

Lactation Education Resources Staff

Get acquainted with our staff! They all have been selected for their expertise and their experience. We are proud of every one of them!!

Vergie Hughes RN MS IBCLC FILCA – Program Director



Vergie Hughes has a long history of experience in Maternal Child Health including labor and delivery, post-partum and pediatrics, and for the past 25 years she has been involved in lactation management. Ms Hughes has a BSN from Pacific Lutheran University and a MS from Georgetown University. She has been a board certified lactation consultant since 1985.

At Georgetown University Hospital she was the director of the Human Milk Bank, developed the National Capitol Lactation Center and The one week Lactation Consultant Training Program. This course has trained over 3,000 Lactation Consultants since its inception. She has been a private practice lactation consultant and business owner, operating her own lactation center, Washington's Families First. Lactation Education Resources On-Line is her website, offering information to parents as well as training to professionals.

Ms, Hughes has served on the board of the International Board of Lactation Consultant Examiners and has served on the IBLCE exam writing committee.

Her first love is teaching and that is exemplified by the creativity of the courses she has developed. A series of courses "The In-patient Breastfeeding Specialist", "The Out-patient Breastfeeding Specialist" and "The NICU Breastfeeding Specialist" are all designed to advance the lactation management skills of nurses at the bedside. She regularly teaches skills to labor and delivery nurses and developed the recent course "Towards Exclusive Breastfeeding".

Ms Hughes is the program director and content manager for all of the on-line Lactation Education Resources courses. In addition to her teaching responsibilities, she currently she works for the Inova Health System in as a lactation consultant in the NICU at Inova Fairfax Hospital one day per week, and work-site lactation support for Inova HealthSource.

Ms Hughes was recently honored with a “lifetime achievement award” being named a Fellow of the International Lactation Consultant Association (FILCA).

703-868-1849, vergih@comcast.net

Technical Director and Web Administrator – Douglas Thom MA



Doug has both a Bachelor’s and Master’s Degree from Cornell University in Ithaca, NY. He has had extensive experience with web design and web based systems. He is the technical director and the interface with our Learning Management System. If you have a problem navigating the Learning Management System or other web based question, Doug will be happy to discuss it with you.

Doug is an avid sailor and when he is not editing video footage, he can be found on his sailboat! 703-244-9829, administrator@LERon-line.com

Office Manager – Debra McCaw



Debbie is an experienced office manager and responsible for all financial aspects of our training courses. She has had experience in a variety of profit and non-profit organizations.

Special Projects Coordinator – Allison Hughes



Allison has worked with Lactation Education Resources in many capacities over the years and is currently coordinator of Special Projects. You will see evidence of her work in various digital projects and art work. Allison is the mother of two breastfed children.

Resource and Communications Manager – Sonja Kueppers



Sonja, a mother of two and experienced peer breastfeeding counselor, is a Jill-of-all-trades. She has an eclectic educational background and extensive professional experience in the Information Technology field. At Lactation Education Resources, she is primarily focused on tasks involving computing, editing and information discovery.