



**B.E.S.T. Connection**  
**Pre-Recorded Lactation Webinar**  
**Release Date: 9/13/2024**  
**Expiration Date: 11/31/2024**

*“Continuity of Lactation Care:  
It Takes a Village”*

**Pre-Recorded Sessions – Learn at your own pace!**

- **How are We Doing: Maine and New England Breastfeeding Data** Kara Kaikini, MS, IBCLC  
(includes national and international data)
- **Expanding Access to Donor Milk in Maine and New England** Kyla Garver, MPH  
(includes information about other U.S. milk banks)
- **Breastfeeding in the Context of Substance Use Disorder** Alane O’Connor, DNP
- **Collaborative Lactation Care Through the Continuum: Education & Support from Prenatal through Postpartum (Panel Discussion)** Paula Norcott, CLC, IBCLC, CBE, Moderator
- **Is it Something I Ate? Discovering and Addressing Potential Allergies in Mother’s Milk**  
Jacqui Stevens, MS, RDN, LD, CLC

**TARGET AUDIENCE:** Lactation Consultants and educators, maternity and pediatric nurses, midwives, doulas, nurse practitioners, dietitians, childbirth educators, WIC staff, physicians, and other individuals who educate and provide care for pregnant, birthing and lactating parents.

**CONTINUING EDUCATION CREDITS:**

**ANA/ANCC** This activity has been submitted to the Connecticut Nurses' Association for approval to award contact hours. The Connecticut Nurses' Association is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center’s Commission on Accreditation.

**IBLCE** Application for Continuing Education Recognition Points (CERPs) has been submitted to the International Board of Lactation Consultant Examiners.

**ACNM, CDR, DONA, ICEA:** ANA/ANCC credits, if approved, may be accepted by ACNM, CDR, DONA, ICEA and other professional credentialing agencies.

**PLANNING COMMITTEE:**

Cheryl Bean-Moody, BS, CLC    Bettina Pearson, RN, BSN, IBCLC  
Veronica Sweeney, RN, IBCLC    Shannon Axelson, CNM, MSN  
Jennifer Viger, DTR, IBCLC

**Disclosure of potential financial relationships/conflicts of interest:** Kyla Garver has disclosed previous employment with Brownmed, Inc., a medical supply company. No other potential relevant financial relationships with ineligible companies were identified for any individuals with the ability to control content of this activity.

## Meet the Presenters



**Kyli Garver, MPH** is Director of Hospital Relations and Community Education at Mothers' Milk Bank Northeast. She earned her Master of Public Health Degree at Boston University with a concentration in Maternal Child Health. In her role at the milk bank, Kyli builds partnerships with a wide range of medical personnel, conducts educational trainings, and supports clinical staff who have questions about donor milk. Kyli has three children of her own, now well beyond their breastfeeding years, but she continues to be passionate about supporting birthing people, particularly in the earliest days of the parenting journey.



**Kara Kaikini, MS, IBCLC** has been an International Board-Certified Lactation Consultant since 2009 and has worked as a home visitor, postpartum doula, childbirth educator, and a hospital childbirth education and lactation services program manager. She teaches prenatal classes and facilitates the weekly breastfeeding group for Maine Medical Center. Kara is the Executive Director of the Maine State Breastfeeding Coalition (MSBC) whose mission is to enhance the culture of breastfeeding and chestfeeding around the state of Maine through advocacy, education, and connection. She is passionate about supporting people throughout their vulnerable transitions to new parenthood and throughout their lactation journeys by enhancing systems to better support them. Kara lives with her husband, two active boys, and one energetic dog in coastal Maine.



**Paula Norcott, CLC, IBCLC, CBE** Paula Norcott, CLC, IBCLC, CBE, Doula is the co-owner of Maine Mother and Company, a perinatal resource center in Brunswick Maine. Paula is a lactation consultant with over 23 years experience serving feeding parents in New England and now all over the world. She worked in a fast paced hospital setting for 5 plus years. She currently works in private practice, in the infant feeding tech world and consults for both the state as well as a well known pump company. Frustrated by how nipple pain is brushed off and how slow infant gain is blamed on feeding parents, Paula has made it her mission to help these families feel confident in their plan and their ability to feed their tiny humans with a mental health first approach. When not helping other families, Paula can be found at home, with her husband and at least a few of her five children, likely drinking GOOD chai, knitting or sitting completely still in the sun.



**Dr. Alane O'Connor, DNP** is the director of perinatal addiction medicine at Maine Medical Center and is the medical advisor of the Maine Maternal Opioid Misuse (MaineMOM) Initiative, a 5-year, \$5 million federal grant to expand access to substance use disorder treatment for pregnant and postpartum individuals in Maine. Dr. O'Connor also co-chairs Maine's Opioid Response Clinical Advisory Committee, which advises the Governor's opioid response director on clinical and public policy issues. She has more than 15 years of experience in addiction medicine in a variety of settings, including extensive experience caring for pregnant patients with substance use disorder in both the inpatient and outpatient settings. She is a core faculty member of Maine's only addiction medicine fellowship program. Finally, Dr. O'Connor has published numerous peer reviewed articles on maternal and infant outcomes following substance affected pregnancies.



**Jacqui Stevens, MS, RDN, LD, CLC** is a registered dietitian nutritionist specializing in maternal and child nutrition, a certified lactation counselor, mom of two under five and owner of Home Grown Nutrition, LLC. In her practice she guides parents and families through pregnancy and postpartum nutrition, lactation, the introduction of solid foods to their babies, and provides guidance with food allergies and peaceful mealtime strategies up through age five. Jacqui practices nutrition counseling from a weight inclusive paradigm, focusing on intuitive eating and body positivity to help break generational cycles of the diet mentality. She is passionate about helping families foster an environment at home where food is both joyful and nourishing.

**REGISTRATION FORM:**

**Online registration:** Go to the web site for the online registration link at: [www.bestconnection.org](http://www.bestconnection.org)

Name (as you want it on your certificate): \_\_\_\_\_

Home address \_\_\_\_\_

Home or Cell Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Email address \_\_\_\_\_

May we share your information with lactation based groups for networking purposes? Yes \_\_\_\_\_ No \_\_\_\_\_

**Continuing Education Credits/Certificates** (Select one or more):

ANA \_\_\_\_\_ CLC \_\_\_\_\_ IBLCE \_\_\_\_\_ Certificate of attendance only \_\_\_\_\_ None \_\_\_\_\_

**Childbirth Educators, Dietetics, Doulas, Nurse Midwives:** ANA/ANCC credits are accepted by ACNM, CDR, DONA, ICEA and other professional credentialing agencies.

**PROGRAM ACCESS** You will receive your webinar links and passwords by email, in the format of a PDF "TICKET" by 9/13/24. **PROGRAM REQUIREMENTS** for earning CERPs/CEUs: Successful completion of the program requires viewing the sessions, answering the critical thinking and self-assessment questions, and completing the attestation statement. The program expires on 11/31/2024. Education credits will not be awarded after this date.

**REGISTRATION FEE: EARLY BIRD postmarked before 7/31/24: \_\_\_\_\_ \$79.00 Save \$20.00**

**EARLY BIRD postmarked before 8/31/24: \_\_\_\_\_ \$89.00. Save \$10.00**

**REGISTRATION FEE postmarked after 9/1/24 \_\_\_\_\_ \$99.00 Registration closes 11/22/24**

**Make check payable to, and mail to:** The BEST Connection P.O. Box 2736 Waterville, ME 04903  
Registrations by postal mail must be postmarked before 11/22/24 in order to receive your materials before the deadline.

**Credit Card Payments: VISA, MASTER CARD, DISCOVER CARD ACCEPTED**

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**Confirmation:** If you register online, you will receive an emailed confirmation email. If you register by postal mail, you will receive an email confirmation within 1-3 days of acceptance. **CANCELLATIONS.** Once the webinar "TICKET" and sign-on links have been released to you, we cannot refund any portion of the payment.

This program is presented by: **The B.E.S.T. Connection**, with technical support from **Praeclarus Press**

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