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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Nursing in Style**

**By Anne Cavicchi**

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Many women are uncomfortable nursing in public. But today's nursing fashions can help you nurse with confidence, comfort, and style — anytime, anywhere!

The basics

A good breastfeeding nightgown or pajamas will help you with those first days in the hospital or at home. Learning to breastfeed can be a challenge in itself; you don't want to be struggling with your clothing too! You will also be glad for the convenience for those night feedings and those days when you just don't get dressed (and yes, there will be some of those!)

Chances are you probably needed several different bra sizes throughout your pregnancy. And often even your best guess at your post-partum bra size was not quite right. No matter which type of bra you choose, a good fit is important. Your bra needs to provide adequate support while providing easy access to your breasts for feeding. Have fun with your nursing bras — there are so many options available!

Out and About

Every nursing mother should own at least two tops (or 1 top and 1 dress) to give her the ease of nursing access and overall comfort. A nursing tank top, even in cold months, is also a good basic as it can be worn under a sweater or other non-nursing garment. If you plan on nursing for a long period of time, treat yourself to a few more tops as time goes by (after all, you are saving a fortune by not buying baby formula!). Pair your top with your favorite jeans, dress slacks or skirt and you are all set! Most people won't even know that you are wearing nursing clothing!

Some of the more popular access options include:

Crop Over Top – Dual Slits: The crop overtop lifts to gain breastfeeding access to two vertical slits on lower panel.

Dual Side Panels – Central Slits: Side panels open to gain breastfeeding access to one or two slits on the lower panel.

Vest Front – Dual Split Or Extended Arm Holes: Vest front lifts or opens to access breastfeeding opening (dual slits or extended armholes)

Central Pleat Dual Slits: Central pleat parts to gain breastfeeding access to slits on lower layer.

One option is not necessarily better than the other; it's just a matter of personal preference. Enjoy your baby and the breastfeeding experience.

Anne Cavicchi is a mom and owner of Annie's Maternity Corner. Annie's is dedicated to keeping the expectant and new mom comfortable and stylish. We also carry all the products you will need for after your child is born. Accessories, diapers, sleepwear, breast pumps, playwear, and everything in between!<http://www.maternitycorner.com>

## **Analyzing A Nursing Continuing Education Opportunity**

**By Rita Henry**

Continuing Education (CE) is vital for the further development of a nursing career, but you shouldn't choose just any courses to add to your credentials. Each CE program that you choose should enhance your knowledge, make you a more valuable employee and further you on your career path. Evaluating your nursing continuing education opportunities for each of the following criteria can help you choose just the right courses to keep you on the right career and professional path.

Is the Course Relevant to my Job?

Choose courses that enhance your ability to do your job. If your current position is in the school nursing environment, a continuing education course about the latest advances in ER technology isn't likely to have much relevance to your job. On the other hand, some courses that seem to be irrelevant on the surface may have subtle connections that aren't obvious at first glance. Is some of your school nursing time spent in a full-service on campus clinic? In that case, that emergency room CE course may just offer something of value.

Does it Enhance my Career Opportunities?

Even if you're content in your position and have no plans to seek advancement, you should evaluate how a chosen continuing education course fits into your plans. The world of medicine changes every day, and so do expectations of nursing professionals. Keep your eye on advances in your chosen segment of the nursing field to be sure that the courses you choose keep you qualified for the jobs to which you aspire.

Is the Course Accredited?

## Nursing in Style

If your main goal in taking nursing continuing education courses is to garner CE hours toward recertification or licensure, then accreditation is vital. Check to be sure that the courses you choose are accredited by The American Nurses Credentialing Center.

### Is it Offered by Respected Professionals in the Field?

Do you recognize the names of the instructors, or of the institution offering the course you're planning to take? Popularity isn't always a measure of quality, but it is one way of checking the credentials of instructors and institutions. If you're not familiar with either the instructors or the offering institutions, ask around. Nurses' forums on the Internet are great places to find out about programs that you might be considering - and you'll hear directly from professionals just like you whether or not the course material was helpful and suitable for your continuing education.

### Is the Learning Style Accessible for You?

One often overlooked facet of evaluating a nursing course is personal learning style. No one knows better than you do whether you learn best with hands-on instruction, or can absorb more information if left to explore and gather it on your own. Choose classes that are conducted in your best learning style to get the most out of your continuing education hours.

Continuing education courses for nursing represent a substantial investment of your time and money. Take the time to evaluate each course that you plan to take to make sure that it meets all your expectations and needs.

Rita Henry is a contributing editor for Nursing Job Finder, the leading job and resource site for the Nursing Industry. Interested in receiving only the hottest Nursing job listings weekly for free? To learn more visit



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