

WALC CONFERENCE 2006 ~ BREASTFEEDING LONGER TERM ~

MARCH 2 & 3,

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.



Harvey Karp, MD, FAAP

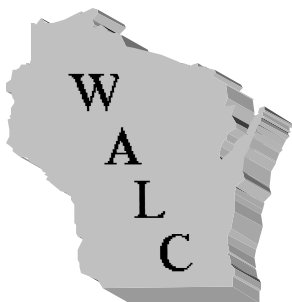
Harvey has a private pediatric practice in Santa Monica, California, and is Assistant Clinical Professor of Pediatrics at the UCLA School of Medicine. He is author of the books and video/DVD's *The Happiest Baby on the Block* and *The Happiest Toddler on the Block*.

Lisa Marasco, MA, IBCLC

Lisa is a lactation consultant in private practice in Santa Maria, California and is on the faculty of the Lactation Institute. She is co-author of the new book, *Making More Milk: A Nursing Mother's Guide to Milk Supply*.

Jan Barger, RN, MA, IBCLC

Jan is Administrative and Program Director for Lactation Education Consultants and has a private lactation practice in the Chicago area. She is co-author of *Clinical Experience in Lactation: A Blueprint for Internship*.



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

Schedule of Events and Learning Objectives

Thursday, March 2

- 11:00-11:45 **Registration and Box Lunch**
- 11:45-12:00 **Welcome**
- 12:00-12:45 **The Happiest Baby on the Block, Part I ~ Harvey Karp**
Describe the negative consequences on a family of infant crying.
Define colic and discuss current theories of colic.
- 12:45-1:00 **Break**
- 1:00-1:45 **The Happiest Baby on the Block, Part II ~ Harvey Karp**
Present the concepts of the 4th trimester and the calming reflex.
Learn the 5 techniques that activate the calming reflex.
- 1:45-2:15 **Break**
- 2:15-3:30 **Normalizing Breastfeeding ~ Jan Barger**
Identify common hospital practices that promote or impede breastfeeding success.
Determine how to facilitate positive learning during the hospital stay.
- 3:30-3:45 **Break**
- 3:45-5:00. **Breastfeeding Myths ~ Jan Barger and Lisa Marasco**
Identify common teachings related to breastfeeding and which are evidence-based.
- 5:00-7:00 **Dinner—On Your Own**
- 7:00-9:00 **Drinks, Music, Dessert and Networking**

Friday, March 3

- 7:00-8:00 **Registration and Buffet Breakfast**
- 8:00-8:15 **Announcements**
- 8:15-9:15 **Milk Supply Failure, Part I ~ Lisa Marasco**
Discuss the importance of hormone receptors in mammary development and lactation.
Explain the difference between calibration and regulation of milk production.
- 9:15-9:30 **Break**
- 9:30-10:45 **Milk Supply Failure, Part II ~ Lisa Marasco**
Differentiate between delayed lactogenesis, secondary lactation failure and primary lactation failure.
List conditions that may interfere with lactation.
- 10:45-11:15 **Break**
- 11:15-12:00 **Red Flags and Risk Factors ~ Jan Barger**
Identify both infant and maternal risk factors that may impact breastfeeding success.
- 12:00-1:15 **Lunch Break**
- 1:15-2:45 **Herbs and Homeopathy as Galactogogues ~ Lisa Marasco**
Review reputed herbal galactogogues.
Describe the concept of homeopathy and list potential galactogogues.
- 2:45-3:00 **Break**
- 3:00-3:45 **Helping Parents Survive the Second Night ~ Jan Barger**
Describe the phenomenon that is known as “Baby’s Second Night.”
List ways to empower the mother during this time.

Fees

Entire conference: \$160 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, copy of *The Happiest Baby on the Block* DVD, box lunch on Thursday, wine and dessert social (non-alcoholic choices also available), refreshment breaks, buffet breakfast and lunch on Friday. Exhibits and a bookstore will be available.

Registration / Cancellations

Forms must be accompanied by payment and must be mailed by February 16, 2006 in order to avoid a late fee. Your cancelled check is your confirmation. If written confirmation is needed, enclose a self-addressed, stamped envelope or email Sandy Testin at stestin@walc.net for confirmation by email. Cancellations received by February 16, 2006, 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 10.8 CERPS by the International Board of Lactation Consultant Examiners. CPEUs have been applied for through the American Dietetic Association.

Lunch Choices

Box lunches will be provided upon arrival Thursday—see choices below. On Friday you may choose either Ancho Chili Rubbed Salmon (pan seared, served with a pineapple lime buerre blanc), Chicken Senese (sauteéd with olive oil, parmesan cheese, herbs, sun-dried tomato and green onion), or Broiled Vine Ripe Tomato (served with basil cous cous, salted edamame and steamed broccoli spears). All entrees are served with a Caesar salad, rolls, and apple crisp for dessert. [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, and step out when necessary to maintain quiet. Closed circuit TV viewing will be provided in a nearby room for mothers with noisy babies, or anyone who temporarily 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 2006 ~ BREASTFEEDING LONGER TERM

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: Salmon Chicken Vegetarian

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 2/16/06) \$ _____
Total conference fee \$ _____

Check here to join WALC or renew your membership.

Memberships will be valid until March 31, 2007. Add \$20 to the conference fee \$ _____

Total amount enclosed \$ _____

For registration confirmation: enclose a self-addressed, stamped envelope, or email Sandy at stestin@walc.net.

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 **February 1** 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.

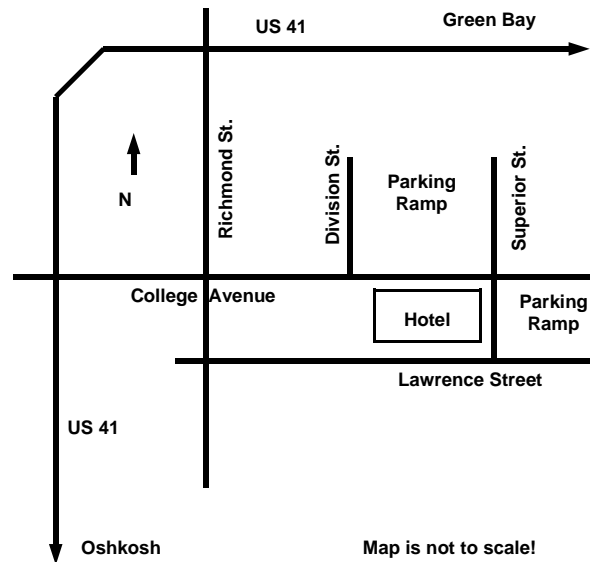
Further Information

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

Conference Planning Committee: Pat Gima, IBCLC (Committee Chair) / Carol Cox, RN, IBCLC / Cindy Dibb, BSN, IBCLC / Terri Funk, 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. The fee is currently \$1, payable upon entering.



WALC
c/o Sandy Testin
218 E. Lake Street
Waupaca, WI 54981