

26th B.E.S.T. Connecticut Lactation Conference (Pre-recorded Webinar)

Released on: September 17, 2020

Register by: July 31, 2021

Complete by: August 31, 2021

TARGET AUDIENCE:

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



Presenters in order of speaking:

Alyssa Schnell, MS, IBCLC

Kathy Kendall-Tackett, PhD, IBCLC, FAPA

Conference Objectives

- * *Explain the unique reasons non-gestational parents may choose to breastfeed/chestfeed*
- * *Describe how the breastfeeding partner can nurture the nurturer*
- * *Explain breastfeeding's role in protecting infants from the harmful effects of maternal depression*
- * *Describe the role of insulin and satiety mechanisms in weight gain, and how breastfeeding addresses; discuss the impact of sleep and psychological trauma on insulin resistance and weight gain*
- * *Gain and list strategies for helping parents to increase milk output while pumping*
- * *Describe the prevalence of traumatic birth in the U.S. and other countries and identify the relationship between traumatic birth and breastfeeding*
- * *Describe how provider-patient relationships, birth interventions, and implicit biases affect patients' oxytocin levels, which can make breastfeeding more challenging*
- * *Learn a building blocks approach to gently and effectively transition baby from bottle-feeding to breastfeeding/chestfeeding*
- * *Provide specific guidance for nursing parents preparing for their return to work or school*
- * *Describe the three components of the stress response and the impact of the immune system on mothers' mental health*
- * *Describe the effects of maternal PTSD on mother-infant sleep and the role of breastfeeding in down-regulating those effects and explain why mother-baby separation will likely not be effective in helping both mothers and babies to sleep*

NEEDS ASSESSMENT The clinical need for this conference that has been identified by previous attendees is the necessity for current evidence based information pertaining to (a) the management and counseling for depression and adversity in the perinatal period, with an emphasis on breastfeeding mothers, (b) examining the role of oxytocin in protecting maternal mental health and stress, (c) providing strategies for mothers to improve their milk output when breast pumping (c) review of recent research regarding how obesity impacts lactation outcomes, and (e) strategies for transitioning the infant back to breastfeeding/chestfeeding after a period of exclusive bottle-feeding. **The PURPOSE** of this program is to provide a theoretical and practical basis for applying this evidence-based information in daily practice, decision-making, and counseling situations with families during the perinatal period so they can make informed decisions in the hospital and clinic settings.

Agenda, Day One

	Total number of minutes
7:45-8:00 ANNOUNCEMENTS & INTRODUCTIONS	15
8:00-9:30 Breastfeeding Outside the Box: The Unique Needs of Non-Gestational Parents (Adoption, Surrogacy, Co-Nursing and More) A. Schnell	90
9:30-9:45 COFFEE BREAK	15
9:45-10:45 The Breastfeeding Partner: How Dads, Co-Moms, and Other People Make a Difference A. Schnell	60
10:45-11:30 LUNCH BREAK	45
11:30-1:00 A New Paradigm for Depression in New Mothers K. Kendall-Tackett	90
1:00-1:15 COFFEE BREAK	15
1:15-2:15 Weighing in on Obesity and Breastfeeding K. Kendall-Tackett	60
2:15-2:30 STRETCH BREAK	15
2:30-3:30 The Proficient Pumper A. Schnell	60
3:30-4:30 Birth Trauma: Causes and Consequences of Childbirth-Related PTSD (including a discussion about the impact on lactation) K. Kendall-Tackett	60

Agenda, Day Two

7:45-8:00 ANNOUNCEMENTS & INTRODUCTIONS	
8:00-9:00 Breastfeeding Makes All the Difference: Breastfeeding's Role in Resiliency and Overcoming Adversity K. Kendall-Tackett	60
9:00-9:15 COFFEE BREAK	15
9:15-10:15 Combining Breastfeeding with Work or School A. Schnell	60
10:15-10:30 STRETCH BREAK	15
10:30-12:00 ReLATCHtation: Transitioning from Bottle-feeding to At-Breast/Chest Feeding A. Schnell	90
11:00-11:45 LUNCH BREAK	15
11:45-12:45 What We Can Learn from Fed Is Best Fed is Best is a foundation with a major social media presence who seek to warn parents and practitioners about the dangers of insufficient exclusive breastfeeding through their social media campaigns, which have galvanized a backlash against exclusive breastfeeding. K. Kendall-Tackett	60
12:45-1:00 STRETCH BREAK	15
1:00-2:00 The Effect of Depression, and PTSD on Mother-Infant Sleep Kendall-Tackett	60
2:00-3:00 DISCUSSION/ Question and Answer Session; Closing Remarks	60
3:00-4:30 REPEAT of Thursday Session, for those registered for Friday only Breastfeeding Outside the Box: The Unique Needs of Non-Gestational Parents (Adoption, Surrogacy, Co-Nursing and More) A. Schnell	90

FACULTY in ORDER OF SPEAKING

Alyssa Schnell, MS, IBCLC has been helping parents and babies with breastfeeding for the past 17 years and she has been accredited as an International Board Certified Lactation Consultant (IBCLC) since 2009. Her private practice, Sweet Pea Breastfeeding Support, provides individual lactation consultations either in person or by phone or videoconference for parents throughout the United States and beyond. Alyssa is also the co-host of the *Breastfeeding Outside the Box* podcast devoted to families breastfeeding in extraordinary situations. Alyssa enjoys working with all parents and babies, but she has an extra special place in her heart for helping non-birthing parents to breastfeed their babies. She is the author of *Breastfeeding Without Birthing: A Breastfeeding Guide for Mothers Through Adoption, Surrogacy, and Other Special Circumstances* and is an international speaker on the topics of inducing lactation, relactation, and other related topics. Alyssa is the proud mother of three breastfed children, two by birth and one by adoption.

Dr. Kathy Kendall-Tackett is a health psychologist and International Board Certified Lactation Consultant, and the Owner and Editor-in-Chief of Praeclarus Press, a small press specializing in women's health. Dr. Kendall-Tackett is Editor-in-Chief of two peer-reviewed journals: *Clinical Lactation* and *Psychological Trauma*. She is Fellow of the American Psychological Association in Health and Trauma Psychology, Past President of the APA Division of Trauma Psychology, and a member of the APA's Publications and Communications Board. Dr. Kendall-Tackett specializes in women's-health research including breastfeeding, depression, trauma, and health psychology, and has won many awards for her work including the 2017 President's Award for Outstanding Service to the Field of Trauma Psychology from the American Psychological Association's Division of Trauma Psychology. Dr. Kendall-Tackett has authored more than 460 articles or chapters and is author or editor of 38 books. Her most recent books include: *Depression in New Mothers*, 3rd Edition (2017, Routledge UK) and *Women's Mental Health Across the Lifespan* (2017, Routledge UK).

Planning Committee:

Cheryl Bean-Moody, BS, IBCLC
Veronica Sweeney, RN, IBCLC
Shannon Axelson, CNM, MSN

Bettina Pearson, RN,BSN,IBCLC
Jennifer Viger, DTR, IBCLC

REGISTRATION INFORMATION

Fees are listed below on the registration form. You may register by regular mail, fax, email, or using the online link shown below. Successful completion of the program requires passing the post webinar quiz with a score of at least 80% and submission of the conference evaluation form. **Register by 7/31/2021 and complete by 8/31/2021.**

CANCELLATIONS

We honor refunds that are requested before the webinar is released. Once the webinar "ticket" has been released to you, we cannot refund any portion of the payment.

The **CDR** (Commission on Dietetic Registration), the credentialing agency for the Academy of Nutrition and Dietetics (**AND**) has approved this educational activity.

IBLCE - CERP's have been approved by the International Board of Lactation Consultant Examiners for lactation consultants and counselors (IBCLC, CLC).

Specialty education credits have been approved by the Midwifery Education Accreditation Council (**MEAC**).

ANA/ANCC This nursing continuing professional development activity was approved by the Connecticut Nurses' Association, an accredited approver by the **American Nurses Credentialing Center's Commission on Accreditation**.

The maximum contact hours that can be earned are 7.0 for one day or 12.5 for both days.

REGISTRATION FORM If you prefer to register online, go to the link shown below (register by 7/31/2021 and complete by 8/31/2021):

<http://events.constantcontact.com/register/event?llr=7hvnxvabb&oeidk=a07ei3rzdyya78b785d>

Name (print clearly, as you want it shown on your certificate) _____

Employer _____ Employer address _____

Home address _____ Phone (home) _____ (work) _____

Email address _____

Special Needs? (specify) _____ May we share your information for networking purposes? Yes _____ No _____

_____ **Both days** \$ 145.00 _____ **Day One** \$ 75.00 _____ **Day Two** \$75.00

Credits (check all that apply): ANA/ANCC _____ AND (CDR) _____ IBLCE _____ CLC _____ MEAC (CPMs) _____ None _____

(ANCC credits are accepted by ACNM, DONA, and ICEA.)

ANA-Maine and the Connecticut Nurses Association partner to provide approval for CEs and Approver applications for Maine and Connecticut.)

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DISCLAIMER and CONFLICT OF INTEREST STATEMENT:

The speakers and planners do not have relationships with companies who manufacture products used in the treatment of subjects under discussion, nor any other conflicts of interest that will not be explained during their presentations. *Alyssa has declared that she receives royalties on a book that she has authored and she has a pump rental station and online lactation training program*

DISCLOSURE OF COMMERCIAL SUPPORT: This activity was made possible in part by an educational grant from Acelleron, a durable medical equipment company providing breast pumps through the Affordable Care Act. Commercial support will cover a portion of equipment rental fees.

NOTICE: The expiration date of webinar is August 31, 2021.

All of the sessions must be completed by midnight, August 31, 2021.

Audio and video recording from the videos onto your phones, tablets, devices, computers, etc. is not permitted.



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***Lactation Challenges: Celebrating Diversity,
Overcoming Adversity, Making a Difference***

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