

Lactation Education Resources Staff

Get acquainted with our staff. They have been selected for their knowledge, expertise and 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. She created and developed the National Capitol Lactation Center and the one week Lactation Consultant Training Program. This course has trained more than 3,000 Lactation Consultants since its inception in 1990. She has been a private practice lactation consultant and business owner, and operated her own lactation center, Washington's Families First. Lactation Education Resources On-Line is her website, offering training to professionals and information to parents as well.

Ms. Hughes has served on 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 just recently developed the 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 consults for the Inova Health System

in the NICU at Inova Fairfax Hospital, and the work-site lactation support program for Inova HealthSource.

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

703-868-1849, vergieh@comcast.net

Douglas Thom MA - Technical Director and Web Administrator



Douglas Thom 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, Mr. Thom will be happy to help you problem solve.

Douglas 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

Jennifer Langston - Office Manager



Jennifer is responsible for keeping the office running smoothly. She handles all financial and tax reporting, overseeing daily accounting functions, human resources, processing and maintaining IBLCE Providership Reports. She works to support our students, staff and executive management. Jennifer brings a diverse background in finance, contract administration and budget analysis to the operations at LER. She is the mother of two and also a part-time student.

officemanager@LERon-line.com

Sonja Kueppers - Resource and Communications Manager



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

Allison Ivatury - Special Projects Coordinator



Allison Ivatury 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. Ms. Ivatury is the mother of two breastfed children.