

2010 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.



Tieraona Low Dog, MD

Dr. Low Dog has had an extensive career in natural medicine. She studied midwifery, massage therapy, and was a highly respected herbalist, serving as President of the American Herbalist Guild prior to earning her Doctor of Medicine degree from the University of New Mexico School of Medicine. She is currently the Director of the Fellowship at the Arizona Center for Integrative Medicine at the University of Arizona School of Medicine. www.drlowdog.com/

Gill Rapley, RM, RHV, MSc

Gill's fascination with the introduction of babies to solid foods began in her early years as a health visitor. Starting in 2001 she began research for a Master's degree into the way babies are introduced to solid foods. She is credited with coining the term 'Baby-led weaning', an approach to the introduction of solid foods which has a rapidly-growing following on the world-wide web. She is co-author of the book *Baby-led Weaning* and has produced a DVD by the same name. She comes to us from Kent, in the United Kingdom. www.rapleyweaning.com/

Jeanette Panchula, BSW, RN, PHN, IBCLC

Jeanette has been a La Leche League leader since 1976, an IBCLC since 1985, and a nurse since 1989. She has lead group meetings in five states and Puerto Rico in English and Spanish. Currently, she works as Senior Public Health Nurse and Lactation Consultant for Solano County Health and Social Services in California.



MARCH 11 & 12, 2010

Schedule of Events and Program Objectives

Thursday, March 11

- 10:15-11:00 **Registration and Box Lunch Pick Up—enjoy your lunch during the first session**
- 11:00-11:15 **Welcome**
- 11:15-1:00 **The Role of Nutrition and Supplements in the Breastfeeding Woman ~ Dr. Low Dog**
Discuss key components of the diet including caloric needs, weight loss, alcohol, potential GI upset in baby.
Discuss the safety and benefits of supplements including vitamin D, omega 3 fatty acids, iron, probiotics.
Identify resources for unbiased, scientific information for dietary supplements, including botanical medicines.
- 1:00-1:30 **Break**
- 1:30-2:45 **Newborn/NewMom Attachment: Enhancing and Supporting It ~ Jeanette Panchula**
Describe the benefits of touch for mother and baby.
Identify the role of attachment in achieving self-regulation.
Describe steps participants can take in facilitating attachment.
- 2:45-3:15 **Break**
- 3:15-5:00 **Integrative Management of Common Lactation Issues ~ Dr. Low Dog**
Discuss the evidence for safety and benefit for integrative management of thrush, engorgement and mastitis.
Describe the strength of evidence for the safety and benefit of commonly used/recommended lactagogues.
Identify strategies LCs can use to work within a client's cultural/personal beliefs regarding lactation issues.
- 5:00-5:15 **Updates—Political, AAP, ABM ~ Dr. Jenny Thomas**
- 5:15-7:30 **Dinner—on your own**
- 7:30-9:15 **Dessert Reception (adults only)**

Friday, March 12

- 7:00-8:00 **Registration and Buffet Breakfast (Buffet line available until 7:45)**
- 8:00-8:15 **Announcements**
- 8:15-9:15 **Baby-led Weaning: A Developmental Approach to Complementary Feeding ~ Gill Rapley**
Define 'baby-led weaning' and outline the theory that supports it.
Identify true developmental readiness for solid foods.
Be able to support parents to implement a baby-led approach to complementary feeding.
- 9:15-9:45 **Break**
- 9:45-10:45 **Baby-led Weaning: Thinking Outside the Box ~ Gill Rapley**
Identify some difficult aspects of common discourse on complementary feeding.
Challenge assumptions about what constitutes optimal practice in complementary feeding.
- 10:45-11:00 **Break**
- 11:00-12:15 **Getting to Know You: Working with Families Different From Our Own ~ Jeanette Panchula**
List personal cultural beliefs in order to increase awareness of potential stressors when assisting mothers.
List factors that could, if unknown to the LC, affect her ability to communicate with the mother/family.
Describe ways to elicit information needed to provide appropriate and ethical lactation support.
List ways to communicate with teens utilizing skills learned from working with those of different cultures.
- 12:15-1:15 **Lunch Break (Buffet line available until 1:00)**
- 1:15-2:15 **Keeping Mother and Baby Together: Supporting the Breastfeeding Relationship ~ Gill Rapley**
Describe how mothers are discouraged from keeping their babies near them.
List some of the baby-care equipment and gadgets that keep mothers and babies apart.
Identify what we can do to help mothers overcome societal pressure to distance themselves from their babies.
- 2:15-2:30 **Break**
- 2:30-3:30 **Practice Makes "Perfect" - Well, at Least Improves Us! ~ Jeanette Panchula**
Identify and learn from "bloopers."
Practice skills to assist in identifying potential cultural barriers to effective breastfeeding.
Plan how to improve communication with families with different expectations and experiences than our own.
- 3:30 **Closing—Turn in evaluations; receive certificate of attendance.**

Fees

Entire conference: \$200 (**Early-bird discount:** \$185 if postmarked by February 10)

Thursday or Friday only: \$120 (**Early-bird discount:** \$110 if postmarked by February 10)

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 10, 2010 in order to receive the early registration discount. A confirmation of your registration will be sent by mail. Cancellations received by February 25, 2010 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 total (including 1.25 E-CERPs) by the IBLCE. 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 2010 ~ 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 2/28/11)

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 \$95 per room, single or double. To get this special rate, make your reservations at the Radisson Paper Valley Hotel **before February 10** 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

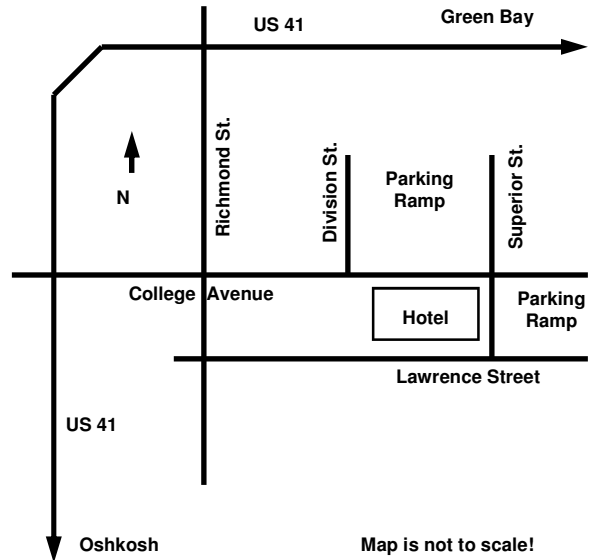
Dinner on Thursday may be purchased in the hotel restaurant or at one of the many restaurants located nearby. A map and description of restaurants within walking distance of the hotel will be provided.

Further Information

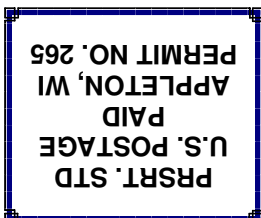
Sandy Testin, 218 E. Lake Street, Waupaca, WI 54981
Phone: (715) 258-1076 Email: stestin@walc.net
Website: www.walc.net

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) ⌘ Janet Godshall, RN, IBCLC ⌘ Becky Krumwiede, RN, IBCLC ⌘ Kathie Russell, RN, IBCLC ⌘ Tracy Schieffer, RN, IBCLC ⌘ Jennifer Statz, RN, IBCLC ⌘ Sandy Testin, RN, IBCLC ⌘ Meredith Weir, IBCLC ⌘



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c/o Sandy Testin
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