

# WALC Conference 2004 ~ It's all about the latch ~

March 4 & 5, 2004

Radisson Paper Valley Hotel  
333 W. College Ave  
Appleton, WI 54911  
1-800-333-3333



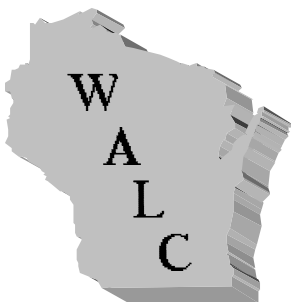
This program is intended for physicians, nurses, lactation consultants and other professionals interested in improving breastfeeding practices.

## **Christina Smillie, MD, IBCLC**

Christina is a pediatrician and lactation consultant in Stratford, Connecticut. In 1996 she started the first private practice in the U.S. exclusively devoted to the specialty of breastfeeding medicine. She is a Fellow of the Academy of Breastfeeding Medicine, and in 2003 was elected to their Board of Directors. She is a member of the leadership team of the American Academy of Pediatrics' Section on Breastfeeding, and a member of the Professional Advisory Board of the Health Advisory Council of La Leche League International.

## **Catherine Watson Genna, BS, IBCLC**

Catherine, a lactation consultant in private practice in New York City, has been assisting mothers professionally since 1992. She is a skilled photographer, and her clinical photos have appeared in multiple breastfeeding publications. Lactation consultants worldwide have benefited from her frequent contributions to Lactnet. A speaker at the 2002 WALC Conference, Catherine is back by popular request.



This program does not receive funding from artificial baby milk manufacturers.

## Schedule of Events and Learning Objectives

### Thursday, March 4

- 11:00-11:45 **Registration and Box Lunch**  
11:45-12:00 **Welcome**  
12:00-1:30 **Sensory Integration and Breastfeeding ~ Catherine Watson Genna**  
Describe how dysfunction in sensory integration may affect breastfeeding.  
List interventions for dysfunction in sensory integration related feeding challenges.  
Detail the proper handling of a gravitationally insecure infant.
- 1:30-1:45 **Break**  
1:45-3:30 **Baby-led Latching: A Neurobehavioral Approach ~ Christina Smillie**  
Describe why current methods for teaching latch can interfere with infant learning.  
Describe influences that can either promote or interfere with learning to latch.  
Understand how to facilitate an alternative approach to learning to latch.
- 3:30-4:00 **Break**  
4:00-5:30 **Slow Weight Gain in the First Few Weeks ~ Christina Smillie**  
List common scenarios leading to slow weight gain in the first few weeks.  
Explain why slow weight gain in the first few weeks requires intervention.  
Explain the basis for various strategies to help the mother increase her milk supply.
- 5:30-7:30 **Dinner—On Your Own**  
7:30-9:00 **Wine, Music, Chocolate Brownies and Networking**

### Friday, March 5

- 7:30-8:00 **Registration and Continental Breakfast**  
8:00-8:15 **Announcements**  
8:15-9:45 **Breastfeeding Infants with Respiratory Issues ~ Catherine Watson Genna**  
List common respiratory malformations that affect an infant's feeding abilities.  
Describe how tachypnea increases the risk of aspiration.  
Outline a breastfeeding care plan for an infant with laryngomalacia.
- 9:45-10:15 **Break**  
10:15-11:15 **“Hyperlactation” or “Oversupply” I: The Pathophysiologic Basis ~ Christina Smillie**  
List infant and maternal symptoms associated with hyperlactation.  
Describe how “rules” can thwart the homeostatic mechanisms of “supply and demand.”  
Describe how mother and infant can interact to create vicious cycles of symptoms.
- 11:15-12:45 **Lunch Break**  
12:45-1:45 **“Hyperlactation” or “Oversupply” II: Consequences, Complications, and Solutions ~ Christina Smillie**  
Describe how nipple and breast problems can be part of a picture of oversupply.  
Describe the treatment of infant symptoms of oversupply.  
Understand the basic approach and variations to slowing down milk productions.
- 1:45-2:00 **Break**  
2:00-3:45 **Helping Infants Suck Correctly ~ Catherine Watson Genna**  
List the roles of tongue, jaw, cheeks, palate and lips in sucking.  
Describe how sucking compensations can both assist and limit the infant.  
Identify the role of positional stability in sucking function.  
List ways to assist infants with limiting sucking compensations.
- 3:45-4:00 **Closing and Evaluations**

**Fees**

Entire conference: \$150 Thursday or Friday only: \$100

Groups of three or more registering together may receive a discount of \$10 per person -or- the member discount (not both). The fee includes a bound program syllabus, bibliographies, box lunch on Thursday, wine and chocolate social, refreshment breaks, continental breakfast and lunch on Friday. Exhibits and a bookstore will be available.

**Registration**

Forms must be accompanied by payment. Your cancelled check is your confirmation. The registration form must be mailed by February 19, 2004 in order to avoid a late fee. If **confirmation** is needed, enclose a self-addressed, stamped envelope or email Sandy at [STestin@walc.net](mailto:STestin@walc.net). **Cancellations** received by February 19, 2004, will receive a full tuition refund less a \$25 handling fee. No fees will be refunded after that date.

**Continuing Education Credits**

This program (in its entirety) has been approved for 12 CERPS by the International Board of Lactation Consultant Examiners. Contact hours have been applied for through the Wisconsin Nurses Association Continuing Education Approval Program Committee, and CPEUs through the American Dietetic Association.

**Lunch Choices**

Box lunches will be provided upon arrival Thursday—see choices below. On Friday you may choose either Chicken Senese (sautéed with olive oil, parmesan cheese and herbs; served with fettuccine, sun-dried tomatoes and green onions), or vegetarian lasagna. Included with either choice is a garden salad, rolls and chocolate hazelnut mousse. [Note that the conference is during Lent if that affects your choice of food.]

**Babies**

Quiet babies in arms are welcome in the conference room. We ask that mothers be attentive to restless infants, as well as noisy happy infants, and step out when necessary. Closed circuit TV viewing will be provided in a nearby room for mothers with noisy babies, or anyone who needs to leave the conference room.

**Comfort**

Conference room temperature may vary, so bring a sweater or jacket. Nursing mothers wishing to express milk will be provided with space to do so in the closed circuit TV room.



Registration for Walc 2004 ~ It's all about the Latch

Name \_\_\_\_\_ Credentials (for name tag) \_\_\_\_\_

Place of Employment/Affiliation \_\_\_\_\_

Email Address \_\_\_\_\_ Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: Home (\_\_\_\_\_) \_\_\_\_\_ Work (\_\_\_\_\_) \_\_\_\_\_

Thursday box lunch: • Turkey • Ham • Vegetarian Friday lunch: • Chicken • Vegetarian Lasagna

**Make checks payable to WALC and mail with the registration form to:**

**WALC Conference  
Sandy Testin  
218 Lake Street  
Waupaca, WI 54981**

Registration fee (see above) \$ \_\_\_\_\_  
Group discount (see above, subtract \$10) -or-  
WALC discount (current members subtract \$10) \$ \_\_\_\_\_  
Late fee (add \$10 if mailing after 2/19/04) \$ \_\_\_\_\_  
Total conference fee \$ \_\_\_\_\_

- Check here to join WALC or renew your membership.

Memberships will be valid until May 31, 2005. Add \$20 to the conference fee \$ \_\_\_\_\_

**Total amount enclosed** \$ \_\_\_\_\_

**If you need a confirmation of your registration, enclose a self-addressed, stamped envelope.**

### Hotel Reservations

A block of rooms has been reserved at the special rate of \$91, single or double. To get this special rate, make your reservations at the Radisson Paper Valley Hotel before **March 3** by calling (800) 333-3333. The conference is listed under "Wisconsin Association of Lactation Consultants." The Radisson has a 24 hr. recreation center with a swimming pool, whirlpool, and fitness center. All rooms include a coffee maker, hair dryer, iron and ironing board. Check-in is at 3 p.m., and check-out is at noon. The direct number for the hotel is (920) 733-8000.

### Restaurants

Dinner on Thursday may be purchased in the hotel restaurant or at one of the many restaurants located nearby. A map and description of restaurants within walking distance of the hotel will be provided.

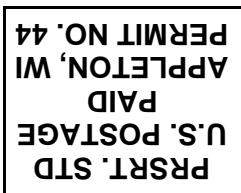
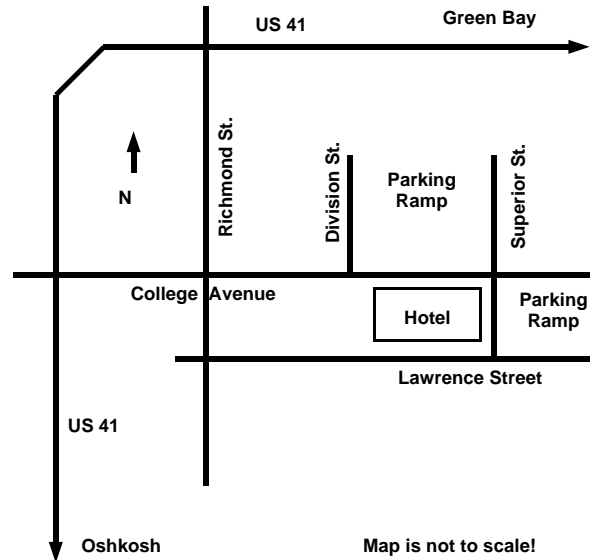
### Further Information

Sandy Testin, 218 E. Lake Street, Waupaca, WI 54981  
Phone (715) 258-1076 STestin@walc.net  
Website: <http://walc.net>

**Conference Planning Committee:** Pat Gima, IBCLC (Committee Chair) / Carol Cox, RNC, IBCLC / Cindy Dibb, BSN, IBCLC  
Holly Guenther, RN, IBCLC / Becky Krumwiede, RN, IBCLC / Christine Raasch, RN, IBCLC / Wendi Rebholz, RN, IBCLC  
Sandy Testin, RN, IBCLC / Meredith Weir, IBCLC

### Directions

From Highway 41, take the College Avenue exit east into downtown Appleton to 333 West College Avenue. Parking is available in nearby ramps.



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