

ARE YOU  
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TRANSFORMATION.....



# **2022 WALC BREASTFEEDING CONFERENCE**

**March 3 - 4, 2022**

Best Western Premier Waterfront, Hotel and Conference Center,  
1 Main St— Oshkosh, WI

## **Divya Sinha Parikh MD, IBCLC, FAAP**

Divya Sinha Parikh is a board certified pediatrician practicing in Columbus, OH. She received her medical training at The University of Pittsburgh School of Medicine and completed her residency in general pediatrics at Rainbow Babies and Children's Hospital at Case Western Reserve University. Dr. Parikh has taken an active interest in breastfeeding education and outreach by teaching on various platforms - pediatric residency curriculum, Academy of Breastfeeding Medicine annual conference, local breastfeeding coalitions, GOLD Lactation and IABLE (Institute for the Advancement of Breastfeeding and Lactation Education). She also serves on the Ohio Lactation Consultant Association to promote statewide breastfeeding outreach and initiatives.

## **Tameka Jackson-Dyer, IBCLC**

Tameka Jackson-Dyer is an International Board-Certified Lactation Consultant (IBCLC) and Community Health Worker whose passion is community outreach. She holds a Bachelor of Applied Science in Health Studies from Siena Heights University, several lactation certifications and has been in the field for almost 20 years- honing her counseling and clinical skills in WIC agencies, OB/Gyn offices and Baby Friendly hospitals throughout the metro Detroit area. Her work as Manager of Community Collaboration with Coffective and consulting with EMU- on their CDC/REACH and NACCHO grants- allows her to provide a voice for the populations who are historically underrepresented in conversations about breastfeeding support. To ensure she reaches as many families in her community as she can, the wife and mother of three owns a private practice, CrazyMilkLadY Lactation Support Services, LLC, serves as Chair of the Metro Detroit/Wayne County Breastfeeding Coalition, volunteers as a Sister friend mentor with the Detroit Birthing Project and is a co-founder of the Southeast Michigan IBCLC's of Color.

## **Dr. Jenny Thomas, MD, MPH, IBCLC, FAAP, FABM**

Dr. Jenny Thomas is a pediatrician and breastfeeding medicine specialist in Milwaukee, Wisconsin and is a Clinical Assistant Professor of Community and Family Medicine and Pediatrics at the Medical College of Wisconsin (MCW). She is a graduate of Marquette University and the Medical College of Wisconsin. She did her residency at the Medical College of Wisconsin Affiliated Hospitals, served as Chief Resident in Pediatrics, and did a fellowship in Neonatal/Perinatal Medicine. She has been an International Board Certified Lactation Consultant (IBCLC) since 2003. She is now serving her 11th year on the American Academy of Pediatrics (AAP) Section on Breastfeeding Leadership Team. She is a founder and an Immediate-past Chairperson of the Wisconsin Breastfeeding Coalition and continues to serve as the Chapter Breastfeeding Coordinator for the Wisconsin Chapter of the AAP. She has received national advocacy awards, multiple teaching awards, and has been recognized for innovation within her practice and community. She has been published in Clinical Pediatrics, the Journal of Human Lactation, and Breastfeeding Medicine. She is one of physicians recognized as a Fellow of the Academy of Breastfeeding Medicine (FABM) for her expertise on breastfeeding.

## **Laurel Wilson, IBCLC, BSc, CCCE, CLC, CLD, CLE**

Laurel is a lactation and perinatal health speaker, sharing her knowledge at professional conferences around the world on subjects ranging from hot topics in breastfeeding to epigenetics and the prenatal environment. She has trained hundreds of professionals in the 20 Hour Lactation Educator™ Course for CAPPA and lectured to thousands of health professionals in maternal child health topics. Additionally, she taught perinatal classes to families in private and hospital settings and coordinated hospital education programs. Laurel has created teaching strategies that facilitate better understanding of the change processes during the childbearing year. Laurel has been joyfully married to her husband for 30 years and has two amazing sons, whose difficult births led her on a path towards helping emerging families create positive experiences. She believes that the journey towards and into parenthood is a life changing rite of passage that should be deeply honored and celebrated.

## **Diana West, IBCLC**

Diana West is an International Board Certified Lactation Consultant (IBCLC) in New Jersey and retired La Leche League Leader, with over twenty years of experience working with breastfeeding parents and babies. She has published many books, including *Making More Milk: The Breastfeeding Guide to Increasing Your Milk Production* (second edition released in November, 2019!), *Sweet Sleep: Nighttime and Naptime Strategies for the Breastfeeding Family*, the 8th edition of *The Womanly Art of Breastfeeding*, *Breastfeeding after Breast and Nipple Procedures*, *Defining Your Own Success: Breastfeeding after Breast Reduction Surgery*, and ILCA's popular *Clinician's Breastfeeding Triage Tool*. She also co-authored a research article with a team led by Trevor MacDonald and Joy Noel-Weiss about trans men's experiences with lactation and gender identity. Diana has a bachelor's degree in psychology and is in graduate school earning her master's degree in religion. She has three grown sons and lives in the picturesque mountains of northwestern New Jersey in the United States.



### **Thursday**

9:00-9:50	Registration
9:50-10:00	Welcome and Announcements
10:00-11:30	<i>Success in the Early Postpartum</i> -Laurel Wilson
11:30-11:45	Break with Snack
11:45-12:45	<i>Making Friends with the Girls...</i> -Diana West
12:45-1:45	Lunch-Boxed lunches provided
1:45-2:45	<i>Evaluation and Management of Hyperlactation</i> -Divya Sinha Parikh
2:45- 3:00	Break
3:00-4:00	<i>Epigenetics and Breastfeeding—The Potential Long-Term Impact of Breastfeeding</i> – Laurel Wilson -
4:00- 4:05	Break
4:05- 5:05	<i>An Approach to the Fussy Infant</i> – Jenny Thomas

### **Friday**

7:50-8:00	Announcements
8:00-9:00	<i>Sleep Training</i> -Diana West
9:00-9:15	Break
9:15-10:15	<i>Equitable Milk Sharing</i> -Tameka Jackson-Dyer
10:15-10:30	Break
10:30-11:30	<i>C-Section: A Gentle Touch...</i> - Laurel Wilson
11:30-12:15	Lunch-Boxed lunches provided
12:15-1:15	<i>Navigating the First 2 weeks</i> –Jenny Thomas
1:15-1:30	Break
1:30-3:00	<i>Up in Smoke</i> – Laurel Wilson
3:00-3:15	Break
3:15-4:15	<i>New Research</i> -Jenny Thomas
4:15-4:30	Closing remarks and Online Evaluation Information

## 2022 WALC Conference Registration Fees

	Early Bird ends 2/2/22	Standard 2/3-2/16	Procrastinators after 2/17
In Person 2 Day	\$210	\$235	\$275
Thursday Only In person	\$130	\$145	\$170
Friday Only In person	\$130	\$145	\$170
Syllabus Hard copy (In person only) Deadline to order 2/16/22	\$15	\$15	Not available
Online 2 Day No Syllabus	\$170	\$180	\$200
Online Thursday Only	\$85	\$105	\$130
Online Friday Only	\$85	\$105	\$130
Membership	\$25	\$25	\$25

To those that plan to attend the WALC conference in person, we request that you be fully vaccinated to protect our colleagues, their families, ourselves and community members. Vaccination status will be verified. Additionally, we strongly encourage the use of masks when you are not eating or drinking.

**Conference fee includes:** access to virtual conference and access to view for 30 days to receive attendance certificate.

**Registration/Cancellations:**

A confirmation of your registration will be emailed. Cancellations received by February 16, 2022 will receive a full tuition refund less a \$35.00 handling fee.

**Continuing Education Credits:** 10.75 L CERPs will be awarded for full conference after evaluation has been completed.

## BENEFITS OF JOINING WALC

- Four educational meetings per year, most offering CERPs
- Scholarships for aspiring lactation consultants
- WALC Grants
- Networking with other breastfeeding professionals
- Access to minutes from past meetings and programs

Visit our website at: [www.walc.net](http://www.walc.net) for details



### Hotel Reservations

A block of rooms has been reserved at the special rate of \$109.00 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.

Website: [www.walc.net](http://www.walc.net)

### Conference Planning Committee:

Wendy Sherwood, IBCLC (Chair), Marty Polzin, LPN, IBCLC, Kathie Russell, RN, IBCLC, Billie Verbruggen, CD, IBCLC,

Allison Laverty Montag, IBCLC, Stephanie Ryan, RN, IBCLC,

Jackie Thingvold, CLC, Angela Hamilton, IBCLC.

