

# *BREASTFEEDING: Schedule*

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## *CURRENT PERSPECTIVES*

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### La Leche League of New York–East Healthcare Provider Seminar

October 24, 2008  
Holiday Inn Suffern  
Suffern, NY

#### Featured speakers

Kathleen Kendall–Tackett, Ph.D., IBCLC  
and  
Nancy Mohrbacher, IBCLC

#### *Friday, October 24, 2008*

7:30 – 8:00 am	Registration, Continental Breakfast, Exhibits, and Bookstore
8:00 – 8:15 am	Welcome
8:15 – 9:45 am	Session I <b>A New Paradigm for Depression in New Mothers</b> <i>Kathleen Kendall–Tackett, Ph.D., IBCLC</i>
9:45 – 10:00 am	Break, Exhibitors, and Bookstore
10:00 – 11:30 am	Session II <b>Simplifying Breastfeeding: The First 36 Hours</b> <i>Nancy Mohrbacher, IBCLC</i>
11:30 – 11:45 am	Exhibitors, Book signing, and Bookstore; Lunch set-up
11:45 am – 12:45 pm	Buffet Lunch
12:45 – 2:45 pm	Session IV <b>The Natural Laws of Breastfeeding: New Paradigms and Teaching Tools</b> <i>Kathleen Kendall–Tackett, Ph.D., IBCLC and Nancy Mohrbacher, IBCLC</i>
2:45 – 3:00 pm	Break, Exhibitors, and Bookstore
3:00 – 4:30 pm	Session V <b>Latch–On Update</b> <i>Nancy Mohrbacher, IBCLC</i>
4:30 – 5:00 pm	Closing and Evaluations
4:30 – 5:00 pm	Exhibitors and Bookstore Open

The Mission of La Leche League is to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing education, information, support and encouragement to women who have chosen to breastfeed.

#### *Hotel Information*

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The Holiday Inn Hotel and Conference Center, is located just off the New York State Thruway (I-87/287) at exit 14B in Suffern. **Room reservations must be made by September 29, 2008 to obtain the \$105 per night rate.** Please specify “La Leche League of New York–East” to assure this rate. For reservations call 1-866-783-3376, visit [www.holiday-inn.com/suffernny](http://www.holiday-inn.com/suffernny), or call the hotel directly at 1-845-357-4800.

## Objectives

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### **A New Paradigm for Depression in New Mothers**

Describe the new paradigm for depression in new mothers and 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.

### **Simplifying Breastfeeding: The First 36 Hours**

Explain the instinctive behaviors of the newborn and how they can be used to facilitate normal breastfeeding; Employ a right-brained approach to teaching breastfeeding supported by neurobehavioral research; Describe the effects of skin-to-skin on infant physiology and feeding behavior; Examine how milk supply and infant stomach size affect early breastfeeding patterns.

### **The Natural Laws of Breastfeeding: New Paradigms and Teaching Tools**

Explain the significance of mammalian feeding sequences to human latch-on attachment; Describe the effects of touch on infant feeding behavior, growth, and health; 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 breast fullness on breastfeeding patterns and milk supply.

### **Latch-On Update**

Describe possible effects of shallow and deep latch on breastfeeding outcomes; Analyze how approaches to positioning and latch-on differed during the 1980s and 1990s; Discuss the anatomic and physiologic rationale for new latch-on and positioning concepts; Summarize the lessons learned from analyzing different approaches to latch-on.

## Faculty

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**Dr. Kathleen Kendall-Tackett** is a health psychologist, International Board Certified Lactation Consultant, Research Associate, and Affiliate Research Associate Professor of Psychology specializing in women's health at the Family Research Lab, University of New Hampshire. She is a Fellow of the American Psychological Association in both the Divisions of Health Psychology and Trauma Psychology. Dr. Kendall-Tackett is a La Leche League Leader, chair of the New Hampshire Breastfeeding Taskforce, and the Area Coordinator of Leaders for La Leche League of Maine and New Hampshire. Dr. Kendall-Tackett is author of more than 170 journal articles, book chapters and other publications, and author or editor of 17 books on stress, depression, and trauma in the lives of women. Her Web sites are [www.GraniteScientific.com](http://www.GraniteScientific.com) and [www.BreastfeedingMadeSimple.com](http://www.BreastfeedingMadeSimple.com).

**Nancy Mohrbacher**, IBCLC is co-author of *The Breastfeeding Answer Book* (2003) and *Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers* (2005). She has been helping breastfeeding families since 1982. Board-certified in 1991, she ran a large private practice in the Chicago area from 1993 to 2003. Nancy is now a Lactation Consultant for Ameda Breastfeeding Products and is Chair of the Chicago Area Breastfeeding Coalition.

## Continuing Education

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La Leche League International designates this educational activity for a maximum of **6.5 hours in Category 1 credit towards the AMA Physician's Recognition Award**. Each physician should claim only those hours of credit that he/she actually spent in the educational activity. La Leche League International is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. La Leche League International takes responsibility for the content, quality, and scientific integrity of this CME activity.

This continuing nursing education activity was approved by the New York State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

The participant can earn a maximum of **6.5 Nursing Contact Hours**.

This program has been approved for **6.5 CERPs by the International Board of Lactation Consultant Examiners** by a providership through La Leche League International-Eastern United States Division.

La Leche League Continuing Education Units (LLL-EUS CEUs) for Leaders and Leader Applicants in the areas of breastfeeding education (BE).