

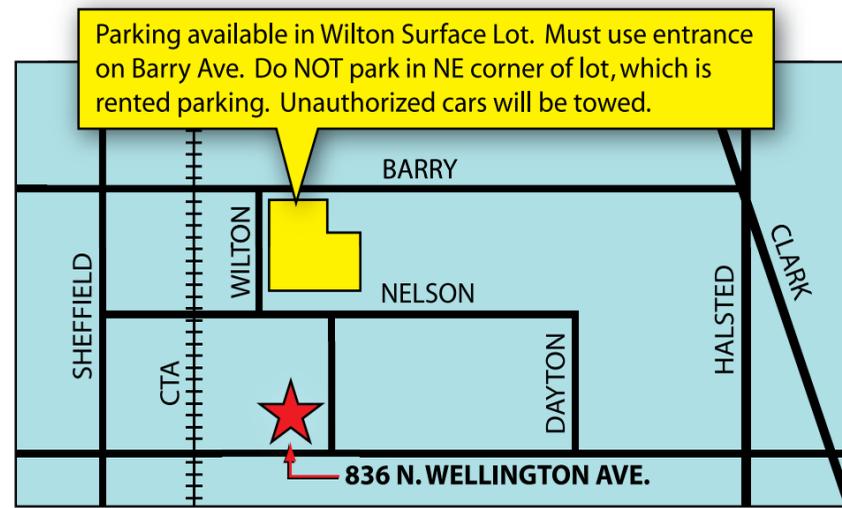
**Kathy Baker Memorial
Peer Counselor Scholarships**

In memory of Kathy Baker—a founding member of CABC who for many years served as head of La Leche League International’s Peer Counselor Training Program—at each CABC conference we award two full scholarships to peer counselors. To be eligible for a Kathy Baker Memorial Peer Counselor Scholarship, please check the box on the registration form before submitting. To qualify for consideration, we must receive your registration by 9/1/11.



Questions?

Contact Debbie Schy at 847-940-7459 or Nancy Mohrbacher at 847-404-0219.



**Register Online using PayPal at:
www.ChicagoAreaBFC.org**

**Strength in Numbers
Creating One Breastfeeding Community**



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Chicago Area Breastfeeding Coalition
c/o Marissa Grossenbach
14672 Mayland Villa Road
Lincolnshire, IL 60069



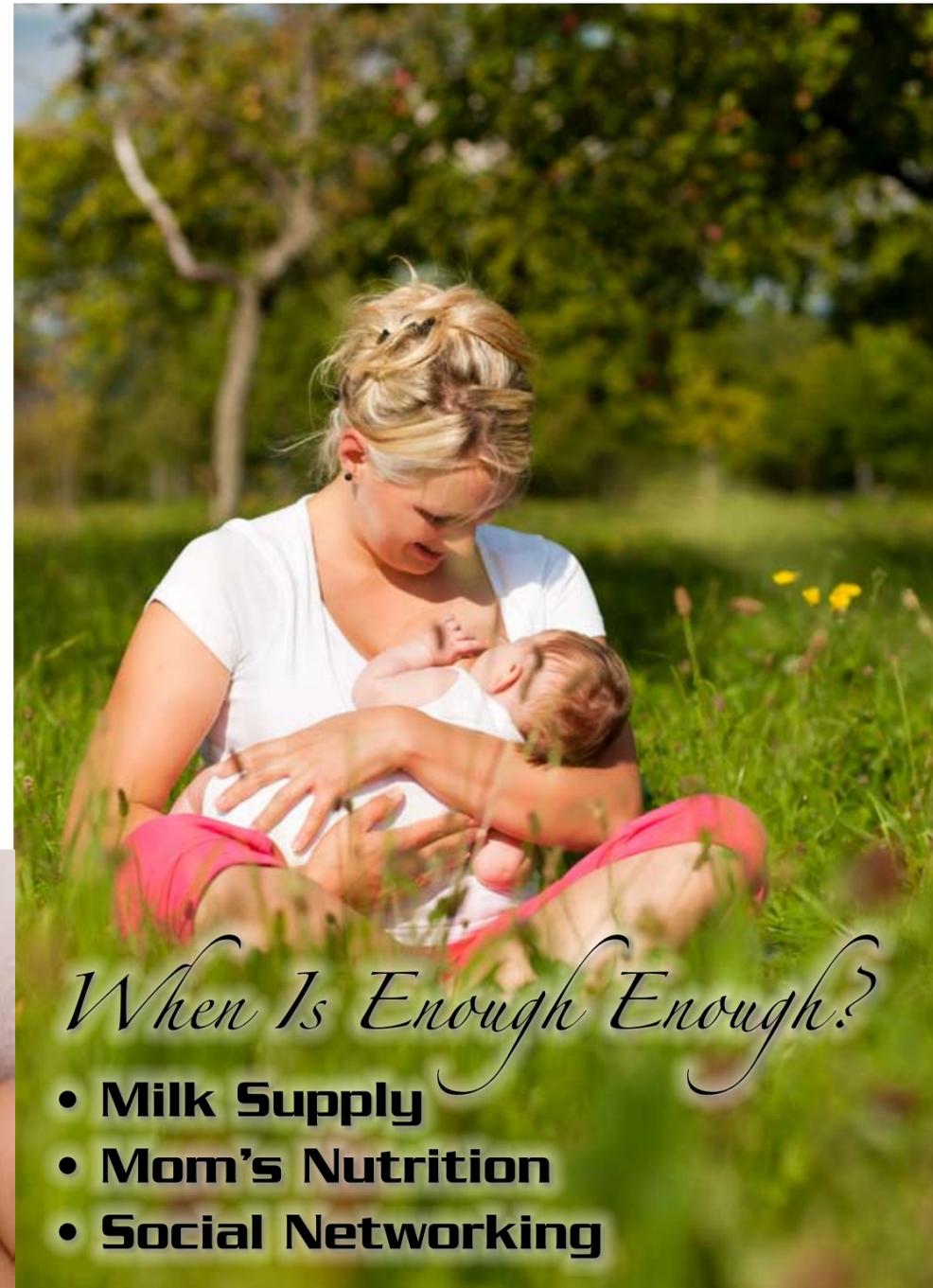
**CABC Conference - October 1
Saturday • October 1**



**Strength in Numbers
Creating One Breastfeeding Community**

There is strength in numbers. Chicago’s lactation consultant groups, breastfeeding task forces, Breastfeeding USA, and La Leche League of Illinois are all members of the **Chicago Area Breastfeeding Coalition (CABC)**.

At this conference, find out what the CABC is doing and how you can get involved as we join together as **one breastfeeding community.**



When Is Enough Enough?

- **Milk Supply**
- **Mom’s Nutrition**
- **Social Networking**

**Saturday • October 1, 2011
8:00 am - 4:30 pm**
A One-Day Conference at
Olson Auditorium
Advocate Illinois Masonic Medical Center
836 West Wellington
Chicago, IL 60657

Who Should Attend?

Those in the Chicago area who work with breastfeeding families: nurses, lactation consultants, lactation educators, physicians, dietitians, doulas, midwives, peer counselors, childbirth educators, La Leche League Leaders, and public health staff.

Conference Objectives

After the conference, participants should be able to:

- Discuss key components of a healthy diet for breastfeeding women.
- Discuss the evidence of safety and benefit of four dietary supplements commonly recommended/used by breastfeeding women.
- Identify resources for unbiased, scientific information for nutritional/dietary supplements.
- Describe the evidence of safety and benefit for three common lactagogues used by nursing women.
- Discuss two integrative approaches to managing breast engorgement and mastitis.
- Describe the role of stress, nutrition and dietary supplements in postpartum depression.
- Describe two methods to maximize milk production capability.
- Explain why targeting the treatment to the cause of low milk production results in better outcomes.
- Identify three methods to increase milk production and explain when they would be appropriately used.
- Describe the Facebook and Twitter technologies.
- Explain the manner in which mothers in their 20's and 30's use social media in their day-to-day lives.
- Describe three methods of using social media to assist and communicate more effectively with breastfeeding mothers.

Conference Speakers



Diana West, BA, IBCLC

Lactation Consultant, Long Valley, New Jersey

Coauthor, *The Breastfeeding Mother's Guide to Making More Milk*

The Womanly Art of Breastfeeding, 8th edition

Author, *Defining Your Own Success: Breastfeeding after Breast Reduction Surgery*



Tieraona Low Dog, MD

Physician, Tucson, Arizona

Clinical Associate Professor of Medicine, the University of Arizona Health Sciences Center

Fellowship Director, Arizona Center for Integrative Medicine

Author, *Complementary and Integrative Approaches to Women's Health: A Clinical Guide*

Pre-order books when you register at www.ChicagoAreaBFC.org for pick-up at the conference bookstore.

Conference Agenda

- 7:30 am - 8:00 am Registration with Continental Breakfast
8:00 am - 8:15 am Welcome / Announcements
8:15 am - 9:45 am SESSION I: *The Role of Nutrition and Supplements in Breastfeeding Women*
Tieraona Low Dog, MD (Session will be videotaped)
9:45 am - 10:00 am Break
10:00 am - 11:30 am SESSION II: *Integrative Approaches to Common Lactation Issues: Case Examples & Cultural Issues*
Tieraona Low Dog, MD (Session will be videotaped)
11:30 am - 12:30 pm Lunch
12:30 pm - 2:00 pm SESSION III: *Making More Milk*
Diana West, BA, IBCLC
2:00 pm - 2:20 pm Break
2:20 pm - 2:45 pm CABC Update
2:45 pm - 4:15 pm SESSION IV: *Using Technology and Social Media to Provide Breastfeeding Support*
Diana West, BA, IBCLC
4:15 pm - 4:30 pm Closing / Evaluations

~ Neither presenter declares any conflict of interest. ~

Educational Credits

- CERPs (6.0 L CERPs) have been applied for from the International Board of Lactation Consultant Examiners (IBLCE).
- Advocate Health Care is an approved provider of continuing nursing education by the Illinois Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.
- This CNE activity is being offered for 6.0 contact hours.
- Partial CERPs and contact hours will be available. If you have questions or want more information, please contact us at: conference@ChicagoAreaBFC.org.

Location

Advocate Illinois Masonic Medical Center is located at 836 West Wellington, Chicago, IL 60657. **From the North:** (I-90/I-94), exit Addison. Go east to Sheffield then turn right. Go south and turn left on Barry. After you pass under the L tracks you will see the free parking lot ahead on your right. **From the South:** exit at Fullerton turn right on Fullerton, go east and turn left on Sheffield. Go to Barry and turn right. **From Lake Shore Drive:** exit at Belmont (3200 N). Go west and make a left on Clark then turn left on Barry. The street is between the Sports Authority and Walgreens. **By CTA:** purple and brown lines both stop at Wellington. **By Bus:** Belmont bus stop is a few blocks from the hospital.

Parking

Please park in the free parking lot (map on outside panel), entrance on Barry.

Learning Environment

Quiet infants are welcome in the conference auditorium. It is not an ideal environment for toddlers but there will be a separate room with audio and video feeds of the sessions where mothers or caregivers can entertain toddlers. If your baby or toddler becomes vocal, please care for him/her outside the auditorium. If you need an electric breast pump and/or a room for pumping, **please contact us before the conference** to make arrangements. Please bring a sweater or jacket as the room may be cool.

When Is Enough Enough?

- Milk Supply
- Mom's Nutrition
- Social Networking

Registration Form

REGISTER ONLINE at www.ChicagoAreaBFC.org (Preferred method)

REGISTER BY MAIL (\$5 fee for mail-in registrations)

(Please type or print clearly the information as you wish it to appear on your name tag)

Name _____

Professional credentials _____

Your primary breastfeeding setting is: Hospital NICU Midwife Private Practice

LLL Peer Counselor WIC Doula Other (describe): _____

Address _____

City/State/Zip _____

Phone (_____) _____

E-mail _____

You will receive confirmation by **e-mail** unless you check the box below:

I prefer that my confirmation letter be sent by US mail.

LUNCH: (Please check one) Regular Vegetarian

FEES: (Registration fee includes continental breakfast, lunch, refreshment breaks, conference syllabus, and CERPs/nurses' contact hours)

\$60 registration fee per person (\$55 if paid online via PayPal).

\$45 registration fee for Peer Counselors, LLL Leaders and Doulas (\$40 if paid online via PayPal).

I am a Peer Counselor and would like to receive a *Kathy Baker Memorial Scholarship*.

\$25 late fee if registration is **postmarked after Sept. 1, 2011**, and space is available.

Additional donation to CABC [501(c)(3)]: \$ _____

\$ _____ **Total enclosed**

METHOD OF PAYMENT: With completed registration form, please enclose check or money order **made payable to: CABC**.

Mail to: Marissa Grossenbach • 14672 Mayland Villa Road • Lincolnshire, IL 60069

REFUNDS: Refunds will not be provided but you may send an alternate in your place.