

2009 WALC BREASTFEEDING CONFERENCE

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.



Kathy Kendall-Tackett, PhD, IBCLC

Psychologist and researcher with a focus on women's health, trauma and depression; author of numerous books including her newest, *Non-Pharmacologic Treatments for Depression in New Mothers*.

Elizabeth Brooks, JD, IBCLC

Lactation consultant in private practice; Child Advocate, Court of Common Pleas of Montgomery County, PA. Her professional focus is on legal and ethical matters in the field of healthcare.

Kirsten Berggren, PhD, IBCLC

Adjunct Associate Professor at University of Vermont, Department of Nursing; Co-coordinator of Breastfeeding Promotion, Vermont WIC Program; Webmaster www.workandpump.com; author of *Working Without Weaning*.



MARCH 5 & 6, 2009

Schedule of Events and Program Objectives

Thursday, March 5

- 11:00-11:45 **Registration and Box Lunch**
- 11:45-12:00 **Welcome**
- 12:00-1:00 **Staying Above the Law: Legal Issues for the HCP Helping a BF Mother ~ Liz Brooks**
Define sources of formal and informal legal authority over a health care provider like an IBCLC.
Describe scenarios where ethical and legal issues arise when assisting a mother and baby.
- 1:00-1:30 **Break**
- 1:30-3:00 **A New Paradigm for Depression in New Mothers ~ Kathy Kendall-Tackett**
Describe the new paradigm for depression in new mothers and the impact of the immune system.
Identify the factors that contribute to inflammation in new mothers.
Describe the role of reducing stress and inflammation in treatment options.
- 3:00-3:30 **Break**
- 3:30-5:00 **Practical Help for the Employed Mother ~ Kirsten Berggren**
Describe the main barriers faced by breastfeeding women when returning to work.
Identify appropriate breastpump recommendations for new mothers.
List steps a woman should take in planning her return to work.
- 5:00-7:00 **Dinner—on your own**
- 7:00-9:00 **Dessert, drinks and music (adults only)**

Friday, March 6

- 7:15-8:15 **Registration and Buffet Breakfast (Buffet line available until 8:00)**
- 8:15-8:30 **Announcements**
- 8:30-9:45 **Treatment Options for Depressed Breastfeeding Mothers ~ Kathy Kendall-Tackett**
Describe how most treatments for depression are compatible with breastfeeding.
List conventional and alternative treatments for depression and how these impact breastfeeding.
- 9:45-10:00 **Break**
- 10:00-11:30 **Breastfeeding Challenges for the Employed Mother ~ Kirsten Berggren**
Describe the reasons working mothers often struggle to express enough milk.
Discuss suggestions to give to care providers to decrease the risk of over-feeding.
Identify resources to provide support to working and breastfeeding mothers.
- 11:30-12:40 **Lunch Break (Buffet line available until 12:25)**
- 12:40-12:45 **Announcements**
- 12:45-1:45 **Debating the Issues: A Professional Responsibility ~ Liz Brooks**
Discuss how to work within the legal framework of one's institution and community.
Identify techniques for sharing evidence-based information and clinical skills with other HCPs.
Discuss how to recognize the limits of one's personal competence, making referrals as necessary.
- 1:45-2:00 **Break**
- 2:00-3:15 **Breastfeeding Made Simple ~ Kathy Kendall-Tackett**
Explain the significance of mammalian feeding sequences to human latch on/attachment.
Examine the dynamics of milk supply and infant physiology and their effects on early breastfeeding.
Identify the effects of breast storage capacity and degree of fullness on BF patterns and milk supply.
- 3:15-3:30 **Break**
- 3:30-4:30 **Who Wants to be a Millionaire—And is that Ethical? ~ Liz Brooks**
Identify (and avoid) real and perceived conflicts of interest in lactation consultation practice.
Describe the influence of workplace marketing of breastmilk substitutes in order to avoid complicity.
Identify elements of practice that protect a mother's confidential information.
- 4:30-4:45 **Closing—Turn in evaluations; receive certificate of attendance**

Fees

Entire conference: \$180 (**Early-bird discount:** \$160 if postmarked by February 4)

Thursday or Friday only: \$110 (**Early-bird discount:** \$100 if postmarked by February 4)

Groups of three or more sending their registrations *in the same envelope* may receive a discount of \$10 per person -or- the member discount (not both). The fee includes a bound program syllabus, box lunch on Thursday, Thursday evening social, refreshment breaks, buffet breakfast and lunch on Friday.

Registration / Cancellations

Forms must be accompanied by payment and **must** be postmarked by February 4, 2009 in order to receive the early registration discount. No exceptions! A confirmation of your registration will be sent by mail. Cancellations received by February 20, 2009 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 CERPs by the IBLCE—3 E-CERPs (ethics) and 7 L-CERPs. CPEUs have been applied for through the American Dietetic Association.

Lunch Choices

Your choice of box lunch will be provided upon arrival Thursday (turkey, ham, vegetarian). On Friday we will be having a soup and salad buffet, with vegetarian choices available.

Babies / Children

Maintaining a quiet learning environment for all attendees is paramount. **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 toddlers, 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 2009 ~ BREASTFEEDING CONFERENCE

Name: _____ Credentials (for name tag): _____

Place of Employment/Affiliation: _____

Email Address: _____ Home Address: _____

City: _____ State: _____ Zip: _____

Phone: Home: _____ Work: _____

If one day only please indicate: Thursday Friday

Send check payable to WALC with registration form to:
WALC Conference
Sandy Testin
218 Lake Street
Waupaca, WI 54981
Confirmation of registration will be sent by mail.

Registration fee (see above) \$ _____

Group discount (see above, subtract \$10) -or- _____

WALC discount (current & new members subtract \$10) \$ _____

Total conference fee \$ _____

Join WALC or renew membership (valid until 2/28/10)

Add \$20 to the conference fee \$ _____

Total amount enclosed \$ _____

Please fill out the following if joining or renewing your WALC membership:

ILCA member? yes / no Are you an IBCLC? yes / no Prefer minutes by: mail e-mail website

Volunteer interest? WALC Conference WALC Officer Other: _____

Hotel Reservations

A block of rooms has been reserved at the special rate of \$94 per room, single or double. To get this special rate, make your reservations at the Radisson Paper Valley Hotel **before February 4** 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

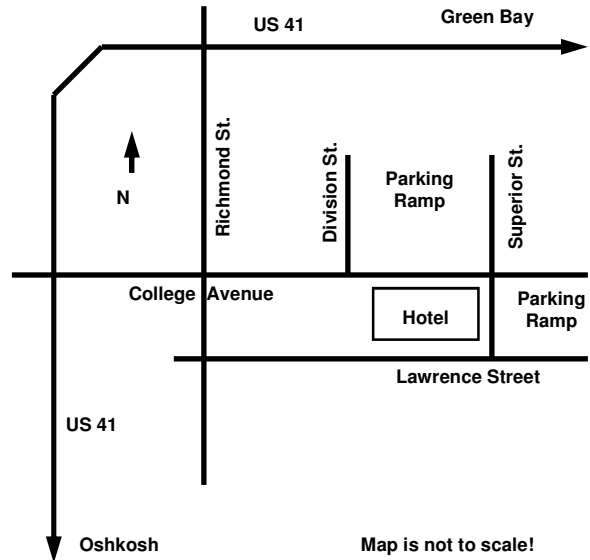
Dinner on Thursday may be purchased in the hotel restaurant or at one of the many restaurants located nearby. A map and description of restaurants within walking distance of the hotel will be provided.

Further Information

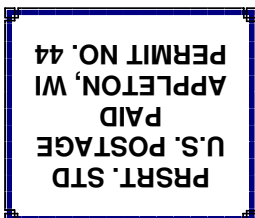
Sandy Testin, 218 E. Lake Street, Waupaca, WI 54981
Phone: (715) 258-1076 Email: stestin@walc.net
Website: www.walc.net

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.



Conference Planning Committee: Pat Gima (Committee Chair) ⚡ Heidi Anderson, CBE ⚡ Janet Godshall, RN, IBCLC ⚡ Becky Krumwiede, RN, IBCLC ⚡ Kathie Russell, RN, IBCLC ⚡ Sandy Testin, RN, IBCLC ⚡ Meredith Weir, IBCLC ⚡



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