

The B.E.S.T. Connection

Lactation Education Self-Study Series:

Fall 2021 Modules



Learn at your own pace, in the convenience of your home or office. Check in and out of the sessions as often as you need to.

- ❖ *User-friendly pre-recorded evidence-based materials*
- ❖ *Choose one or more modules*
- ❖ *Registration starts on 9/1/2021 and closes on 12/1/2021*
- ❖ *The program will be released on 10/1/2021 and will be accessible until 12/31/2021*

Speakers and Topics:

Mammary Dysbiosis: Probiotics, Vibration and Turmeric?

Marsha Walker, RN, IBCLC (60 minutes: 1.0 CERP) \$20.00

Infant Oral Assessment: Exploring Anatomy and Function Beyond the Frenulum

Melissa Cole, MS, IBCLC, RLC (60 minutes: 1.0 CERP) \$20.00

Beyond Fenugreek: An Individualized Approach to Dietary and Herbal Galactagogues

Melissa Cole, MS, IBCLC, RLC (90 minutes: 1.5 CERPs) \$30.00

Breast Surgery/Modification and Lactation

Kathy Parkes MSN-Ed, BSPsy, RN, IBCLC, RLC, FILCA, CHC (90 minutes: 1.5 CERPs) \$30.00

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

This program will also be submitted for approval from the Academy of Nutrition and Dietetics (AND/CDR).

Presented by: The B.E.S.T. Connection (Breastfeeding Education, Support, and Training)
with technical support from Praeclarus Press

REGISTRATION FORM: (register between 9/1/2021 to 12/1/2021 and complete the requirements by 12/31/2021)

Use this link to register online: <http://events.constantcontact.com/register/event?llr=7hvnvabb&oeidk=a07eifszojs2827bd37>

Use the form below to register by email, phone, fax or postal mail.

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

Home address _____ Home Phone _____

_____ Work Phone _____

Email address (1) _____ (2) _____

Special Needs? (Specify if any) _____

May we share your information for networking purposes? Yes _____ No _____

REGISTRATION FEES:

Module A: Mammary Dysbiosis: Probiotics, Vibration and Turmeric? \$20.00 _____

Module B: Infant Oral Assessment: Exploring Anatomy and Function Beyond the Frenulum \$20.00 _____

Module C: Beyond Fenugreek: An Individualized Approach to Dietary and Herbal Galactagogues \$30.00 _____

Module D: Breast Surgery/Modification and Lactation \$30.00 _____

Total fees for sessions purchased individually \$ _____

Module BUNDLE all four sessions – best deal – save \$15.00 (earn 5 L-CERPs): \$85.00 _____

Credits/Certificates: CDR _____ CLC _____ IBLCE _____ Certificate of attendance only _____ None _____

Make check payable to, and mail to: The BEST Connection P.O. Box 2736 Waterville, ME 04903

Phone (207) 649-2386 **FAX** (207) 873-1348 **Email:** Cheryl@thebestconnect.net **Web site:** www.bestconnection.org

VISA, MASTER CARD, DISCOVER CARD ACCEPTED (American Express not Accepted)

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Signature _____ Credit Card Billing address zip code _____

PAY PAL BILLING: Bill me through PayPal with this email address _____

PROGRAM REQUIREMENTS for earning CERPs/CEUS:

Certificates of education and attendance will be awarded following the viewing of the recoded sessions and completion of the required quizzes, (with correct answers for 2 out of every 3 questions), and an evaluation/self-assessment tool.

CANCELLATIONS We honor full refunds that are requested 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.

Meet the Speakers



Melissa Cole is a board-certified lactation consultant, neonatal oral-motor assessment professional and clinical herbalist in private practice. Melissa is passionate about providing comprehensive, holistic lactation support and improving the level of clinical lactation skills for health professional.

She enjoys teaching, researching and writing about wellness and lactation-related topics. Her bachelor's degree is in maternal/child health and lactation and her master's degree is in therapeutic herbalism. Before pursuing her current path, Melissa's background was in education and cultural arts, which has served her well in her work as a lactation consultant and healthcare educator. She loves living, working and playing in the beautiful Pacific Northwest with her 3 children.

Kathy Parkes is a registered nurse, IBCLC, Fellow of the International Lactation Consultant Association (FILCA), and Certified Attached at the Heart Parent Educator (CAHPE), with over 30 years of experience in lactation management and education. She has been actively involved with breastfeeding coalitions at the local, state, and international levels.

Kathy is a published author and international speaker with an extensive list of presentations. Working in multiple lactation settings, including the hospital, private practice, virtual education, home health care, and in the US-based Women, Infant, and Children (WIC) program has given Kathy wide perspectives of lactation issues. She specializes in breastfeeding issues with infant loss, compassion fatigue and burnout, as well as complicated lactation situations. Kathy has a very busy private practice, Breastfeeding Perspectives, currently the longest operating breastfeeding practice in the San Antonio, Texas area. Recently, Kathy has added one-on-one interning for those who desire to obtain the 500 hours needed to take the international exam for lactation consultant certification.



Marsha Walker is a registered nurse and international board certified lactation consultant. She maintained a large clinical practice at a major HMO in Massachusetts, is a published author and an international speaker. Consulting with hospitals, providing in-service presentations, speaking at conferences and workshops and advocating for breastfeeding at the state and federal levels occupy her professional time. She is currently on the board of directors of the Massachusetts Lactation Consultant Association and is the Executive Director of the National Alliance for Breastfeeding Advocacy.

Session Information

Mammary Dysbiosis: Probiotics, Vibration and Turmeric?

Marsha Walker, RN, IBCLC

Mastitis can be an unwelcome and debilitating visitor to breastfeeding mothers. The mammary gland has its own microbiome that can be affected by reduced polymorphonuclear neutrophil recruitment during the first 3 months postpartum as well as the recipient of antibiotics during the last trimester of pregnancy. This can leave the breast vulnerable to pathologic bacterial overgrowth. Mammary dysbiosis is a process whereby the population of potential pathogens increases at the expense of the normal mammary microbiota. Multi-resistance to antibiotics plus tricky evasion techniques engaged in by bacterial agents can result in microbes that are elusive to antibiotic therapy. Therefore, new strategies are needed for the treatment of this threat to continued breastfeeding. This presentation will explore new possibilities in treatments for mastitis *the inflammation* and mastitis *the infection*. Agents such as probiotics, vibratory techniques to disrupt blocked milk ducts, and even turmeric (turmeric contains the chemical curcumin which is a strong anti-inflammatory) will be discussed.

Infant Oral Assessment: Exploring Anatomy and Function Beyond the Frenulum

Melissa Cole, MS, IBCLC, RLC

This presentation will give learners an excellent foundational knowledge of neonatal orofacial assessment techniques. We will discuss orofacial development and oral function in embryogenesis and beyond. Lactation professionals have a duty to perform comprehensive assessment of the infant as it relates to feeding. This lesson will cover aspects of orofacial anatomy to assess including the jaw, cheeks, tongue, palate, lips, and tongue. Learners will gain an in-depth understanding of how to perform and document an infant oral assessment.

Beyond Fenugreek: An Individualized Approach to Dietary and Herbal Galactagogues

Melissa Cole, MS, IBCLC, RLC

This presentation will give learners an excellent foundational knowledge of herbal galactagogues for lactation and postpartum mood support. Lactation professionals have a duty to provide evidence-based information regarding herbs, supplements and medications. This lesson will review how herbs work to impact physiological action during lactation. We will discuss indications for use, safety concerns, contraindications, herb-drug interactions, and the pharmacodynamics of galactagogues. Learners will have a better understanding of how to access quality herbal safety information and help families make informed choices when it comes to galactagogues.

Breast Surgery/Modification and Lactation

Kathy Parkes MSN-Ed, BSPsy, RN, IBCLC, RLC, FILCA, CHC

This session addresses various breast surgeries, injuries, voluntary modifications, and situations that can affect supply and milk transfer by the infant.

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