



Advanced Concepts In Breastfeeding
Exposing our Roots With Branches Toward Our Future
Fifth Annual Conference Sponsored by Parkside Lactation Center
Thursday, September 8, 2011 and Friday, September 9, 2011

Join us and meet our faculty! We are proud to announce that this is the first time these three internationally renowned speakers who have co-authored the 8th edition of *The Womanly Art of Breastfeeding* will present at the same conference!

Teresa Pitman will join us from Canada offering her years of experience and expertise in the world of breastfeeding. Teresa writes extensively about breastfeeding, birth and parenting. Teresa, a La Leche League Leader for 32 years, has authored or co-authored numerous articles as well as fourteen books, including, *The Ultimate Breastfeeding Book of Answers* (with Dr. Jack Newman). She is currently writing a policy manual for public health nurses and social workers.

Diana West, BA is an IBCLC in private practice in New Jersey. She is the author or co-author of *Clinician's Breastfeeding Triage Tool and Defining Your Own Success: Breastfeeding After Breast Reduction Surgery & The Breastfeeding Mother's Guide to Making More Milk*.

Diane Wiessinger, MS, IBCLC, has been in private practice in Ithaca, New York since 1991. She recently returned from lecturing in Italy and Spain, has a special interest in the mechanism and behaviors of infant latch, the language we use to speak about breastfeeding and the importance of mother-to-mother support.

All New Agenda

(breakfast & registration: 7:45 – 8:30 each day)

Thursday, 9/8/2011

Mother-Baby Clinical Case Studies - Diane Wiessinger - 8:30 to 10 AM

Working and Breastfeeding - Diana West - 10:15 to 11:45 AM

Breastfeeding and the High-Risk Parent - Teresa Pitman - 12:45 to 2:15 PM

Establishing a Free Breastfeeding Clinic - Diane Wiessinger - 2:30 to 4 PM

Friday, 9/9/2011

Reclaiming Confidence in Breastfeeding - Teresa Pitman - 8:30 to 10 AM

Remaking the Womanly Art - Diane, Diana & Teresa Collaborate - 10:15 to 11:45 AM

Baby Sleep: History, Biology & Politics - Diane Wiessinger - 12:45 to 2:15 PM

Adapting to Meet the Real Needs of Breastfeeding Moms - Teresa Pitman - 2:30 to 4 PM

Objectives

Describe the reasons (according to research) that breastfeeding is important for high-risk mothers and their babies.

Describe three instinctive maternal and infant behaviors which promote breastfeeding and attachment.

List three social and three physical reasons why women may wean their babies earlier than recommended.

List phrases to use with mothers to increase breastfeeding confidence.

Identify emotional barriers which may cause breastfeeding difficulties.

List two approaches to use in helping mothers act from an informed knowledge base.

Describe three different learning styles that women have, with an appropriate breastfeeding aid or helper for each.

List three requirements for safe bed-sharing.

Identify two ways in which mother-to-mother support groups are helpful to mothers who breastfeed.

Explain two milk expression obstacles and how to overcome them.

Identify three pumping options and three optimal storage parameters for human milk.

List traumatic experiences mothers may have been through and describe how each may affect breastfeeding.

Identify two ways that a free breastfeeding clinic can help mothers with breastfeeding.

Topics of interest to Lactation Consultants, Nurses, Doctors and others who work with preterm babies, with healthy newborns, who present breastfeeding and postnatal support groups, who work for the NYC Dept. of Health or WIC and who work in private practice and to La Leche League Leaders. No commercial support has been received for this educational activity.

As usual, L CERPS and Contact Hours have been applied for. (6 for each day) refer to tri-fold.

Location:

**Adria Hotel & Conference Center, 220-33 Northern Blvd., Bayside, NY 11361
(718) 631 5900**

The Adria Hotel is easy to reach by car right off the Northern Boulevard West exit of the Cross Island Parkway, about 5 minutes from the Throgs Neck Bridge. It can be reached via the Port Washington Branch of the LIRR; or by the 7 Train to Main Street Flushing to the Q12 bus. Free parking is on the rooftops of Adria Hotel or Ramada Inn.

Mention Parkside Lactation while making room reservations for the discounted rate.

We thank you for supporting our past conferences and look forward to any new attendees. Please feel free to share this information with anyone you know who may be interested in attending. This year we have reserved the entire ballroom at the Adria Hotel.

For more information, please contact KMPLC72@optonline.net or call (516) 797 1033.

Reserve your space early!

Registration includes syllabus, continental breakfast with fruit, and lunch.

Two day registration: \$275 / One day registration: \$160

Early Bird Registration *extended to July 30:*

Two day registration: \$255 / One day registration: \$130

Your fee, minus a \$30 cancellation fee, will be refunded if a written request is received by August 25, 2011.

Check here: Two day registration _____ Thursday only _____ Friday only _____

Name and title: _____

IBCLC number as printed on your certificate: _____

Affiliation: _____

Home Address: _____

City, State, Zip: _____

Telephone: _____

E-mail: _____

Check if you want a certificate for CERPS _____

Check if you also want a certificate for Contact Hours from the NYSNA _____

Please mail this registration form along with your check made payable to **Parkside Lactation Center to Vincent Mirra, 535 Parkside Blvd., Massapequa, NY 11758.**