

2018 WALC Breastfeeding Conference



This program is intended for professionals interested in improving breastfeeding practices.

Dr. Allison Stuebe is an Associate Professor & board-certified maternal-fetal medicine subspecialist at the UNC of Medicine. She is a MD of Lactation Services at UNC Health Care. Her current research focuses on the role of oxytocin in women's health & postpartum depression and on developing models for integrated care of families during the 4th Trimester. She is president-elect of the Academy of Breastfeeding Medicine. At the American College of Obstetricians & Gynecologists, she is a member of both the Breastfeeding Expert Work Group & the Maternal Mental Health Expert Work Group, and she chairs the task force on Reinventing Postpartum Care.

Laurel Wilson, IBCLC, CLE, CCCE, CLD is an author, international speaker, pregnancy & lactation expert. She is on the Board of Directors for the USBC. She owns MotherJourney, in Morrison, Colorado, focusing on training perinatal professionals on integrative & holistic information regarding pregnancy, childbirth & breastfeeding. She has her degree in Maternal Child Health: Lactation Consulting. Wilson is the co-author of two books, *The Attachment Pregnancy* and *The Greatest Pregnancy Ever*. She believes that the journey into motherhood is a life-changing rite of passage that should be deeply honored and celebrated.

Jenny DeDecker LMT, CLC, CD(DONA), is a nationally certified Massage Therapist & Bodyworker. She believes in the art & science of therapeutic massage, combining creativity & intuition with her physiological understanding of the human body. Jenny has been practicing meditation & yoga for over 18 years & teaching since 2010. In 2016, she completed the Power of Awareness course through Berkeley's Greater Good Science Center at the University of California. She is co-founder of the Upper Peninsula of Michigan Lactation Coalition (UPMILC) & Full Moon Doulas. She is owner of Full Moon Rising wellness studio. Jenny is currently working towards her Masters of Science in Mind-Body Medicine through Saybrook University.

March 8 & 9, 2018

Best Western Premier Waterfront & Hotel Conference Center
1 Main Street, ~ Oshkosh, WI
1.855.230.1900

Thursday, March 8, 2018



9:30 - 10:15	Registration & Exhibits Open
10:15 - 10:30	Welcome
10:30 - 11:45	Tools for Talking About Breastfeeding: It's so much more than the Latch – Stuebe
11:45 - 12:30	Break with picnic lunch
12:30 - 1:45	Marijuana and Breastfeeding – Toxic, Neutral, or Who Knows – Wilson
1:45 - 2:15	Break
2:15 - 3:15	Foundation of Mindfulness – DeDecker
3:15 - 3:30	Break
3:30 - 4:45	Why Does It Hurt? A Differential Diagnosis for Breastfeeding – Stuebe
4:45 - 7:30	Dinner on your own
5:15 - 6:00	Mindful YOGA w/ Jenny DeDecker, location TBD, (donations welcome)
7:30 - 9:30	Social Gathering: ~ Dessert ~ Drinks ~ Music ~ Sharing (Paid Conference Attendees only)



Friday, March 9, 2018



6:30 - 7:15	Mindful YOGA with Jenny DeDecker, locations TBD, (donations welcome)
7:00 - 7:55	Registration and Buffet Breakfast
7:55 - 8:00	Announcements
8:00 - 9:15	Going Viral (and Bacterial): Lyme & Zika when Pregnant and Breastfeeding – Wilson
9:15 - 9:25	Break
9:25 - 10:40	Mood, Mother & Infant: Oxytocin, Lactation and Post-Partum Depression – Stuebe
10:40 - 11:00	Break
11:00 - 12:15	Can a Baby Be Allergic to Breastmilk? Sensitivities, Allergies, Galactosemia & Lactose-intolerance – Wilson
12:15 - 1:15	Lunch
1:15 - 2:30	Building a 4 th Trimester Culture – Stuebe
2:30 - 2:45	Break
2:45 - 3:45	Empowering Breastfeeding Families With Mindfulness – DeDecker

Conference Registration Fees

Entire conference: Early bird by February 1- \$200.00 • Standard by February 15 - \$225.00 • Procrastinators after February 15 - \$250.00

Thursday or Friday only: By February 1 - \$125.00 • by February 15 - \$140.00 • after February 15- \$160.00

Registration may be done by mail or by credit card online at <https://www.regonline.com/2018walcbreastfeedingconference> There will be a service fee added to the online registrations to cover the cost. A \$10.00 per person discount is available for WALC members, for people who register by standard price of February 15. Use discount code "member". Registration will be limited to 400 so register early!

Conference fee includes: bound syllabus. Thursday lunch, Thursday evening social (for paid conference registrant only), buffet breakfast & lunch on Friday. Vegetarian & gluten free choices available upon **advanced request** (see registration form below).

Registration/Cancellations:

Mailed forms must be accompanied by payment and must be postmarked by the dates listed above to pay the designated fees. A confirmation of your registration will be emailed. Cancellations received by February 15, 2018 will receive a full tuition refund less a \$35.00 handling fee. No fees will be refunded after that date.

Continuing Education Credits:

10.75 CERPs will be awarded for full attendance (1.25 will be e CERPS on Thursday) . CPEs have been applied for through the American Dietetic Association.

Bookstore:

WALC will once again be providing the bookstore. Check or cash is preferred, but credit cards will be accepted.

Babies/Children/Pumping:

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, and mothers wishing to express milk. For the comfort of mothers nursing or expressing milk, the closed circuit TV room is for women only. Men caring for babies and children will use other areas of the hotel.

Conference room:

Conference room temperature may vary, so bring a sweater or jacket. There are no outlets available for computers, so bring them fully charged.



Registration Form for WALC 2018 ~ Breastfeeding Conference

Name: _____ Credentials (for name tag): _____

Place of Employment/Affiliation: _____

Email: _____ Home Address: _____

City: _____ State: _____ Zip: _____

Phone: Preferred: _____ Alternate: _____

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

Special dietary needs please indicate: ☐ gluten free or ☐ vegetarian

If one day only please indicate: ☐ Thursday or ☐ Friday

Registration fee (see above) \$ _____

A \$10.00 per person discount is available for WALC members through 2/15/18 \$ _____

Total conference fee \$ _____

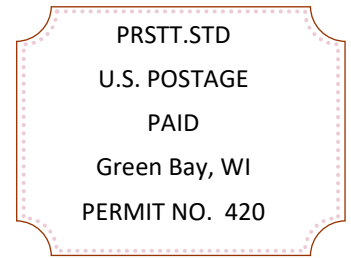
Join WALC or renew membership (valid 2/28/19), add \$20.00 to the conference fee \$ _____

Total amount enclosed \$ _____

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

☐ ILCA member, ☐ USCLA Member, ☐ IBCLC, if yes, IBCLC # _____

Volunteer interest: ☐ WALC Conference, ☐ WALC Conference Committee, ☐ Officer, ☐ Other: _____



Registration form inside!

Hotel Reservations

A block of rooms has been reserved at the special rate of \$97.99 per room, single or double. To get this special rate, make your reservations by phone at Best Western Premier Waterfront Hotel & Convention Center: (920) 230-1900 or toll free (855) 230-1900 before **February 10th** and specify the WALC Conference. The Best Western has an indoor swimming pool, a spa tub and a 24-hour fitness center. All rooms have a coffee maker, refrigerator and microwave. Check in is at 3 p.m. and check out is at 11:00 a.m.

Further Information

Sandy Testin, 218 East Lake Street, Waupaca, WI 54981
Phone: (715) 258-7510 Email: SandyTestin@gmail.com
Website: www.walc.net

Conference Planning Committee: Jennifer Statz, RN, IBCLC (Chair), Janet Godshall, RN, IBCLC, Roxanne Gollata, RN, IBCLC, Beth Metsa, CD, CLS, Marty Polzin, LPN, IBCLC, Kathie Russell, RN, IBCLC, Sandy Testin, RN, IBCLC, Billie Verbruggen, CD, IBCLC

