

## **Lighting the Way to Breastfeeding Success**

*Purpose: To provide information on various aspects of lactation so breastfeeding support workers can more effectively help mothers and babies.*

*Target Audience: IBCLCs, RNs and Registered Dietitians who assist with breastfeeding, LLL Leaders, and WIC Peer Counselors.*

Application for CERPs has been submitted to the International Board of Lactation Consultant Examiners.

Application has been made for RN CEs.

Application has been made for RD CPEUs

*For information about the approval status for contact hours/continuing education credits, contact Dee Kassing, 618-346-1919.*

Speaker Cynthia Good, MS, CDE, IBCLC, CATSM, has no conflicts of interest with regards to this program.

Speaker Divya Sinha Parikh, MD, IBCLC, FAAP, has no conflicts of interest with regards to this program.

Planning committee members Louanne Theiss, Michelle Heim-Streeb and Bhagya Kolli have no conflicts of interest with regards to this program.

Planning committee member Dee Kassing rents out Medela and Ameda breast pumps, and sells Pumpin' Pal, Ameda and Medela spare parts and various specialty devices.

*Quiet, non-separating little ones, however they are fed, will be allowed to remain with their attendee-parent in the meeting room. Please be mindful that even happy baby noises make it difficult for others nearby to hear the speaker, and be ready to step out into the hall until your little one can be quiet again. Please bring with you whatever food your little one needs, as the Task Force can only provide food for the paid registrants.*

Memorial Hospital  
4500 Memorial Drive  
Belleville, Illinois 62226

## Edwardsville Region Breastfeeding Task Force Annual Conference



## **Lighting the Way to Breastfeeding Success**

**Thursday, March 7, 2019**

Four Points by Sheraton  
Conference Center

319 Fountains Parkway  
Fairview Heights, Illinois 62208  
Tel: 618-622-9500

### **Speakers:**

Cynthia Good, MS, CDE, IBCLC,  
CATSM  
Divya Sinha Parikh, MD, IBCLC, FAAP

### **Provided by**

Edwardsville Region Breastfeeding Task Force

### **Sponsors**

Illinois Department of Human Services  
Anderson Hospital  
Memorial Hospital Belleville  
Memorial Hospital East

## Directions to the Four Points by Sheraton



From Interstate 64, go North approximately 1/2 mile on IL Highway 159 (N. Illinois St) to Fountains Parkway. Turn right at Fountains Parkway (Town and Country Bank). The hotel is the second building on the left.

**Hotel Accommodations:** The Four Points by Sheraton hotel will be offering room discounts to conference participants. Rooms will be offered at \$75 per night, plus tax. These rooms are only available to book on or before February 4, 2019. The conference center is located within Four Points by Sheraton hotel. Call (888) 627-8246 and reference Edwardsville Region Breastfeeding Task Force.

*The Task Force cannot be held responsible for the weather or delays in travel of the registrants and/or speakers. If you cancel your registration after February 20, 2019 there are no refunds.*

## 2019 CONFERENCE SCHEDULE

- 7:30-8:00 Breakfast Buffet; Conference Registration/Check-in
- 8:00-8:10 Induction/Opening Remarks
- 8:10-9:40 *The Woman Behind the Breasts: Understanding the Context of Infant Feeding Issues* by Cynthia Good
- 9:40-9:50 Break
- 9:50-10:50 *My Brain is Doing What? Bias and the Perinatal Care Provider* by Cynthia Good
- 10:50-11:05 Break
- 11:05-12:05 *Management of Oversupply* by Divya Sinha Parikh
- 12:05-1:15 Lunch
- 1:15-2:45 *Sunlight Deficiency, Vitamin D and Lactation: Helping Families Make Informed Decisions* by Cynthia Good
- 2:45-3:00 Dessert Break
- 3:00-4:00 *Brief Lactation Encounters: Effective Counseling Techniques When Time is Limited* by Cynthia Good
- 4:00-4:15 Closing and Evaluation

**Conference participants will receive paper copies of handouts for each session.**

Session descriptions and online registration are available at:  
<http://edwardsvilleBFTF.org>

## Registration

### *Lighting the Way to Breastfeeding Success*

March 7, 2019 at the Four Points by Sheraton

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Employer: \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_

#### Lunch Option:

Chicken  Vegan  Gluten-Free

We are sorry, but no other special dietary needs can be accommodated.

\_\_\_\_\_ Yes, I will need to use a breast pump room.

#### Conference Fees:

|          | On or before February 20 | After February 20 |
|----------|--------------------------|-------------------|
| By check | \$100                    | \$110             |
| Online   | \$105                    | \$115             |

For Online registration and using Pay Pal, please visit our website: <http://edwardsvilleBFTF.org>

OR

Mail this form and your check payable to:  
**Edwardsville Region Breastfeeding Task Force**  
147 Fairington Drive  
Troy, IL 62294

For payment/registration questions:

Michelle Heim-Streeb

**618-391-6057**