



**30th B.E.S.T. Connection
Lactation Conference & Webinar
May 15, 16, & 17, 2024**

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

Day One: Wednesday, May 15: Pre-Recorded (\$99.00)

- **Calibration: Early Control of Milk Production** Cathy Watson Genna, BS, IBCLC
- **A Parent’s Eye View of Lactation Help** Nancy Mohrbacher, IBCLC, FILCA
- **Happy to be done, but why am I so glum? - A look into the feelings of guilt and depression after weaning** Dominique Gallo, IBCLC, RLC
- **Red Flags for Lactation Support People** Cathy Watson Genna, BS, IBCLC

Day Two: Thursday, May 16: Pre-Recorded (\$99.00)

- **Navigating Lactation Trainwrecks** Nancy Mohrbacher, IBCLC, FILCA
- **Transitioning Baby to Direct Nursing** Nancy Mohrbacher, IBCLC, FILCA
- **In for the Long Haul: Case Studies** Cathy Watson Genna, BS, IBCLC
- **HANDling the Pain: The Role of Therapeutic Breast Massage in Lactation** Maya Bolman, RN, BA, BSN, IBCLC, FILCA

Day Three, Friday, May 17: In-Person, Portland, ME (\$129.00 - limited to 100 people))

- **How are We Doing: Maine and New England Breastfeeding Data** Kara Kaikini, MS, IBCLC
- **Expanding Access to Donor Milk in Maine and New England** Kyla Garver, MPH
- **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)** Kara Kaikini, MS, IBCLC, Moderator
- **Is it Something I Ate? Discovering and Addressing Potential Allergies in Mother’s Milk** Jacqui Stevens, MS, RDN, LD, CLC

BONUS SESSIONS INCLUDED WITH REGISTRATION OF TWO OR MORE DAYS:

- A. **Talking So They Listen: Bringing lactation consultants and pediatricians together** Dominique Gallo, IBCLC, RLC
- B. **Persistent Low Milk Supply: Do Genetics and Diet Play a Role?** Shannon Kelleher, PhD

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.

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



Maya Bolman, RN, BA, BSN, IBCLC, FILCA was born and raised in Minsk, Belarus. She was certified as IBCLC in 2001 and currently works as a lactation consultant at Senders Pediatrics and Breastfeeding Medicine of Northeast Ohio. Maya is well known internationally for her work promoting hand expression and breast massage to health professionals and parents. She recognizes that teaching these basic tools helps empower them to work through breastfeeding challenges including engorgement, plugged ducts, separation from the infant, and milk supply concerns. She has worked with Dr. Ann Witt to create an instructional video "The Basics of Breast Massage and Hand Expression" and conducts research on the effectiveness of Therapeutic Breast Massage in Lactation (TBML) both in the office and as a treatment at home for mothers.



Dominique Gallo, BS, IBCLC, RLC has been an International Board-Certified Lactation Consultant since 2013. Dominique got her start with birthmark by becoming a doula and volunteering with Le Leche League and grassroots efforts in her community. She currently works as the Infant Feeding Specialist on the maternity care center of her local hospital and provides provider education, unit education, and prenatal lactation education for patients. Dominique also assists with feeding support during parents' postpartum period on the unit and help with feeding plans. She is very passionate about supporting breastfeeding/ human milk feeding, especially within black and brown communities, and making sure parents have access to breastfeeding support within their communities. When she has down time you can find her playing chauffeur to her 3 very active children, tending to her fur babies or supporting her husband's softball team.



Kyla 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, Kyla builds partnerships with a wide range of medical personnel, conducts educational trainings, and supports clinical staff who have questions about donor milk. Kyla 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.



Shannon Kelleher, PhD is a Professor of Biomedical and Nutritional Sciences at The University of Massachusetts in the Boston Area. She earned a Ph.D. in Nutritional Biochemistry and Cell Biology from the University of California, Davis. She focuses on understanding how genetics, diet and environmental factors affect milk supply and composition. Her research was the first to identify a mutation that causes low zinc levels in human milk, leading to severe zinc deficiency in exclusively breastfed infants. Shannon generated the idea for integrating DNA science and lactation into a new space in women's health, where personalized nutrition meets lactation science.....called "lactogenetics", to help bridge the gap in knowledge between evidence-based research in human milk and lactation and the need for expertly tailored approaches to support infant feeding decisions. She balances her passion for science with cooking, hiking, and working in her Vermont gardens, creative fiber arts, playing with her outrageously opinionated West Highland Terriers, and enjoying time with her family.



Nancy Mohrbacher, IBCLC, FILCA began helping nursing families in 1982 as a volunteer peer supporter. She became a board-certified lactation consultant in 1991 and spent 10 years growing a large private lactation practice in the Chicago area, where she worked one-on-one with thousands of families. Nancy is the author or co-author of three current books for nursing parents and two for lactation specialists, including her 2020 textbook, *Breastfeeding Answers, Second Edition*. Her Breastfeeding Solutions app is used worldwide, and her YouTube channel has millions of views. She currently creates innovative lactation education for aspiring and recertifying lactation consultants online at LactaLearning.com and speaks at events around the world. Nancy was in the first group of 16 to be honored for their contributions to breastfeeding with the designation FILCA, Fellow of the International Lactation Consultant Association.



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.



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.



Catherine Watson Genna, BS, IBCLC has been an IBCLC in private practice in NYC since 1992. She has a special interest in the anatomical, genetic, and neurological influences on infant sucking skills, and writes and speaks on these topics. Catherine's research with Columbia University and Tel Aviv University departments of Biomedical Engineering includes using ultrasound and cervical auscultation to study sucking and suck:swallow coordination in infants with ankyloglossia as well as biomechanical aspects of breastfeeding. She is an avid clinical photographer and the author of *Supporting Sucking Skills in Breastfeeding Infants* (Jones and Bartlett Publishers, 2023, 2016, 2013 and 2008) and *Selecting and Using Breastfeeding Tools* (Praeclarus Press, 2009). She served as the founding associate editor of *Clinical Lactation* for its first 7 years.

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. It is the responsibility of the attendee, not the BEST Connection, to check with their respective professional certification agency to ascertain whether they will accept these credits.

PLANNING COMMITTEE:

Cheryl Bean-Moody, BS, CLC
Veronica Sweeney, RN, IBCLC
Jennifer Viger, DTR, IBCLC

Bettina Pearson, RN, BSN, IBCLC
Shannon Axelson, CNM, MSN

MEASURABLE OUTCOMES/OBJECTIVES: Following completion of this program, attendees will attest whether they are able to:

- Explain how the breast calibrates milk production during the early postpartum so we can optimize each mother's potential to meet her baby's nutritional needs.
- Recommend basic strategies that can help a non-latching baby transition from a bottle or nipple shield to the breast.
- Discuss at least two considerations for whether breast/chestfeeding is contraindicated in the context of substance abuse.

PROGRAM REQUIREMENTS for earning CERPs/CEUs: Participants can earn education credits with any combination of in-person attendance (Friday, May 17) or recorded sessions. Successful completion of the program requires viewing the sessions, answering the critical thinking and self-assessment questions, and completing the attestation statement.

PROGRAM ACCESS You will receive your webinar links and passwords in the format of a PDF "TICKET" 2-3 days before the sessions begin. You will receive the handouts and the agenda via email 1-2 weeks prior to the webinar. Please notify us if your email address changes. If you have not received the PDF "TICKET" with the links by midnight on 5/13/24, notify us ASAP. Attendees for the in-person conference on May 17, 2024 will need to sign in at the registration table at the conference site.

All webinar sessions and the critical thinking questions will expire at midnight on July 17, 2024, Eastern Time. Materials will not be accepted for earning continuing education credits after this time. If you require a certificate for any individual session(s) already completed prior to finishing the whole program, please notify us by email.

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 48 hours of acceptance. If you do not receive a confirmation email either way, be sure to notify us before May 8th.

Pump room at the in-person conference: A space will be provided to express milk. You must bring your own pump and you may need to share the space with others.

In Person Conference on 5/17: Quiet Infants under six months are welcome. As a courtesy to attendees and for the comfort of your child, you may wish to sit near an exit and leave the conference while your baby is not content.

Location of Live Conference (5/17): Keeley's Banquet Center, 178 Warren Avenue, Portland, ME 04103

Reduced Hotel Room Rates: Email us for details about reduced Ramada Inn room rates and the reservation deadline.

This program is presented by: **The B.E.S.T. Connection**, with technical support from **Praeclarus Press**
Phone (207) 649-2386 **FAX** (207) 873-1348 **Email:** Cheryl@thebestconnect.net

REGISTRATION FORM: (Register from 1/01/2024 until 5/8/2024 and complete the requirements by 7/16/2024. If registering by postal mail, it should be postmarked by 5/8/2024 so we will receive it before 5/14/24).

Online registration: Go to the web site for the online registration link at: www.bestconnection.org

Name, as you want it on your certificate: _____

Home address _____

Home or Cell Phone _____ Work Phone _____

Email address _____

Special Needs? (Specify if any) _____

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, if approved, are accepted by ACNM, CDR, DONA, ICEA and other professional credentialing agencies.

REGISTRATION FEES (check one): **Two-day registration includes two free bonus sessions.**

Wednesday (5/15): \$99.00 _____ Thursday (5/16): \$99.00 _____ Friday (5/17 Portland, ME): \$129.00 _____

Wednesday/Thursday: \$198.00 _____ Wednesday/Friday: \$220.00 _____ Thursday/ Friday \$220.00 _____

All 3 days: \$315 _____ (Friday registration fees include lunch and refreshments)

Registration on Friday, May 17th is limited to 100 people. We suggest registering early if you wish to attend on Friday. Once full, we will delete this option and will discontinue promoting the third day.

Make check payable to, and mail to: The BEST Connection P.O. Box 2736 Waterville, ME 04903
Registrations by postal mail must be received by May 9, 2023, in order to receive your materials in time.

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

Card Number _____

Printed Name on Card _____ EXP. Date _____ 3-digit Sec. Code _____

Signature _____ Credit Card Billing address zip code _____

CANCELLATIONS We honor full refunds that are requested in writing up to two weeks before the webinar begins. For the two weeks prior to the webinar, we can refund 50% of your registration fee or you may find a substitute. Once the webinar "TICKET" and sign-on links have been released to you, we cannot refund any portion of the payment. We cannot refund registration fees if the speakers or content are changed due to circumstances beyond our control.

www.bestconnection.org