

The Nineteenth Annual
Breastfeeding: The Gold Standard
Communities of Care



Featuring:

- *Kathleen Kendall-Tackett, Ph.D., IBCLC, FAPA*
- *Jake Marcus, J.D.*
- *Cathy Carothers, BLA, IBCLC, RLC, FILCA*

Wednesday -Friday, March 16 – 18, 2016

MSU Riley Center, 2200 5th St, Meridian, MS 39301

Sponsored by:

La Leche League of Alabama, Mississippi and Louisiana

Breastfeeding: The Gold Standard 2016

The nineteenth annual "Breastfeeding: The Gold Standard" conference is an opportunity to hear about the latest evidence-based practices in the field of lactation to better serve the breastfeeding mothers and babies in your community. This outstanding conference will be held at the MSU Riley Center, 2200 5th St, Meridian, MS 39301 and provides three days of excellent presentations by Kathleen Kendall-Tackett, Ph.D., IBCLC, FAPA, Jake Marcus, J.D. and many other warm and engaging educators in lactation management.

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Conference Features and Accommodations

Breastfeeding Mothers

Quiet babies are always welcome at the Gold Standard Conference. However, an environment conducive to learning at sessions must be provided for attendees. **If your infant becomes restless, please take him/her out of the meeting room.** Attendees are encouraged to bring a support person to the conference to help care for their children. If you need to buy extra breakfast or luncheon tickets, please indicate this on your registration form. Attendees may wish to bring a baby monitor which they can leave in session rooms to enable them to hear the presentation if they must leave the room. A pump room will be available at the conference for mothers requiring pumping facilities. Mothers will need to bring their own pumps.

Conference Bookstore

A conference bookstore will offer a limited selection of professional resources and items from the La Leche League International catalog, as well as selections from the conference speakers. Books can be pre-ordered on the registration form to guarantee availability. Pre-ordered books will be pre-packaged and available for pick-up at a designated area. ***MasterCard, Discover, Visa and American Express accepted.***

Conference Materials

The syllabus will be provided online for download at no charge to all participants.

This year we will also offer the syllabus on a flash drive available as a pre-order item only for \$15. You may also order a CD copy of the syllabus for \$5. **All orders for flash drives and printed syllabi must be received no later than March 1, 2016.**

Disclosure Statement

It is the policy of La Leche League International to disclose to the audience the relationship between the speakers and the proprietary entities which provide support to the conference or are discussed within the context of a presentation.

Speaker Disclosures

The following speakers have indicated that they have the following relationship(s) to disclose: (none)



Bring your previous year's Gold Standard name badge holder to registration to help us keep costs down.

Continuing Education

This activity has been submitted to LLL Alliance for Breastfeeding Education, a long-term provider of CERPs through the International Board of Lactation Consultant Examiners.

This activity has been submitted to the Mississippi Nurses Foundation, Inc for approval to award contact hours.

The Mississippi Nurses Foundation, Inc is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

*Sponsored by **La Leche League of ALMSLA**, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) to receive up to **18.5** total Category I continuing education contact hours. Maximum advanced-level continuing education contact hours available are **13.0**. Provider ID# 101900 Program#25352*

Registered Dietitians (RDs) will be provided the conference certificate and agenda needed to report their CE hours.

Additional continuing education hours may have been applied for. If you would like to request specific continuing education hours, please contact Laura@breastfeedingthegoldstandard.org. The syllabus will contain the information needed for individuals to apply for any continuing education hours not offered by the conference.

Meals

The Drury Inn & Suites provides a hot breakfast and light dinner buffet for all registered guests.. The registration fee includes a luncheon on Thursday and Friday. Please indicate any food restrictions on the registration form. Light snacks will be provided at some breaks. You may also purchase extra lunch tickets for anyone accompanying you. There is NOT a restaurant available in the Riley Center but there are several options nearby.

Meeting Site

"Breastfeeding: The Gold Standard" is being held at the MSU Riley Center, 2200 5th St, Meridian, MS 39301. Located in the heart of historic downtown Meridian, the MSU Riley Center opened its doors in September 2006 to offer cultural, artistic, and educational experiences like no other in the region. Overnight guests will find a special package available at Drury Inn & Suites, 112 Highway & 80, Meridian, MS 39301. The hotel offers; Free Hot Breakfast, Free 5:30 Kickback®, Free Wifi, Free Soda & Popcorn (3-10 pm), Free 60 Minutes of Domestic Long Distance, Free Local Phone Calls, Free Parking, Indoor/Outdoor Pool & Whirlpool, 24-Hour Business Center, Guest Pantry, and Guest Laundry for all registered guests. A block of rooms at a special price has been reserved for conference attendees.

Use code **2261888** and book your room early. ***They will sell out!*** The room block is available until **February 15, 2016 or until the block sells out**. Reservations may be made by visiting: <https://www.druryhotels.com/Reservations.aspx?groupno=2261888> or calling 1-800-325-0720 and refer to your group number. **2261888. Check-in time is 4 p.m.**

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Participants are encouraged to bring a sweater or light jacket to the conference in case the meeting rooms are cool.

Parking

The Drury Inn offers free on-site parking and a shuttle will run between the Drury Inn and the MSU Riley Center throughout the conference. The MSU Riley Center is conveniently complemented by the Arts District Parking Garage that is free for performances and conferences and is located two blocks away at 712 24th Avenue. Directions to the Arts District Parking Garage, located at 712 24th Avenue: Coming from I-20 on 22nd Avenue, turn left on 8th Street. Turn left on 24th Avenue. Parking deck entrance is on your immediate left.

Refund Policy

Written cancellations received by April 1, 2015, will be granted subject to a \$50 processing fee. **There will be no refunds granted after this date.** Attendees are encouraged to send a substitute if they cannot attend. Please call Laura @ (601) 566-0201 and notify her if sending a substitute.

Transportation

Meridian and the MSU Riley Center are at the intersection of interstates 20 and 59. They also benefit from Amtrak service and a local airport with jet service.

Driving directions from I-20: Take 22nd Avenue, exit 153, to downtown Meridian, travel 1 mile, and arrive at the MSU Riley Center on the corner of 22nd Avenue and 5th Street.

Drury Inn & Suites:

Traveling East on 20/59: turn right onto Hwy 19/Hwy 39 and go under the freeway. Turn right onto Frontage Road. The hotel will be on the right.

Traveling West on 20/59: Turn right onto Hwy 39 and right onto Frontage Road. The hotel will be on the right.

Traveling from Meridian Regional Airport: take Hwy 11 N and I-20 E. Take Exit 154B and turn right onto Hwy 19/Hwy 39. Go under the freeway and turn right onto Frontage Road. The hotel will be on the right.

In compliance with the WHO Code of Marketing of Breastmilk Substitutes, this program does not receive funding from artificial baby milk companies.

ABOUT OUR SPEAKERS:

Kathleen Kendall-Tackett, Ph.D., IBCLC, FAPA:

Dr. Kendall-Tackett is a health psychologist, an International Board Certified Lactation Consultant, and the Owner and Editor-in-Chief of Praeclarus Press, a small press specializing in women's health. Dr. Kendall-Tackett is Editor-in-Chief of two peer-reviewed journals, Clinical Lactation and Psychological Trauma, Fellow of the American Psychological Association in Health and Trauma Psychology, and Past President of the APA Division of Trauma Psychology. She is a Clinical Professor of Nursing at the University of Hawai'i at Manoa, Clinical Associate Professor of Pediatrics at the Texas Tech University School of Medicine in Amarillo, Texas, and Research Associate at the Crimes against Children Research Center at the University of New Hampshire.

Dr. Kendall-Tackett specializes in women's-health research including breastfeeding, depression, trauma, and health psychology. Her research interests include the psychoneuroimmunology of maternal depression and the lifetime health effects of trauma. Dr. Kendall-Tackett has won several awards for her work including the 2013 Outstanding Research Poster Award from the U.S. Lactation Consultant Association, the 2011 Community Faculty Award from the Department of Pediatrics, Texas Tech University School of Medicine, and the 2011 John Kennell and Marshall Klaus Award for Excellence in Research from DONA International (with co-recipient, Thomas Hale).

She has authored more than 400 articles or chapters and is the author or editor of 29 books on maternal depression, family violence, and breastfeeding. Her most recent books include: Psychology of Trauma 101 (2015), The Science of Mother-Infant Sleep (2014), Depression in New Mothers, 2nd Edition (2010), and The Psychoneuroimmunology of Chronic Disease (2010). She is also co-author (with Nancy Mohrbacher) of the bestselling book, Breastfeeding Made Simple, 2nd Edition (2010). Her websites are UppityScienceChick.com, BreastfeedingMadeSimple.com, KathleenKendall-Tackett.com, and PraeclarusPress.com.

Jake Marcus, J.D.

Jake Marcus, J.D., is the nation's foremost expert on breastfeeding law. She is a lawyer whose private practice focuses on small businesses (including the business issues of health care practitioners such as IBCLCs and midwives) and healthcare. She was Politics Editor at Mothering magazine until it ceased publication in April of 2011. She was a member of the Legal Advisory Council to La Leche League International. She created and maintains BreastfeedingLaw.com.

Cathy Carothers, BLA, IBCLC, RLC, FILCA

Cathy Carothers is co-director of EVERY MOTHER, INC, President of the International Lactation Consultant Association, and Chair- Elect of the United States Breastfeeding Committee. An experienced trainer and speaker, she has provided training programs in every U.S. State and Territory, and several foreign countries.

She is a Fellow of the International Lactation Consultant Association, and an International Board Certified Lactation Consultant since 1996. Her previous experience includes: former Training and Outreach Coordinator for Best Start Social Marketing, where she coordinated several national breastfeeding projects; former State WIC Breastfeeding Coordinator for the Mississippi WIC Program; founding president and board chair for the Mississippi Breastfeeding Coalition; and Media and Marketing Chair for the United States Breastfeeding Committee. She has also served as a university public relations director. She is the mother of 5 breastfed children.

Elizabeth Dunaway B.S., LMT, IBCLC is a Licensed. Massage Therapist, an International Board Certified Lactation Consultant, and La Leche League Leader. In Elizabeth's private practice, she mixes lactation education and bodywork for mother and baby. Elizabeth is a member of the Alabama Lactation Consultant Association (ALCA) and the Alabama Breastfeeding Committee (ABC). She has been a La Leche League Leader for 15 years. She is the co- founder of Connections Breastfeeding. Connections Breastfeeding has been instrumental in supporting lactation education efforts in North Alabama and opened the first Milk Bank Depot in the state. Elizabeth grew up in New Orleans, LA and has lived in 8 different states with her Army husband, Richard, and their "Krewe" of four breastfed children. They now live in Northern Alabama and pretend that the US Space and Rocket Center is the best place ever, but they really like going to the beach.

Jamie Ely, RN, IBCLC is a Registered Nurse and International Board Certified Lactation Consultant. She is employed in the OB education department at Merit Health Woman's Hospital and St. Dominic's Hospital in the Jackson, MS area where she teaches perinatal classes including breastfeeding and childbirth. She holds instructor certifications in Advanced Cardiac Life Support, Pediatric Advanced Life Support as well as Basic Life Support. Jamie helped develop and lead study sessions for coworkers sitting for the IBLCE where participants had a 100% pass rate. She resides in Brandon, MS with her husband, Jeff, and two daughters, Hayden, 5 and Carsen, 2.

Mindy Glenn RN, CLC, CPST is the NICU Discharge Planner/Educator at West Jefferson Medical Center in Marrero, Louisiana. She is also a Certified Lactation Counselor. She was one of the key players in assisting West Jefferson Medical Center to become Louisiana's First GIFT Certified facility. As a Child Passenger Safety Technician, Mindy coordinates the Car Seat Safety Program at West Jefferson Medical Center and operates the Grant Funded Fitting Station. Mindy is an active member of the Louisiana Passenger Safety Task Force in collaboration with Safe Kids. In 2008, Mindy was invited to be a part of the Louisiana Child Death Review Panel. Mindy is a member of the Louisiana Lactation Consultant Association (LLCA), the Louisiana Breastfeeding Coalition (LBC) and the Greater New Orleans Breastfeeding Awareness Coalition (GNOBAC). Mindy and her husband, Andrew, are the proud parents of two daughters who were both breastfed.

Breastfeeding: The Gold Standard 2016

Pamela Helmstetter, RN, FACCE, LCCE, CLC, graduated from Charity Hospital School of Nursing in New Orleans in 1990. She has been active in the Maternal-Child field since then, first as a staff RN in Nursery/NICU at West Jefferson Medical Center, and since 1997 as the Perinatal Educator and Outreach Liaison for the Family Birth Place at West Jefferson Medical Center. She coordinates and teaches 14 classes, ranging from siblings to preteens to grandparents, in addition to the traditional pregnancy offerings. Aside from her duties at the hospital campus, Pam also teaches New Orleans' only teen prenatal program, Teens are Prepared Parents Too (TAPPT); which offers a class at a local high school and a class at a west bank WIC clinic. In 2002 she qualified for Lamaze certification, and in 2004 obtained the Lactation Counselor certification. In 2012 she was inducted by Lamaze International as a Fellow of the Academy of Certified Childbirth Educators. Pam and her tugboat captain husband, Roy, are the proud parents of two sons, both 10+lb breastfed infants. Older son Robert is serving our country as a staff sergeant in the U.S. Marine Corps. Younger son Rhett is a 2nd semester senior at Nicholls State University on the "Bayou". The joy of Pam's heart is grandson Reilly, an 11 year old "X Box Live master", who was breastfed for 22 months.

Susan Vicknair-Theall is a Leche League Leader with La Leche League of Jefferson. She published a newsletter for breastfeeding mothers for 10 years. She organizes the Baby & Child Expo each summer in Metairie. It is a fair aimed at promoting healthy and natural pregnancy, childbirth, breastfeeding and parenting. Over 30 other organizations (including hospitals, midwives, doulas, pediatricians and pediatric dentists) participate each year. She has hosted a La Leche League Open House for medical professional in Metairie. She hosted a World Breastfeeding Week Party for the Greater N.O. area in 2015. She hosted a private screening of the breastfeeding documentary, Milk, a film by Naemi Weis in 2016. She created and maintains her group's web site and Facebook page. She has raised thousands of dollars for her La Leche League group. Susan and her husband Wayne are the parents of seven children, all were breastfed.

Brandy Watson is a La Leche League leader and a sexual abuse survivor who overcame it to become a mother to five breastfed children. She has 14 years (and counting!!) of personal breastfeeding experience and has a passion for helping other mothers to succeed in their breastfeeding journey. Brandy graduated from the University of Mississippi School of Education and is a certified teacher turned homeschool mama and doula who specializes in postpartum care. She is a former WIC lactation specialist and was a trainer for the HealthConnect One Community Based Breastfeeding Peer Counselor program at the Northeast Mississippi Birthing Project, a non-profit with a mission of empowering underprivileged women in Northeast Mississippi. She blogs about breastfeeding and parenting at latchthebabes.com and maintains it's accompanying social media presence on Facebook, Instagram, and Twitter. Brandy is also the editor and publisher of Tupelo Macaroni Kid and runs Willowtree House Academia, a modern day one room schoolhouse.



Wednesday, March 16, 2016

2:30 PM – 4:00 PM

Registration

4:00 PM – 5:30 PM

General Session 1: Breastfeeding - Survivors of Child Abuse

Kathleen Kendall-Tackett, Ph.D., IBCLC, FAPA

Can events from childhood influence a woman's current mothering experience? Yes, they can. But they don't have to be the blueprint for the rest of her life. Adverse Childhood Experiences can influence women through five possible pathways: physiological, behavioral, cognitive, social, and emotional. This session provides an overview of the latest research on the effects of childhood abuse; its impact on breastfeeding; how it can affect a woman's body, mind and spirit; and what she can do to cope. **(1.5 L)**

5:30 PM – 7:00 PM

Free Time: Hotel Check-In, Dinner On Own

7:00 PM – 8:00 PM

Optional Evening Sessions:

O1: IBLCE Exam Study Group, Jamie Ely, RN, IBCLC. Participants will become familiar with the format of the IBLCE and detailed content outline. **(1.0 L)**

O2: Finding Financial Support, Susan Vicknair Theall, LLLL. Participants will discuss ways to raise funds for breastfeeding outreach. **(1.0 R)**

8:00 PM – 9:00 PM

SPECIAL FEATURE: Milk, A Documentary screening



Thursday, March 17, 2016

6:00 AM-10:00 AM **Breakfast** in the hotel lobby

6:30 AM-8:00 AM **Registration**

7:00 AM-8:00 AM ***Early Bird 1: Legislation and Sausage: Creating Breastfeeding Law in Your State.*** Jake Marcus, J.D. **(1.0 L)**

Participants will learn the elements of effective state breastfeeding legislation as well as the process by which it is created. Attendees will engage in legislative drafting as well as debate, divided into small groups that include representatives from breastfeeding coalitions and chambers of commerce. Through education, negotiation and compromise, attendees will live the legislative process.

8:15 AM-9:45 AM **General Session 2: What's New in Postpartum Depression Research: Recent Findings on Breastfeeding and Depression, Birth Interventions, and Preterm Birth,** Kathleen Kendall-Tackett, PhD, IBCLC, FAPA

A number of recent studies have raised questions about the way we understand depression in new mothers. For example, what is the role of depression in breastfeeding cessation and does mothers' prenatal intention to breastfeed make a difference? Researchers have also found that epidurals lower the risk of depression, but the sample sizes are often small. Finally, a concerning trend has emerged regarding the link between depression, PTSD, and preterm birth. Women with depression or PTSD are at increased risk for preterm birth. The World Health Organization has recently identified preterm birth as the single greatest cause of infant mortality worldwide. These findings also have important implications for racial/ethnic disparities in both preterm birth and infant mortality. This presentation will summarize and synthesize these recent studies and present new findings from the Survey of Mothers' Sleep and Fatigue that address the link between birth interventions and depression in mothers. **(1.5 L)**

10:00 AM – 11:00 AM **Thursday Morning Breakout Sessions:**

101: Putting New PPD Research Into Action, Elizabeth Dunaway, LLLL. Building off General Session 2, Participants will explore this topic and ways to implement positive change in their community. (Repeated as 301) **(1.0 L)**

102: The Impact of Rooming In and Skin to Skin on Breastfeeding Rates, Mindy Glenn RN, CLC, CPST and Pamela Helmstetter, RN, FACCE, LCCE, CLC. Utilizing a practical application method, this session will focus on the impact, advantages and challenges of designing and implementing a hospital rooming-in and skin-to-skin policy.
(Repeated as 302) **(1.0 L)**

103: Mother Knows Breast: Helping Moms Gain Confidence in their Milk Production, Cathy Carothers, BLA, IBCLC, RLC, FILCA.
(Repeated as 303) **(1.0 L)**

This session will explore the mysteries of how the breast makes milk in simple, practical language that can be shared with new mothers to help them gain confidence in their ability to breastfeed.

11:00 AM-1:00 PM: Luncheon ~

12:00 PM-1:00 PM: L1: Racial/Ethnic Disparities in Infant Mortality, Breastfeeding, and Sleep Practices, Kathleen Kendall-Tackett, PhD, IBCLC, FAPA

The U.S. is now 41st in the world in infant mortality, currently ranking behind many countries that spend far less on healthcare. This low ranking is due in part to racial/ethnic group differences in infant mortality: particularly among African Americans and American Indians, with an infant death rate that is more than twice the rate of whites. In this session, you will learn about the physiology of racism and how it increases risk for health problems, such as cardiovascular disease, diabetes, depression, and preterm birth. Preterm birth, lower rates of breastfeeding, and unsafe sleep practices increase risk of infant mortality in vulnerable populations. Fortunately, there are ways in decrease infant mortality by helping mothers downregulate stress, and by encouraging breastfeeding and safe sleep practices that are consistent with their cultural values. **(1.0E)**

1:00 PM – 2:00 PM: Thursday Afternoon Breakout Sessions:

201: Breastmilk Depots: Supporting our Local Milk Bank, Elizabeth Dunaway, LLLL. Participants will discuss the history of Donor Breastmilk, list reasons donor breastmilk is imperative for critically ill patients, and how to apply the international regulations needed to open and operate a Milk Depot.
(Repeated as 401) **(1.0 R)**

202: Sexual Trauma and the Breastfeeding, Brandy Watson, LLLL
Participants will examine how sexual trauma has molded cultural norms in breastfeeding and how those norms affect the breastfeeding dyad. (Repeated as 402) **(1.0 L)**

203: Building a Community of Support, Susan Vicknair Theall, LLLL
A collaborative look at ways to build a network of breastfeeding counselors in your community. (Repeated as 403) **(1.0 L)**

2:15 PM–3:45 PM

General Session 3: Sleep Training/New Sleep Research, Kathleen Kendall-Tackett, PhD, IBCLC, FAPA. **(1 . 5 L)**

Policy makers often talk about infant sleep location in fairly black-and-white terms and try to condense their message into a single statement: Don't sleep with your baby. Recent research, however, shows that mother-infant sleep is considerably more complex than it is frequently portrayed. This presentation will describe new findings from the Survey of Mothers' Sleep and Fatigue. These findings describe the groups most likely to bedshare, looking at ethnic-group differences, income, employment status, partner status, and maternal age, income, and education. Ethnic-group differences in percentage of nighttime feeding in chairs and recliners, and where they think babies should sleep. Sleep location and feeding status also influence each other. Bedsharing breastfeeding mothers do the best on all measures of sleep, depression, and anxiety. In contrast, formula-feeding bedsharing mothers are the worst on all measures. These findings suggest that a single message for all groups will not work and that it's important to take into account the many different ways that mothers and babies sleep when developing safe-sleep messaging.

- a) Describe the ways that infant sleep location varies by ethnicity.
- b) Describe how income, partner status, employment, income, and education influence sleep location.
- c) Understand the interaction between sleep location and feeding method on maternal sleep quality and mental health.. **(1.5 L)**

4:00 PM – 5:30 PM

General Session 4: Helping New Families Get a Great Start - the Baby-Friendly Way, Cathy Carothers, BLA, IBCLC, RLC, FILCA. **(1.5 L)**

This session addresses the Baby-Friendly Hospital Initiative, the evidence for the Ten Steps to Successful Breastfeeding, and how to help families get a good start with breastfeeding.

5:30 PM-7:00 PM

Free Time

7:00PM -9:00 PM

Dinner

Dinner on your own and exploring Meridian.

OR

Dinner with the Speakers @ **\$50.00/person**

Friday, March 18, 2016

- 6:00 AM-10:00 AM** **Breakfast** in the hotel lobby
- 6:30 AM-8:00 AM** **Registration**
- 7:00 AM-8:00 AM** ***Early Bird 2: Supporting Breastfeeding Women in the Legal System***, Jake Marcus, J.D. **(1.0 E)**
Breastfeeding women find themselves in need of assistance in a wide variety of legal contexts. This session reviews the options available to lactating women in custody disputes, as criminal defendants, as witnesses, when called for jury duty, and as immigration detainees.
- 8:15 AM-9:45 AM** **General Session 5: Nighttime Breastfeeding and Postpartum Depression**, Kathleen Kendall-Tackett, Ph.D., IBCLC
Does nighttime breastfeeding elevate the risk of postpartum depression? An increasing number of sources tell mothers not to breastfeed at night in order to prevent depression. While this advice is well-intended, there is little evidence from well-designed studies that suggests that it works. And it can be quite problematic for breastfeeding mothers to maintain. Using data from the Survey of Mothers' Sleep and Fatigue, an international survey of 6,410 mothers, we examine the relationship between feeding method, mothers' sleep, maternal fatigue, and depression risk. Several recent studies, including ours, have found that breastfeeding mothers report more sleep and less daytime fatigue than their formula-feeding or mixed-feeding counterparts. These findings were also true for sexual assault survivors, who typically have impaired sleep. Breastfeeding was also related to sleep quality even in this population. **(1.5 L)**
- 9:45 AM-10:00 AM** **Break**
- 10:00 AM-11:00 AM** **Friday Morning Breakout Sessions:**
- 301: Putting New PPD Research Into Action**, Elizabeth Dunaway, LLLL. Building off General Session 2, Participants will explore this topic and ways to implement positive change in their community. (Repeated from 101) **(1.0 L)**
- 302: The Impact of Rooming In and Skin to Skin on Breastfeeding Rates**, Mindy Glenn RN, CLC, CPST and Pamela Helmstetter, RN, FACCE, LCCE, CLC. Utilizing a practical application method, this session will focus on the impact, advantages and challenges of designing and implementing a hospital rooming-in and skin-to-skin policy.
(Repeated from 102) **(1.0 L)**

303: Mother Knows Breast: Helping Moms Gain Confidence in their Milk Production, Cathy Carothers, BLA, IBCLC, RLC, FILCA.
(Repeated from 103) **(1.0 L)**

This session will explore the mysteries of how the breast makes milk in simple, practical language that can be shared with new mothers to help them gain confidence in their ability to breastfeed.

11:00 AM-1:00 PM: Luncheon ~

12:00 PM-1:00 PM: L2: Birth Trauma: Causes and Consequences of Childbirth-Related PTSD, Kathleen Kendall-Tackett, PhD, IBCLC, FAPA
Recent studies have found that as many as 1 in 4 women have symptoms of posttraumatic stress disorder (PTSD) following their births. What types of symptoms do they have and how do these symptoms impact breastfeeding and women's emotional health? In this session, you will learn about the new DSM-5 criteria for PTSD and why some types of births are more likely to cause symptoms. You will also learn how these symptoms might impact breastfeeding, and what mothers and practitioners can do to help. **(1.0 L)**

1:00 PM – 2:00 PM: Friday Afternoon Breakout Sessions:

401: Breastmilk Depots: Supporting our Local Milk Bank, Elizabeth Dunaway, LLLL. Participants will discuss the history of Donor Breastmilk, list reasons donor breastmilk is imperative for critically ill patients, and how to apply the international regulations needed to open and operate a Milk Depot.
(Repeated from 201) **(1.0 R)**

402: Sexual Trauma and the Breastfeeding, Brandy Watson, LLLL
Participants will examine how sexual trauma has molded cultural norms in breastfeeding and how those norms affect the breastfeeding dyad..
(Repeated from 202) **(1.0 L)**

403: Building a Community of Support, Susan Vicknair Theall, LLLL
A collaborative look at ways to build a network of breastfeeding counselors in your community. (Repeated from 203) **(1.0 R)**

2:15 PM – 3:45 PM

General Session 6: Breastfeeding Makes all the Difference: Breastfeeding's Role in Resiliency and Overcoming Adversity, Kathleen Kendall-Tackett, PhD, IBCLC, FAPA
We do not live in a perfect world. Many new mothers have experienced abuse and adversity as children. They want to be good mothers. But they often wonder whether they will perpetuate the cycle of violence that they have experienced. They may also have a history of depression and wonder whether this has harmed their children. Fortunately, we can offer new mothers hope. Recent studies have found that breastfeeding helps mothers mother—even when there is a

history of abuse. It not about the milk; it's the physical act of breastfeeding. Breastfeeding improves maternal sleep, lowers the risk of depression, lessens anger and irritability, and even attenuates the negative effects of past sexual assault. Breastfeeding protects babies when their mothers are depressed and is associated with better children's mental health up to age 14. Because mothers must be responsive to their babies, breastfeeding promotes secure attachments, which has lifetime implications for babies' health. Breastfeeding mothers are less likely to physically abuse or neglect their children. And if a mother has a history of sexual abuse or assault, breastfeeding attenuates (lessens) the impact of sexual assault/abuse on sleep, depression, anxiety, and anger or irritability. Breastfeeding offers mothers a chance to do things differently—to be a different kind of parent. When it comes to overcoming adversity and stopping the intergenerational cycle of violence, breastfeeding makes all the difference.

Objectives

- a) Understand breastfeeding's role in protecting infants from the harmful effects of maternal depression.
- b) Describe the importance of maternal responsiveness to long-term health for the baby.

(1.5 R)

3:45 PM-4:15 PM

Closing: Tell Your Story Laura Goodwin-Wright, MSC, IBCLC, LLL.
An open discussion about lessons learned and take-home ideas. (.5 R)

Please Drive Home Safely!

We will look forward to seeing you again next year.

For More Information

To learn more about the conference, please contact:

Laura Goodwin-Wright Laura@breastfeedingthegoldstandard.org or 601-566-0201

Additional information and a copy of the registration brochure are also available online at:

www.breastfeedingthegoldstandard.org

Conference Planning Committee:

Christina Chunn, LLL Leader, CHES

Christina Overstreet, LLL Leader

Mindy Glenn, RN, CLC, CPST, LLL Leader

Laura Goodwin-Wright, MSC, IBCLC, RLC, LLL Leader,

Linda McGrath, PhD, LLL Leader, MCHES, IBCLC, RLC

Vincent R. McGrath, EdD, Professor Emeritus

Meghan MacInnis, LLL Leader

Christina Overstreet, LLL Leader

La Leche League of Alabama, Mississippi, Louisiana Area Administrative Team:

Kathy Juve, Area Coordinator of Leaders

Chloe Raum, Area Finance Coordinator

Linda Couvillion-McGrath, Area Coordinator of Leader Accreditation

Nell Blakely, Area Professional Liaison

Laura Goodwin-Wright, Area Continuing Education Coordinator

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- **Speak to a La Leche Leader 24 hours a day.**
- **Get breastfeeding support and encouragement.**
- **Receive answers to breastfeeding questions.**
- **Find a local Leader in your area.**