

# Lactation Education Resources



## Lactation Education Resources to offer on-line CERP and contact hour courses

LER, long known for on-site lactation educational programs and innovative educational materials, will soon be offering on-line programs as well. Over the next few months courses will be added to the website. Check back for news about when and what will be available via a webcast.

This will be the perfect way for you to gather a few last minute CERPs before re-certification, or to put together a “virtual conference” of topics that interest YOU.

Interested in developing a learning module for the on-line format? Contact Vergie Hughes: [vergieh@comcast.net](mailto:vergieh@comcast.net) for details.

**Clinical Updates** for professionals is a regular feature of our website. [http://www.leron-line.com/Clinical\\_Updates.htm](http://www.leron-line.com/Clinical_Updates.htm)

**Parent handouts** is a selection of handouts that you may use in your parent teaching.  
[http://www.leron-line.com/Parent\\_Handouts.htm](http://www.leron-line.com/Parent_Handouts.htm)

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## LER Program Director named FILCA

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The Lactation Education Resources Program Director, Vergie Hughes, was recently honored with the designation of Fellow of the International Lactation Consultant Association. This designation is given to lactation consultants who have shown professional excellence, leadership and commitment to the field. For more than 25 years, Hughes has been active in one-on-one counseling of new breastfeeding families, training professionals and conducting a Lactation Consultant Training Program, which has become affectionately known as “Vergie’s Course”.

## On-line video on hand expression of breastmilk and maximizing milk production

This excellent video would be a helpful teaching tool for health care professionals as well as parents.

Jane Morton MD, of Stanford University School of Medicine, has produced several videos clips and web-based learning materials that are available at <http://newborns.stanford.edu/Breastfeeding/>

“Making Enough Milk, The Key to Successful Breastfeeding... Planning for Day One” is Dr Morton’s newly released video available for purchase at <http://www.breastmilk solutions.com/videos.html>

## Swine Flu and breastfeeding alert

As Swine Flu spreads around the world, the disease is coming closer to home and is of concern to mothers who are pregnant and breastfeeding.

“Women who are breastfeeding can continue while receiving antivirals. However, women who are ill with swine influenza A (H1N1) should take steps to reduce the risk to their infants, such as frequent hand washing and possibly wearing a mask . The risk for swine influenza transmission through breast milk is unknown. However, reports of viremia with seasonal influenza infection are rare.”

Advice is available from the Centers for Disease Control on their website.

[http://www.cdc.gov/swineflu/clinician\\_pregnant.htm](http://www.cdc.gov/swineflu/clinician_pregnant.htm)

There is an excellent Q&A on the CDC website aimed at the questions that parents will have

<http://www.cdc.gov/h1n1flu/breastfeeding.htm>

There are also helpful resources on the AWHONN webpage

[http://www.awhonn.org/awhonn/content.do?name=02\\_PracticeResources/2D2e\\_SwineFlu.htm](http://www.awhonn.org/awhonn/content.do?name=02_PracticeResources/2D2e_SwineFlu.htm)

## Breast is Best?

Recently there has been a huge debate, initiated by Hanna Rosin, about whether new moms are *really* happy breastfeeding and questioning whether breastmilk *really* is best.

To read the article by Rosin in the Atlantic Monthly, go to <http://www.theatlantic.com/doc/200904/case-against-breastfeeding>

To read the rebuttals to Rosin's article, go to:

The Backlash to Breast is Best by Jennifer Block  
<http://www.babble.com/The-Backlash-to-Breast-is-Best-Why-exactly-is-breastfeeding-under-attack/index.aspx>

Case Closed: Breast is Best by Peggy O'Mara, editor of Mothering Magazine  
[http://mothering.com/guest\\_editors/quiet\\_place/quiet\\_place.htm](http://mothering.com/guest_editors/quiet_place/quiet_place.htm)  
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## Surgeon General's Perspectives

On the 25<sup>th</sup> anniversary of the Surgeon General's Workshop on Breastfeeding and Human Lactation, the current Surgeon General, RADM Steven Galson, issued a report on the nation's progress towards increasing the initiation, exclusivity and duration of breastfeeding.

You can read his report at [http://www.publichealthreport.org/userfiles/124\\_3/356-358.pdf](http://www.publichealthreport.org/userfiles/124_3/356-358.pdf)

## Breastfeeding Call to Action DHHS Wants Your Ideas

The Department of Health and Human Services is requesting feedback on several lactation topics in their planned revision of the [HHS Blueprint for Action on Breastfeeding](#). Visit [http://www.blsm meetings.net/owh\\_call\\_to\\_action\\_on\\_breastfeeding/index.cfm](http://www.blsm meetings.net/owh_call_to_action_on_breastfeeding/index.cfm) to find out more and to submit your ideas. Comments must be submitted by May 31, 2009



## This I Believe

It's great to be a mammal

By Chris Mulford

[http://www.thisibelieve.org/dsp\\_ShowEssay.php?uid=60358&lastname=Mulford&yval=0&start=0](http://www.thisibelieve.org/dsp_ShowEssay.php?uid=60358&lastname=Mulford&yval=0&start=0)



## Start making plans for World Breastfeeding Week 2009!

The theme for World Breastfeeding Week 2009 will be "Breastfeeding: A Vital Emergency Response Are You Ready?"

The first week of August each year is designated to call attention to the importance of breastmilk and breastfeeding for the world's infants and mothers. Plan some activities for your area, August 1-7!

<http://worldbreastfeedingweek.org/>

These web pages have great ideas used in previous years, and good enough to "recycle"!

[www.nwica.org/Action Ideas for WBW 2008 5 8 08.doc](http://www.nwica.org/Action_Ideas_for_WBW_2008_5_8_08.doc)

<http://www.dhss.mo.gov/wic/WICupdates/Attachments/ActionIdeasforWBW2008.pdf>

## Lactation Education Resources

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