

La Leche League of Washington 2008 Breastfeeding and Parenting Area Conference Program

Friday, October 17, 2008

7:00-9:30 pm **Keynote Presentation: Choosing to Connect... Even During the Tough Times** A close connection with an adult is the best antidote for preventing youth problems. Discover how to build strong relationships, even during the teen years; learn to bring down the intensity and enhance self-control; gain strategies for enforcing limits & staying "connected;" & hear techniques for teaching children to be "problem solvers." *Mary Sheedy Kurcinka MA*

9:30-10:30 pm **Night Owl Session (choose one)**
OWL1 G Women Friendships Explore the value of women friendships & the unique nurturing & strength only women can provide to one another. *Deirdre Knowles MA, LMHC, Grainne Hed, Lauralee Carbonne*
OWL2 G Birth Plan Negotiation Learn to reframe conflicts with health care providers in terms of shared underlying values in order to more productively negotiate differing strategies for meeting those goals. *Erika Jennings LMP*

Saturday, October 18, 2008

8:30-9:10 am	General Session How LLL Leaders Change the World <i>Marian Tompson, LLLI Co-Founder</i>	3:45-4:15 pm	Refreshment Break and Book Signing in the Exhibit Hall
9:15-10:30 am	Concurrent Session 1 (choose one)	4:30-5:45 pm	Concurrent Session 4 (choose one)
101 CE	How Milk is Made Implications for LC practice. <i>Catherine Watson Genna BS, IBCLC</i>	401 CE	Case Studies: Breastfeeding Infants in for the Long Haul <i>Catherine Watson Genna BS, IBCLC</i>
102 CE	Pregnancy, Breastfeeding and Hormonal Issues in Epilepsy <i>Dr. David G. Vossler M.D.</i>	402 CE	Safe Sleep: How Sleep Locations Affect Breastfeeding Examine evidence on infant sleep-wake cycles, arousal mechanisms & pathology. Co-sleeping, separate sleeping & "sleeping through" sleeping practices & impact on sleep arousal & development. <i>Barbara Nicholson M.Ed and Lysa Parker MS, CFLE, API Co-Founders</i>
103 G	The Importance of the Family Dinner Table <i>Marian Tompson LLLI, Judy Sanders, Pam Ames</i>	403 G	Creative Pleasure Principle Enjoy the feeling of coming into alignment with your heart's desire. Learn the most natural way to create a wonderful life by simply "following your pleasure." <i>Scott Noelle</i>
104 G	Sleepless in America: Is Your Child Misbehaving or Missing Sleep? <i>Mary Sheedy Kurcinka</i>	404 G	The Unschooling Unmanual Unschooling isn't a technique - it's living & learning naturally, lovingly, & respectfully together. Seasoned & prospective unschoolers will be inspired & encouraged. <i>Jan Hunt BA, M.Sc</i>
105 G	Cloth Diapering for a New Generation Come hear about the new cloth diaper! <i>Cerisa Leach</i>	405 G	Babywearing, It's a Parents Best Kept Secret! In this hands-on session, learn tips and tricks; see the latest styles; & try on your favorite baby carriers! <i>Katy Afruma, Beth Nieva</i>
106 G	The Role Nutrition Plays in Your Child's Behavior <i>Karen Lamphere MS, CN</i>	406 G	Creating Hope and Healing: Exploring Treatment Options for Perinatal and Postpartum Mood Disorders <i>Juliana Nason Ashe MA, LMHC, NCC, CMHS, Sharon Gray Lac, LMP, Tristin McLaren Lac, MSA</i>
10:45-12:00 pm	Concurrent Session 2 (choose one)	5:45-6:15 pm	Book Signing in the Exhibit Hall
201 CE	Good Latch/Bad Latch: Nuances of Attachment <i>Catherine Watson Genna BS, IBCLC</i>	7:00-8: 15 pm	FAM Family Entertainment Spend a fabububulous evening playing & interacting with Seattle's own <i>The Bubbleman</i> , purchase a \$10.00 family ticket separately.
202 CE	Breastfeeding and the Sexual Abuse Survivor <i>Penny Simkin Doula, PT, DONA Founder</i>	7:00-8:15 pm	CE-E Anatomy of Ethics Ethical decision making in lactation practice. <i>Karen Roeske RN, IBCLC</i>
203 G	Discovering Who Has Come to Live with You Strategies to fit your child. <i>Mary Sheedy Kurcinka</i>	8:30-9:45 pm	Night Owl Session (choose one)
204 G	10 Steps to Organization--Start to Finish! <i>Meagan Farrell</i>	OWL3 F	Fathering On Tap Join the guys for a casual talk about life as a father. <i>Peter Harwood-Stamper, Jim Milham, Christopher Ames</i>
205 G	You are Nursing HOW Many? Explore tandem nursing. <i>Melissa Cole, PJ Jacobsen IBCLC</i>	OWL4 G	Check Your Boobies Come learn about breast health, breast cancer prevention, & early detection. Screening guidelines are also discussed. <i>Heike Malakoff, Kim Schaaf</i>
206 G	Breastfeeding and Working Hear helpful hints to making it work! <i>Kimberly Radtke RC</i>		<i>Please note: La Leche League of Washington is not necessarily in agreement with or responsible for statements made by speakers at this conference. Circumstances may necessitate cancellation of a panel or speaker.</i>
12:15-2:15 pm	LLL Leader Recognition Ceremony Celebrate and Honor 45 Years of Washington Leaders		
1:00-2:15 pm	FAM Field Trip with Parent/Guardian Bring kites, rockets & airplanes to play at Marymoor Park.		
2:30-3:45 pm	Concurrent Session 3 (choose one)		
301 CE	Breastfeeding the Infant with Respiratory Disorders <i>Catherine Watson Genna BS, IBCLC</i>		
302 L/LA	Counseling Techniques to Empower the Nursing Mother <i>Kay Batt BA, IBCLC, Deirdre Knowles MA, LMHC; Grainne Hed</i>		
303 G	The Art Of Unconditionality Learn how to cultivate a shift in parenting beyond reactive problem solving. Discover the state of mind that inspires unconditional love. <i>Scott Noelle</i>		
304 G	Our Parenting Inheritance Whether we unconsciously parent exactly the way we were parented or consciously try to do the exact opposite, we are influenced by how we were parented. This session supports parents in consciously choosing to keep the best & change the rest. <i>Pam Leo</i>		
305 G	Green Clean Learn environmentally sound tips to keep your home clean. <i>Kimberly Radtke RC</i>		
306 G	Something Just Isn't Right: Recognizing and Understanding Perinatal and Postpartum Mood Disorders <i>Juliana Nason Ashe MA, LMHC, NCC, CMHS, Sharon Gray Lac, LMP, Tristin McLaren</i>		



Sunday, October 19, 2008

8:30-9:45 am 501 CE	Concurrent Session 5 (choose one) Immunology: A Survey of the Current Literature. <i>Debra George BS, IBCLC</i>	12:45-2:10 pm	Luncheon: Attachment Parenting in a Detached World <i>Lysa Parker, Barbara Nicholson, Attachment Parenting International Co-Founders</i>
502 PL	The Breastfeeding Mother's Toolbox Explore the latest "tools." <i>Tracy Corey RN, IBCLC</i>	1:00-2:15 pm	FAM Session Field Trip with Parent or Guardian! Enjoy a nature walk with your family, search for animal tracks, identify local birds, & gather leaves for a craft later. Bring rain gear if needed.
503 L/LA	The Leader Applicant Process: A Leader's role from start to finish! <i>Lynn Evans</i>	2:20-3:35 pm 801 CE	Concurrent Session 8 (choose one) Updates! The Risk of HIV Infection from Breastfeeding Where are we? Is the evidence in? Old questions & new research will be presented. <i>Marian Tompson, LLLI</i>
504 G	Top 10 Naturopathic Remedies for Your Child <i>Dr. Jennifer Zorin N.D., Dr. Lisa Wada N.D.</i>	802 CE	I Ate Before I Got Here: How Celiac Disease Touches Everyday Life <i>Carrie Pfab MS, RD, CD</i>
505 G	Beyond The First Year A candid discussion about toddler nursing. <i>Becky Milham</i>	803 G	Healing the Feeling Child Parents will have the opportunity to gain a new level of confidence & skill in responding to crying, anger, & temper tantrums by learning how to support rather than thwart children's natural, spontaneous, emotional healing process. <i>Pam Leo</i>
506 G	Parents As Partners! Discuss how to share responsibilities, present a united front, & manage disagreements in parenting approaches. <i>Lauralee Carbonne, Grainne Hed, Deirdre Knowles MA</i>	804 G	Hypnotherapy for Childbirth Experience a calmer, more comfortable birth for you & your baby with the power of the body-mind connection. <i>Nancy Allin CHt</i>
9:55-11:10 am 601 CE	Concurrent Session 6 (choose one) The Importance of Exclusivity / The Risks of Formula This presentation will provide updated information on exclusivity rates, recommendations, threats, & health implications. <i>Dr. MaryAnn O'Hara M.D., M.P.H., M.St, F.A.B.M.</i>	805 G	Get Outside! Rediscover the simple joy of nature with your child! <i>Heather, Pete Harwood-Stamper</i>
602 L/LA	Listening from the Heart: When Breastfeeding Doesn't Work <i>Deirdre Knowles MA, LMHC, Kay Batt IBCLC, Grainne Hed</i>	806 L/LA	Breastfeeding Challenges Learn about the unique challenges in supporting premature, near-term & multiple babies. <i>Sarah Huntington MPH, IBCLC, CD</i>
603 G	Immunizations Make an educated decision for your child. <i>Dr. Lisa Wada N.D., Dr. Jennifer Zorin N.D.</i>	3:45-5:00 pm 901 CE	Concurrent Session 9 (choose one) Oxytocin & Learning Mothering Behavior This session is based on a variety of reports investigating the role oxytocin plays in initializing nurturing mother behavior in animals. <i>Debra George BS, IBCLC</i>
604 G	Creating Your Intentional Living Space Create a space where you can choose more consciously what you bring to your life and home! <i>Nancy Allin CHt</i>	902 CE	Therapy Insight --The Use of Anti-Rheumatic Drugs While Breastfeeding <i>Dr. Neelufar Mozaffarian M.D., Ph.D</i>
605 G	The Attachment Parenting Continuum API Co-Founders discuss AP for your 4-12 year old child & how to keep the bond strong. <i>Barbara Nicholson M.Ed., Lysa Parker MS, CFLE</i>	903 G	Loving Guidance Through Decoding Behavior Children communicate their needs & hurts by acting them out, thus, acting out behavior. Learn to decode behavior & respond to the need instead of react to the behavior with loving, connected guidance. <i>Pam Leo</i>
606 G	Playing Doctor What's normal, what's not & what to do when it's happening! <i>Amy Lang MA</i>	904 G	Introducing Solids to Your Infant A gentle introduction of foods for your infant to build a strong, healthy developing immune & digestive system. <i>Dr. Kathleen Janel N.D.</i>
11:20-12:35 pm 701 CE	Concurrent Session 7 (choose one) Candida Controversy Discuss shifting ideas & data regarding the role of candida in nipple, breast pain & breast infections. <i>Dr. MaryAnn O'Hara M.D., M.P.H., M.St, F.A.B.M.</i>	905 G	Global Breastmilk Initiative Come hear about this inspiring, local non-profit organization that promotes & supports breastfeeding in vulnerable areas of our world. <i>Christine Wallace CMA, LMP, CCCE, CLD, Founder of Gracewinds</i>
702 L/LA	Breastfeeding Advocacy Using NVC Come explore ways we can relate to the humanity in those who make different choices than us, & from that place of compassion have greater likelihood of making our own passion for the benefits of breastfeeding known. <i>Erika Jennings</i>	906 G	The Use of Acupuncture in Support of Breastfeeding Discover the value & health benefits of acupuncture for the nursing mother. <i>Susan Moore LA.c</i>
703 G	Impact of Circumcision on Breastfeeding and Care of the Intact Boy <i>John Geisheker JD, LL.M</i>	5:00-5:15 pm	Closing & Silent Auction Ends
704 G	The Natural Child Discuss what it means to parent from the heart. <i>Jan Hunt BA, M.Sc</i>	5:15-6:15 pm	FAM Family Entertainment Enjoy singing, dancing & monkeying around to <i>Recess Monkey</i> , Seattle's FAVORITE Kid's Band. Light refreshments served at this complimentary family event.
705 G	Cranio Sacral Therapy & the Suck, Swallow, Breath Cycle <i>Loretta Arvizu RN, CST</i>		
706 G	Staying Connected with Your Teenager Hear from two parent educators (parents of teens themselves) about how they stay(ed) connected with their teenagers through these exciting, scary, fragile, & powerful years. <i>Emily Troper ECE, Lyla Wolfenstein BS, IBCLC</i>		

La Leche League Kids Camp Extraordinary Adventures

Saturday, October 17, 2008

9:15-10:30 am	Gentle Movements Wake up with gentle stretches & slow movements.
9:15-10:30 am	Follow the Yellow Brick Road! Creative play from <i>The Wizard of Oz.</i> <i>Jenn Best</i>
10:45-12:00 pm	Multicultural Crafts <i>Rachel Addison of Circle Time Kids</i>
2:30-3:45 pm	Weird Science! From magnets to volcanoes, easy experiments for home. <i>Jenn Wood</i>
4:30-5:45 pm	Shake Your Groove Thing A colorful intro to world music. <i>Heather Harwood-Stamper</i>

Sunday, October 18, 2008

8:30-9:45 am	Aikido for Kids Learn some fun, nonviolent self-defense skills. <i>Puget Sound Aikikai</i>
9:55-11:10 am	Signing with Children <i>Colleen Thomason</i> AND Beginning Crochet & Finger Knitting
11:20-12:35 pm	All Things Irish Learn a jig, make a wand & sing. <i>Katherine & Kody of Faraige Mhor Academy</i>
2:20-3:35 pm	Experience the Magic of Gemstones: Enjoy an interactive stone treasure hunt! <i>Scratch Patch</i>
3:45-5:00 pm	Clowning Around with Tator Tot Have your face painted & learn magic tricks! <i>T. Tator Tot the Clown</i>