

The 2009 LLL of Washington Health Care Professional Seminar



Seminar Facility
Lake Washington Technical College - Kirkland Campus
Room W404 - The Auditorium
11605 132nd Avenue NE
Kirkland, Washington 98034-8506

Directions from north of Lynnwood Head south on I-5. Merge onto I-405 S via EXIT 182 toward BELLEVUE/RENTON. Head south on I-405, take exit 20 (124th St.) Turn left on NE 124th Street at end of exit ramp. Go over the freeway. Go through 4 stoplights. At the fifth light, veer to the right onto Slater Avenue. Go to the first stoplight. Turn left onto 120th Street. Go up the hill. The Lake Washington Technical College is on your right. Parking is free.

Directions from south of Seattle Head north on I-5. Merge onto I-405 N via EXIT 154 toward RENTON/BELLEVUE. Head north on I-405, take exit 18 (85th St.) Turn right (east) toward Redmond onto 85th at the end of the exit ramp. Turn left on 132nd Avenue Northeast. Drive two miles. The Lake Washington Technical College is on your left. Parking is free.

Continuing Education Credits The CE fee includes a CD syllabus & a certificate for continuing education credits. Once you have registered, you will be offered a link to download the syllabus to print. If you want a paper copy, add \$15.00 to the registration fee & pick up at the registration desk. The Seminar provides 7.75 credits for International Board Certified Lactation Consultants (IBCLCs - CERP's), Registered Dietitians (RDs - CPEUs), & Registered Nurses (RNs -

Seminar Objectives

- Explain the concept of targeting in relation to strategies to resolve low milk production.
- Explain how to determine if the cause of low milk production is primary or secondary.
- Identify three primary causes of low milk production.
- Describe the first intervention that is appropriate for most secondary causes of low milk production.
- Identify three secondary causes of low milk production.
- Explain two factors that affect breast augmentation lactation outcomes.
- Explain three factors that affect breast reduction lactation outcomes.
- 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 breast fullness on patterns and milk supply.
- 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.
- Understand the relationship between infant sleep, feeding method, and daytime fatigue
- Describe the bidirectional relationship of depression and sleep problems
- Examine options to intervene with highly fatigued mothers while still supporting breastfeeding.
- Describe the common patterns of infant sleep location.

Seminar Lodging
Baymont Inn & Suites
12223 NE 116th Street
Kirkland, Washington 98034
(425) 822-2300

LLL of WA has reserved a block of rooms for those seeking lodging on Thursday night, 10/15, & Friday night, 10/16, 2009. Please make your individual room reservation by 9/25/09. The group rate is one room with a King bed at \$86.00 per night plus tax, or one room with 2 Queen beds for \$88.00 per night plus tax. Complimentary continental breakfast included. Check-in is at 4 pm.



La Leche League of Washington
6408 Wheeler Street
Shobomish, WA 98296

The 2009 La Leche League of Washington
Health Care Professional Seminar
October 16, 2009
Kirkland Lake Washington Technical College

Featuring Diana West, IBCLC
and
Kathleen Kendall Tackett, PhD, IBCLC

DATED MATERIAL
Register by October 10, 2009

Register online at www.lllwaconf.org - its
quick and easy!

Our Mission 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 baby and mother.

Our Featured Speakers

Dr. Kathleen Kendall-Tackett, PhD, IBCLC, is a health psychologist & an International Board Certified Lactation Consultant. She is a Clinical Associate Professor of Pediatrics at Texas Tech University School of Medicine, & Acquisitions Editor for Hale Publishing. Dr. Kendall-Tackett is a Fellow of the American Psychological Association in both the Divisions of Health & Trauma Psychology, & is Associate Editor of *The Journal Of Psychological Trauma*. Dr. Kendall-Tackett is author of more than 180 journal articles, book chapters & other publications, & author or editor of 17 books in the fields of trauma, women's health, depression, & breastfeeding, including "Depression in New Mothers" (2005, Taylor & Francis), and "Non-Pharmacologic Treatments for Depression in New Mothers" (2008, Hale Publishing). She is a founding member of the American Psychological Association's Division of Trauma Psychology, & serves as Division Secretary.

Diana West, BA, IBCLC, is an International Board Certified Lactation Consultant in private practice, co-author with Lisa Marasco of "The Breastfeeding Mother's Guide to Making More Milk," & Dr. Elliot Hirsch of "Breastfeeding After Breast and Nipple Procedures," author of the "Clinician's Breastfeeding Triage Tool," & "Defining Your Own Success: Breastfeeding After Breast Reduction Surgery," as well as numerous magazine articles. She has a bachelor's degree in psychology, is a retired LLL Leader, a website developer, & administrator of the popular BFAR.org, LowMilkSupply.org, LactSpeak.com, & LactAsk.com websites. She & her family raise German shepherd guide dog puppies for *The Seeing Eye*. Most importantly, Diana mothers her three charming, breastfed sons in partnership with her amazing husband Brad in their home in picturesque mountains of New Jersey.

Register online at www.lllwaconf.org or send form & payment by 10/10/09 to LLL of WA, Registrar, 6408 Wheeler Street, Snohomish, WA 98296

First & Last Name (title/credentials as on badge)

Telephone

Email

Billing Address

City

State

Zip

Registration fee includes CD syllabus, CE credits, breakfast, lunch & refreshment.

__ \$100 LLL Leader/LA By 9/10/09

__ \$120 LLL Leader/LA After 9/10/09

__ \$125 LLL Member By 9/10/09

__ \$145 LLL Member After 9/10/09

__ \$150 Non-Member By 9/10/09

__ \$170 Non-Member After 9/10/09

__ \$15 Paper Syllabus

__ Become a LLL Member Today & Save, 1-Year Membership \$40.00

TOTAL: _____

Payment: __ Check __ Visa __ MC

Card # & Expiration Date

Authorizing Signature

Additional Needs (pumping room, meal, other accommodations)

Submit refund requests by 10/05/09. Questions? Judy (425) 780-0079 or 48jhulse@comcast.net. LLL recognizes that in the early years babies have a basic need to be with their mothers. This seminar might be the vital opportunity to observe a natural mother-baby breastfeeding dyad outside of the clinical setting. If you need to pump while away from your baby, let us know above & we will arrange a comfortable place for you.

The 2009 LLL of Washington Health Care Professional Seminar *New Discoveries in Breastfeeding, Maternal Well-Being & Lactation* October 16, 2009

LLL strives 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.

Enjoy a premiere learning seminar with cutting-edge information on lactation management, evidence-based practice, & research. Anyone seeking technical breastfeeding information is welcome & CE credits are included. Those benefiting: Physicians, Midwives, Nurses, Lactation Consultants, LLL Leaders, Dietitians, Childbirth & Health Educators, Postpartum & Birth Doulas, Family Therapists, Psychologists & persons working with postpartum & breastfeeding mothers/infants or women's health issues.

7:30-8:00 am Registration, Exhibits & Continental Breakfast

8:00-8:15 Welcome & Introductions Room W404 - The Auditorium

8:15-9:45 Breastfeeding After Cosmetic Breast Surgeries A comprehensive discussion of breast augmentation, reduction, lift surgeries & impact upon lactation, & discussion of incidence, motivations, surgical techniques, implications for lactation, psychological factors, management, & resources. *Diana West*

9:45-9:55 Restroom Break

9:55-11:10 A New Paradigm For Depression In New Mothers Recent research reveals that depression is largely caused by increased inflammation, specifically by elevated levels of pro-inflammatory cytokines, by psychological stress, trauma, pain, & sleep deprivation. Breastfeeding, which lowers stress, is protective of maternal mood. *Kathleen Kendall-Tackett*

11:10-12:00 pm Buffet Lunch, Silent Auction & Exhibits

12:00-1:15 Low Milk, Part I: Maternal Causes A discussion of techniques to increase milk production targeted to underlying causes. *Diana West*

1:15-2:30 Breastfeeding Made Simple: Natural Laws for Nursing Mothers Each year, hundreds of thousands of women initiate breastfeeding only to stop in the first few days or weeks. What happens? It's not lack of information or mothers' interest. This attrition suggests that a different approach is needed. In this presentation, hear the natural laws for nursing mothers that simplify breastfeeding & help mothers tap into their own innate wisdom. Laws are based on latest research from around the world & will help us teach mothers more effectively so they can have a successful breastfeeding experience. *Kathleen Kendall-Tackett*

2:30-2:50 Refreshment Break, Exhibits, Silent Auction Ends

2:50-4:05 Low Milk, Part II: Infant Causes A discussion of techniques to increase milk production targeted to underlying causes. *Diana West*

4:05-5:20 Nighttime Breastfeeding & Postpartum Depression A look at depression, breastfeeding, maternal sleep & fatigue. *Kathleen Kendall-Tackett*

5:20-5:40 pm Book Signing with Speakers, Evaluations & Exhibits Close

La Leche League of Washington fully supports the WHO International Code of Marketing of Breastmilk Substitutes. In compliance with the WHO Code of Marketing of Breastmilk Substitutes, this program does not receive funding from any corporation that violates the International Code.