

The B.E.S.T. Connection

Independent Study Lactation Modules - Fall 2022



*Learn at your own pace.
View the pre-recorded sessions
as often as you need to.*

❖ *Choose one or more modules*

*Registration is open from
8/20/2022 to 11/20/2022*

❖ *The program expires on
12/20/2022*

Speakers and Sessions

Nipple Shields: Useful or Useless?

Marsha Walker, RN, IBCLC
(1.0 CERPs/CEUs) \$20.00

Common Infant Digestive Concerns: Dietary Sensitivities, Reflux and Beyond

Melissa Cole, MS, IBCLC, RLC
(1.0 CERPs/CEUs) \$20.00

Prenatal Lactation Assessment and Support (including breast/chest assessment)

Melissa Cole, MS, IBCLC, RLC
(1.5 CERPs/CEUs) \$30.00

Are you Still Nursing that Baby? Taking a stand on breastfeeding the older baby

Barbara Robertson, MA, IBCLC, RLC, LLL
(1.5 CERPs/CEUs) \$30.00

(For a complete description of sessions, see page 4 of this brochure.)

IBLCE Continuing Education Recognition Points (CERPs) have been approved by the International Board of Lactation Consultant Examiners.

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

ANA/ANCC credits are accepted by **ACNM, CDR, DONA, ICEA** and other credentialing agencies.

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

REGISTRATION FORM: (Register between 8/20/2022 to 11/20/2022 and complete the requirements by 12/20/2022)

Online registration: Go to www.Bestconnection.org or copy the following link into your browser:

<https://events.r20.constantcontact.com/register/eventReg?oeidk=a07ejcitu3816a5f4&oseq=&c=&ch=>

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: Nipple Shields: Useful or Useless? \$20.00 _____

Module B: Common Infant Digestive Concerns: Dietary Sensitivities, Reflux and Beyond \$20.00 _____

Module C: Prenatal Lactation Assessment and Support \$30.00 _____

Module D: Are you Still Nursing that Baby? Taking a stand on breastfeeding the older baby \$30.00 _____

Total fees for sessions purchased individually \$ _____

Module BUNDLE all four sessions – best deal – save \$15.00: \$85.00 _____

Credits/Certificates: ANA _____ 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

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PROGRAM REQUIREMENTS for earning CERPs/CEUs:

Certificates of education and attendance will be awarded following the viewing of the recorded 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 Presenters



Melissa Cole, MS, IBCLC

Melissa 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.

Barbara Robertson, MA, IBCLC, RLC, LLL

Barbara has been involved in education for over 34 years, with a Bachelor's degree in Elementary Education and a Master's in Education. She is now the Director of The Breastfeeding Center of Ann Arbor and of the brand new business LactaLearning. She has developed two 95-hour professional lactation trainings, a group training and a completely self-study training with Nancy Mohrbacher. Barbara's idea of creating professional book groups has exploded with her hosting Making More Milk with Lisa Marasco, Supporting Sucking Skills with Cathy Watson Genna, Breastfeeding Answers, 2nd Edition with Nancy Mohrbacher, and new for the fall, Safe Infant Sleep with Dr. James McKenna. Barbara is also a speaker for hire on a wide variety of topics including Motivational Interviewing. Barbara volunteered for the United States Lactation Consultation Association as the Director of Professional Development for 4.5 years. She just retired as Associate Editor for Clinical Lactation, a journal she helped create for USLCA. Barbara has free podcasts, a blog, and Youtube videos which can all be found on her websites lactalearning.com and bfcaa.com. She has written many articles as well. She loves working with parents and babies, helping them with breast/chestfeeding problems in whatever way she can.



Marsha Walker, RN, IBCLC

Marsha 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

Nipple Shields: Useful or Useless?

Marsha Walker, RN, IBCLC

Nipple shields have been used for hundreds of years by mothers to capture leaking milk or manage sore nipples. More recently they have been used as a tool to achieve latch and milk transfer in infants having difficulty with these tasks.

Controversy surrounds the use of this tool as there are both pros and cons regarding their use and desired and undesired outcomes. The newborn mouth is a sensitive area with specialized cells tasked with oral tactile recognition. Nipple shields can provide a platform for easier latch and milk transfer in situations of low oral vacuum, upper airway alterations, oral anomalies, and a host of other conditions. However, a ridged nipple shield has the potential to be recognized as a decoy or substitute for the soft pliable breast, can mask the olfactory orientation to the breast, and can act as a super stimulus during a critical period of time when breast recognition is taking place. This presentation will explore the concepts of imprinting, super stimulus, critical periods of time, the development of a conscious mouth image, alterations of the suck central pattern generator, as well as the small amount of research on the use of nipple shields and their effect on breastfeeding.

Common Infant Digestive Concerns: Dietary Sensitivities, Reflux and Beyond

Melissa Cole, MS, IBCLC, RLC

This session will focus on common concerns regarding infant digestive health and useful support strategies that care providers can incorporate into their work with families. We will discuss what's normal and what's not, in regard to stooling, spit up/reflux, colic/fussiness, food sensitivities, and more. Many parents are coping with babies that are uncomfortable and unhappy due to digestive health concerns. Dealing with a fussy, uncomfortable baby is emotionally and physically draining. Having a basic understanding of infant gut health and care strategies can be useful tools for any type of practitioner working with infants.

Prenatal Lactation Assessment and Support (including breast/chest assessment)

Melissa Cole, MS, IBCLC, RLC

This session will cover new thoughts on prenatal breast assessment and parental support strategies in the prenatal period. Health professionals working with parents in pregnancy have a unique chance to assess and discuss feeding questions and concerns with clients in the prenatal period. There are many factors that can impact lactation success including certain health concerns, medications, breast development, endocrine issues, etc. Parents appreciate having thoughtful insight regarding these issues prior to delivery. In my clinical experience, a resounding theme when feeding issues arise from a condition that may have been identified prenatally, is "Why didn't anyone tell me". During this session, providers will learn how to assess breasts and nipples prenatally, identify potential red flags for lactation success and cultivate a meaningful dialog in order to discuss these concerns with the parents they serve.

Are you Still Nursing that Baby? Taking a stand on breastfeeding the older baby

Barbara Robertson, MA, IBCLC, RLC, LLL

Anthropologically speaking, human babies should be breastfed for at least two years. In our current culture, however, normal breastfeeding is cut short. Mothers are constantly being challenged regarding the value and practicality of breastfeeding, but social pressure to stop nursing reaches a new peak once a baby turns six months of age and beyond. In this session, we will address common areas where families face criticism from society and health care providers, including the nutritional value of breastmilk over time, introduction of solids, teething, and weaning. Mounting evidence of the benefits – for mother, baby, and society – of normal breastfeeding duration, including the social and emotional advantages, will be presented. Finally, possible solutions will be proposed for helping families sustain normal breastfeeding. Currently, normal breastfeeding in our culture is the exception, not the rule. We can help change that fact!

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