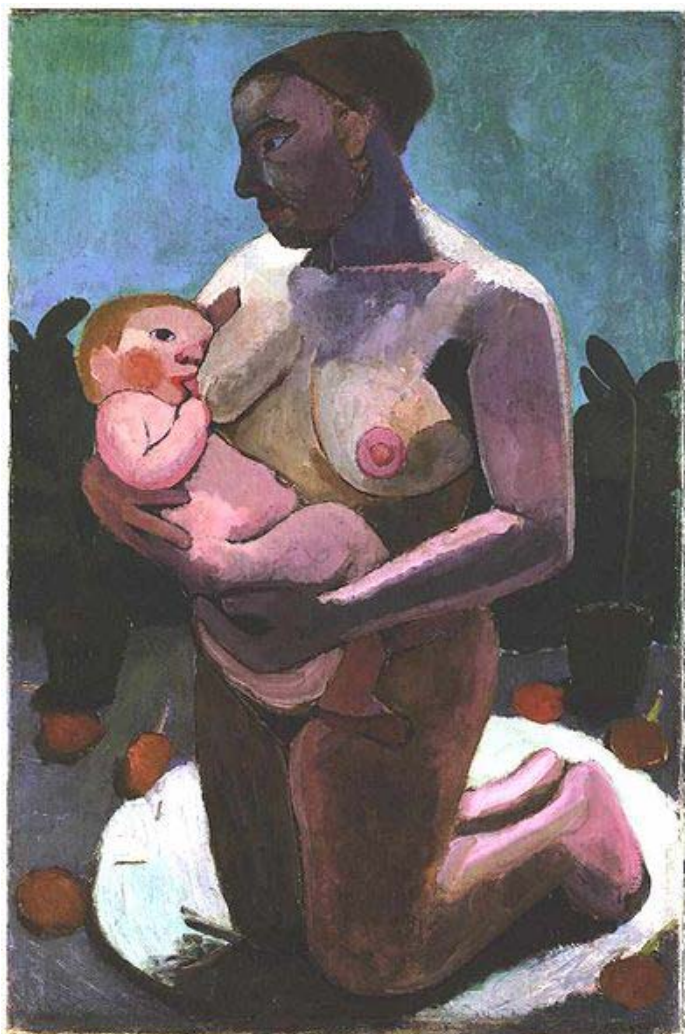
November 6 & 7, 2010  
 Reston Hospital Center, Reston, VA

More locations and dates will be added. Interested in hosting a Clinical Skills Workshop at your location? Contact [Vergie](#) for details.

[Click here to register for the on-site program](#)

Or attend on-line. Watch video demonstrations and complete case study activities. Registration for the on-line program will be available February 15.





### **Living Proof Projects** **The Bill & Melinda Gates Foundation**

Several of the projects undertaken by the Gates Foundation in Africa address the needs of premature infants through Kangaroo Mother Care and the benefits of breastfeeding.

In Malawi, Kangaroo Mother Care is used to reduce infant mortality.

In Ghana, exclusive breastfeeding is promoted to reduce diarrhea and other problems caused by unsafe supplements.

For a film and more on the work of the foundation, click on  
<http://www.gatesfoundation.org/livingproofproject/Pages/video-gallery.aspx#video=/livingproofproject/Pages/kangaroo-mother-care-malawi.aspx&pager=0>

### **Save money on Your ILCA membership by joining with the Lactation Education Resources group membership**

The International Lactation Consultant Association (ILCA) is the professional organization for lactation consultants. You will receive a free subscription to the Journal of Human Lactation and on-line access to past issues, discounts on the ILCA conference, information on educational opportunities, eligibility to apply for research grants, career job mart, and much more!

#### **Need to renew your ILCA membership?**

Join in on the group membership with Lactation Education Resources. Simply send your check for \$139 (a savings of \$11) made payable to Lactation Education Resources and be sure to include your ILCA membership number. Mail to the LER office.

#### **Want to join ILCA?**

ILCA is a "must" for all aspiring lactation consultants. Join in the group membership rate. Simply print out the application form  
[http://www.ilca.org/files/membership/join\\_ilca/2010\\_MEBER\\_APP.pdf](http://www.ilca.org/files/membership/join_ilca/2010_MEBER_APP.pdf), attach your check for \$139 made out to Lactation Education Resources (savings of \$11). Mail to the LER office.

### **The deadline is Feb 1, 2010**

Mail your check for \$139 made payable to  
LER

5614 Dover St  
Churchton, MD 20733

We will send in the registrations with one check that will include everyone in our group.

### **Be aware of these dates!**

Taking the IBLCE certification exam this year? These are the 2010 dates to be aware of:

First application deadline..... February 28.....\$490  
Second application deadline.....March 31..... \$540  
Third application deadline..... April 30..... \$640  
Certification exam administered July 26



In as a turkey dinner, out as breastmilk! 😊

## Meet our Staff

Visit our home page, <http://www.LERonline.com/> and click on “Meet Our Staff” to learn about the people who make Lactation Education Resources one of the best and most innovative lactation management educational programs in the world.

- Vergie Hughes RN MS IBCLC FILCA Program Director and “mastermind” behind our courses
- Douglas Thom MAT Technical director and webmaster
- Debra McCaw Office Manager
- Allison Ivatury Special Projects Coordinator
- Sonja Keuppers Resource and Communications Manager
- AND 20 dedicated, experienced and knowledgeable instructors!

## “Milk’s Up”

A new mother’s group came up with a universal hand gesture to show their support to other breastfeeding mothers.

<http://www.youtube.com/watch?v=i5fklnsuOIE>

## Breastfeeding tip of the month

The lactation Consultants at Inova Fairfax Hospital have come up with a unique teaching tool to help nurses answer the questions and concerns of new moms about breastfeeding. Each month they publish a one page flyer on a different topic. They are posted throughout the unit and collected in a notebook for the nurses break room. Use these examples to develop some scenarios for the most common questions in your setting!

New mother: May I have a pacifier for my baby?

Nurse: Using a pacifier can interfere with breastfeeding. It’s important not to substitute a feeding or hold the baby off longer between feedings with a pacifier. In the first few weeks, unrestricted feedings are important.

New mother: My breasts hurt, they are hard and sore.

Nurse: Engorgement will diminish over the next 2-3 days. The more your baby nurses and the better he latches, the faster your engorgement will resolve. For severe engorgement apply cold packs, lie on your back, pump your breasts for a minute prior to feedings to shape your nipple.

New mother: Do I need to change sides when breastfeeding?

Nurse: Don’t switch breasts while the baby is actively nursing. Watch for cues that your baby is finished before offering the second breast. Don’t worry if he doesn’t take it, start on that side at the next feeding. Always alternate the breast that the baby starts the feeding with.



### ***Free Live Audio Chat!***

#### ***Attend live chats with our Program Director Vergie Hughes RN MS IBCLC FILCA***

**Who can attend?** LER students, those thinking about Lactation Consultant Training, anyone else interested in lactation management topics.

**Topics of discussion:** How to become a lactation consultant, training programs, internships, questions from our courses, any topics of your choosing!

**When?** Twice each month. The next sessions are

- Thursday, February 4, 2010 2:00 pm Eastern standard time.  
[Check for time where you are](#)
- Saturday, February 20, 2010 2:00 pm Eastern standard time.  
[Check for time where you are](#)

**Register:** 15 slots are available.

- Register early, [administrator@LERon-line.com](mailto:administrator@LERon-line.com), include your name, email address and the session you will attend. You will be sent details about how to log-on.

## Lactation Education Resources

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Or website  
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FILCA

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

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