



# Day One Newsletter

## Lactation Consultant Preparation Course Offered in West Virginia

A week-long lactation consultant preparation course, conducted by Lactation Education Consultants is coming to WV. This course satisfies the didactic requirements to sit for the IBCLE exam. Candidates must also complete a required number of hours of experience working with nursing mother/baby dyads to be eligible to sit for the exam. These hours do not need to be completed prior to taking this course.

**When:** November 5-9, 2007  
8 a.m. - 5 p.m. each day  
**Where:** Charleston, WV  
**Fee:** WV residents-\$250,  
non-residents-\$400  
includes breakfast and lunch each day, training materials and CEUs.

Registration fee for this course is normally between \$700-\$800 per person. Thanks to funding allocated by the WV State Legislature, the Perinatal Partnership can offer a greatly reduced registration fee of \$250.

*More information about this course is provided on page 3 of this newsletter.*

## Highlights

- Earn up to 45 hours of continuing education
- Up to 45 LCERPS for those already IBCLCs
- Prepare to take the IBCLE exam
- Start on the path to become a certified lactation consultant
- Connect with other professionals interested in breastfeeding issues in WV

Sponsored by:  
The West Virginia Perinatal Partnership, WIC and the West Virginia Hospital Association

August/September 2007

### Inside this issue:

**Lactation Consultant Preparation Course Offered in WV** 1

**Perinatal Partnership to Focus on Smoking Issues** 2  
New WV Data on Smoking and Pregnancy Released

**Lactation Consultant Preparation Course** 3

**News To Use** 4  
Growing Healthy Children conference

CDC Resources

**Information & Reminders**

## SMOKING DURING AND AFTER PREGNANCY IS A PRIORITY FOR THE WEST VIRGINIA PERINATAL PARTNERSHIP

West Virginia has had the highest smoking percentage among pregnant women in the United States for well over a decade, with an overall percentage of 26 compared to a national average of 11. The WV Health Statistics Center is a major source of data for the Perinatal Partnership and has made new data available regarding this issue. Maternal Smoking in West Virginia, 1996-2005: A Hypothetical Assessment of its Impact on Infant Health, a power point presentation, and Smoking: Effects on Mothers and Babies in West Virginia, an updated Statistical Brief elaborates further on these conclusions. Both will be available on the web at [www.wvdhhr.org/bph/promot.htm](http://www.wvdhhr.org/bph/promot.htm) and [www.wvhealthykids.org](http://www.wvhealthykids.org) at a later date. This information will be also presented at the upcoming Growing Healthy Children conference to be held in Charleston on October 15-16, 2007. (see page 4 for additional information about this conference)

The problems of maternal smoking offer a challenge to all of us involved in perinatal health care. The health impact of exposure to cigarette smoke before and after birth is immense. In addition to prenatal exposure to cigarette smoke, many of the infants/children born to women who smoke while pregnant will continue to be exposed to secondhand cigarette smoke on a regular basis. This issue is a major priority for the West Virginia Perinatal Partnership (Partnership).

The WV Perinatal Partnership will soon be establishing a workgroup to address the tobacco-related recommendations made in the Blueprint to Improve WV Perinatal Health. A copy of this Blueprint is available at [www.wvha.org/day\\_one](http://www.wvha.org/day_one) and at [www.wvhealthykids.org](http://www.wvhealthykids.org). To get involved in this workgroup, contact Cinny Kittle at [ckittle@wvha.org](mailto:ckittle@wvha.org) or by phone at 304-344-9744 or 304-419-0899.

Reminder Note: The West Virginia Tobacco Cessation QuitLine provides services to all pregnant women, AND those who live with her that are not covered by Medicaid, through Partners In Corporate Health, a beBetter Company . These services include phone counseling, educational materials and free nicotine replacement medications as appropriate. Those interested should call 1-877-966-8784. Medicaid covered individuals are provided with these services through Free and Clear's Quit For Life Program by calling 1-866-784-8454.

## Lactation Consultant Preparation Course

Charleston, WV  
November 5-9, 2007

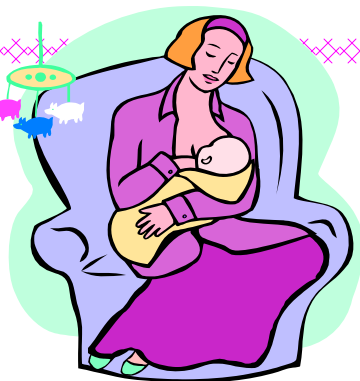
The Lactation Consultant Preparation Course is designed for the aspiring lactation consultant or other member of the health care team such as nurses, physicians, midwives, dietitians, nurse practitioners, or counselors desirous of improving their knowledge base and skills in working with the breastfeeding dyad. This course provides the core knowledge and skills necessary for helping mothers to breastfeed, as well as advanced skills needed for problem solving. Students learn how to work with mothers of varying backgrounds, experience and culture, as well as appropriate use of alternative feeding methods. The importance of being involved in the professional association and the necessity for becoming certified through the IBLCE are stressed, as are ethics and professional support.

All areas identified by the IBLCE exam grid are addressed. Students learn how to apply current research to their practice settings and how to function as lactation consultants in a variety of venues, including WIC clinics, hospitals, private practice, and physician offices. Basic lactation management skills are taught through practical application of scientific principles. The course is continuously updated in response to changes within the profession and the rapidly expanding scientific body of knowledge.

**Registration forms are available at [www.wvha.org](http://www.wvha.org) and [www.wvha.org/day\\_one](http://www.wvha.org/day_one).**

You may also request a copy of the form from Cinny Kittle at [ckittle@wvha.org](mailto:ckittle@wvha.org). Additional information about this course contents, and the training team that will be presenting the training is available at the following website: [www.lactationeducationconsultants.com](http://www.lactationeducationconsultants.com).

Please direct any questions related to this training to Cinny Kittle.



**“There are three reasons for breast-feeding:  
the milk is always at the right temperature;  
it comes in attractive containers;  
and the cat can't get it.”**

Irena Chalmers



## News to Use

For more information:

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### Third Annual Growing Healthy Children Conference

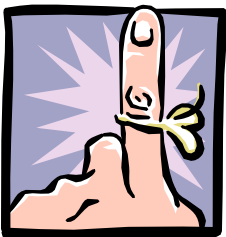
The third annual Growing Healthy Children Conference will be held on October 15-16, 2007 at the Charleston Marriott. For more information, or to register for the conference, go to [www.wvhealthykids.org](http://www.wvhealthykids.org)

### Resources from the CDC

The CDC has developed many resources related to child development for parents as well as health care and child care providers. Visit <http://www.cdc.gov/ncbddd/child/default.htm> for these resources.

The CDC has also posted immunization schedules for children, adolescents and adults in formats to be downloaded, printed and distributed to the public. These are posted on the CDC website, along with other information and resources such as brochures, educational information for parents regarding the importance of immunizations, pocket sized and PDA/Palm downloadable immunization charts, related to immunizations.

Visit <http://www.cdc.gov/vaccines/recs/schedules/childschedule.htm#printable> for these resources.



## Information & Reminders

Much thanks to those of you who are actively using the Day One program. Special thanks to those that submit monthly reports on a regular basis. These are very helpful in reporting to our current funders, and illustrating to potential future supporters the level of participation in the program and the numbers of parents and other care providers that benefit from Day One.

If you would like to share information, news, events, etc. with others through this newsletter, please let us know. If there is an issue or topic that you would like to see addressed in this newsletter, please send a request in to us.

*Building Blocks for a Bright Baby*

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