

Women & Infants
WOMEN & INFANTS HOSPITAL OF RHODE ISLAND
HEALTH EDUCATION DEPARTMENT
101 DUDLEY STREET
PROVIDENCE, RI 02905-2401

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PROVIDENCE, RI
PERMIT #184

The Best Beginnings
13th Annual Conference
May 20 and 21, 2010 • 7:45 am – 4:30 pm

Women & Infants'
Health Education Department Presents:



13th Annual Conference

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Women & Infants Hospital
South Pavilion, Education Center
101 Dudley Street
Providence, RI 02905

Women & Infants
New England's premier hospital for women and newborns



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The

Best Beginnings

13th Annual Conference

A professional conference for nurses, midwives, clinicians, lactation consultants, community agencies, certified nurse assistants, childbirth educators, doulas and those working with and caring for new families.

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PROGRAM OBJECTIVES:

1. Understand the term "cultural competency" and how it impacts breastfeeding success.
2. Identify cultural misconceptions and how they affect breastfeeding.
3. Increase your understanding of "natural" remedies commonly considered helpful for breastfeeding mothers.
4. Understand the ethics of recommending alternative, particularly herbal, therapies.
5. Learn ways to identify the high-need mother and the strategies that help when working with challenging clients.
6. Understand the connections between the thyroid gland and milk production.
7. Gain knowledge of normal breastfed newborn behaviors and strategies for communicating that to parents.
8. Learn simple strategies to help new breastfeeding mothers be successful.
9. Learn how to convey health benefits of breastfeeding through effective messaging.

CONTINUING NURSING EDUCATION CREDIT

- Approved Provider of Continuing Nursing Education by RISNA, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation, has approved 6 contact hours per day.

- Continuing education recognition points (CERPS) have been applied for through the International Board of Lactation Consultant Examiners (IBLCE).

REGISTRATION INFORMATION

FEE: Please refer to the registration on page 4. Conference fee includes attendance at the conference, participant packet, continental breakfast, lunch and afternoon break.

REFUNDS: Full refunds, minus a \$25 processing fee, will be granted if cancellations are received by the registration deadline of **May 14, 2010**. We are unable to refund any portion of the cost after the deadline, after the conference begins, for "no shows" or in case of inclement weather.

ACCOMMODATIONS: If you are staying overnight, the Downtown Providence Courtyard by Marriott, located at 32 Exchange Street, Providence, has a special room rate of \$99 for conference attendees if reservations are received on or before **Friday, April 30, 2010**. Please indicate that you are a Women & Infants' Best Beginnings participant. Reservations may be made by calling 401-272-1191 or 1-888-887-7955. Room reservation includes free parking.

Information on parking and/or shuttle service will be included in your confirmation packet.

PRESENTERS

Katherine A. Dettwyler, PhD, is Associate Professor of Anthropology at the University of Delaware, author, frequent speaker and breastfeeding advocate and researcher. She is the author of *Dancing Skeletons: Life and Death in West Africa* and co-editor of *Breastfeeding: Biocultural Perspectives* which includes two of her own chapters, "Beauty and the Breast: The Cultural Context of Breastfeeding in the United States" and "A Time to Wean: The Hominid Blueprint for a Natural Age of Weaning in Modern Human Populations." Initial results of her research on extended breastfeeding in the United States were published in 2004 in *Clinical Obstetrics and Gynecology*. She is currently writing an introductory cultural anthropology textbook to be published by Waveland Press. Katherine has lectured widely at universities, at La Leche League conferences and lactation consultant conferences.

Lisa Marasco, MA, IBCLC, FILCA, has worked with breastfeeding mothers for more than 20 years as a lactation consultant in both private practice and for the Santa Barbara County WIC. She is co-author of *Making More Milk: A Nursing Mother's Guide to Milk Supply*, and has written numerous other articles. Lisa's interest and specialization in milk production began with researching the physiology behind the problem of scheduled feedings in order to counter the resurgence in popularity of this old practice. Using this foundation of knowledge, she found herself drawn to analyzing other low milk supply situations, including Polycystic Ovary Syndrome, which became her master's degree thesis. A natural teacher, Lisa shares her knowledge and research through speaking nationally and abroad. She is a long-time leader and associate professional liaison for La Leche League of Southern California/ Nevada, serves on the board of the Breastfeeding Coalition of Santa Barbara County, and received the designation of a Fellow of ILCA in 2009 in recognition of her contributions to ILCA and the field of lactation.

Amy Kathryn Spangler, MN, RN, IBCLC, earned her bachelor's degree in nursing from the Ohio State University and her master's degree in maternal and child health from the University of Florida. She is a registered nurse as well as an International Board Certified Lactation Consultant. Amy has served as president of the International Lactation Consultant Association and chair of the United States Breastfeeding Committee. She is a member of the Adjunct Faculty at Emory University School of Nursing and the author of numerous publications including "BREASTFEEDING, A Parent's Guide," "BREASTFEEDING, Keep It Simple," "BREASTFEEDING, Your Guide to a Healthy, Happy Baby," and "Guidelines for the Establishment of Exclusive Breastfeeding." Amy currently serves as president of baby gooroo®. She lectures extensively on a wide variety of maternal and child health topics.

THURSDAY, MAY 20, MORNING PROGRAM

7:45 – 8:30 am Registration. Continental breakfast.

8:30 am – 12 pm **Cultural Considerations in Breastfeeding**

Cultural differences, and our understanding of them, have a direct impact on success of breastfeeding mothers. What are the assumptions we make based on a person's appearance, name, nationality, socio-economic position, religion or other defining criteria? How do those assumptions color our approach to providing the support and education necessary to make breastfeeding successful for new moms? What effect does cultural diversity have on defining the expectations, attitudes and needs of the breastfeeding mother?

Katherine A. Dettwyler, PhD

A 30-minute break will take place at 10:00 am.

12:00 – 1:00 pm Lunch.

THURSDAY, MAY 20, AFTERNOON PROGRAM

1:00 – 2:30 pm **Exploring the Tangled Web of Insufficient Milk Supply**

When low milk production presents, where do you start? Is it real or perceived? Delayed, secondary or primary? This session explores how to untangle this web of questions and where to go next.

Lisa Marasco, MA, IBCLC, FILCA

2:30 – 3:00 pm Break.

3:00 – 4:30 pm **Is It Her Hormones? PCOS and Thyroid Dysfunction as Causes of Low Milk Supply**

Hormonal causes of low milk supply can be baffling. This session will examine theory, recent research and case studies on how Polycystic Ovarian Syndrome (PCOS) and thyroid dysfunction can negatively impact lactation, along with treatment strategies.

Lisa Marasco, MA, IBCLC, FILCA

FRIDAY, MAY 21, MORNING PROGRAM

7:45 – 8:30 am Registration. Continental breakfast.

8:30 – 10:00 am **Keep it Simple – Guidelines for Breastfeeding Management**

Despite knowledge of the benefits of breastfeeding, many parents choose not to breastfeed or stop breastfeeding after a short period of time. Among the barriers cited are inconsistent information and inadequate support. Knowledge of normal

