

AT COMPLETION OF THIS
SEMINAR PARTICIPANTS WILL BE
ABLE TO

- Explain the significance of mammalian feeding sequences to how human babies take the breast.
- Describe the effects of skin-to-skin contact on infant stability after birth and maternal body position on feeding behaviors.
- List the factors that determine a newborn's biologically appropriate feeding pattern.
- Identify the effects of breast storage capacity and degree of breast fullness on breastfeeding patterns and milk production.
- Describe milk production norms during the first week and how to assess the need for supplements.
- Identify common reasons mothers supplement with formula unnecessarily.
- Explain how to apply the physical laws of milk production to a mother exclusively pumping
- Discuss how many milk removals per day are needed for a pumping mother to maintain milk production.
- Summarize the research on galactogogues and when to consider their use to boost low milk production.
- Summarize recommended approaches to positioning and latch since the early 1980s.
- Describe how mother's posture can be adjusted so the effects of gravity make latching easier.
- Explain what anatomical variations in mothers and babies may affect breastfeeding.
- Describe the most common causes of nipple trauma in the breastfeeding mother.
- List the four stages of nipple damage.
- Select comfort measures for a breastfeeding mother with nipple pain.
- Determine evidence-based treatment options for each stage of nipple damage.
- Define causes of nipple pain that are complications of nipple trauma or unrelated to nipple damage.

La Leche League Canada

La Leche League Canada encourages, promotes and provides mother-to-mother breastfeeding support and educational opportunities as an important contribution to the health of children, families and society.

For more information about our programs and services, visit www.lllc.ca

Charitable Registration #: 11900 3812 RR0002

**For local information on destination or venue
please contact your
Local Seminar Coordinator:**

Spring

Uschi Leslie (Victoria, BC)
Telephone: 250.595.4453
victoria.lllc.hps@gmail.com

Joan Little (Calgary, AB)
Telephone: 403.245.2951
calgary.lllc.hps@gmail.com

Liz Hatherell (Winnipeg, MB)
Telephone: 204.253.5219
winnipeg.lllc.hps@gmail.com

**Yvette Nechvatal-Drew
(Oshawa, ON)**
Telephone: 905.428.8111 ext. 24
oshawa.lllc.hps@gmail.com

Cassie Kent (Antigonish, NS)
Telephone: 902.404.0832
antigonish.lllc.hps@gmail.com

La Leche League Canada
National Office
P.O. Box 700
Winchester, ON K0C 2K0
Telephone: 613.774.4900
E-mail: adc@lllc.ca

Fall

Kim Smith (Regina, SK)
Telephone: 306.545.5447
regina.lllc.hps@gmail.com

Wendy Burpee (Ottawa, ON)
Telephone: 613.226.9408
ottawa.lllc.hps@gmail.com

Teresa Pitman (Guelph, ON)
Telephone: 519.829.2293
guelph.lllc.hps@gmail.com

Jane Bannister (St. John's, NL)
Telephone: 709.722.5815
st.johnsnfld.lllc.hps@gmail.com

For more information on
HPS events contact
Kate at events@lllc.ca



La Leche League Canada

Health Professional Seminar
Presents

Nancy Mohrbacher
IBCLC, FILCA

*Using the Natural Laws
to Find
Breastfeeding Solutions*



2013

SPEAKER

Nancy Mohrbacher, IBCLC, FILCA, is author of the books for breastfeeding specialists, *Breastfeeding Answers Made Simple (BAMS)* and the *BAMS Pocket Guide Edition*. She is co-author (with Julie Stock) of all three editions of *The Breastfeeding Answer Book*, a research-based counseling guide for lactation professionals, which has sold more than 130,000 copies worldwide, and author of *The Breastfeeding Answer Book Pocket Guide Edition*. She is also co-author (with Kathleen Kendall-Tackett) of the popular book for parents, *Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers*. She also has a new book for parents debuting in April 2013, *Breastfeeding Solutions: Quick Tips for the Most Common Nursing Challenges*. Nancy has written for many publications and spoken at breastfeeding conferences around the world.

Nancy fell in love with breastfeeding when she breastfed her own three sons, Carl, Peter, and Ben, who are now grown. She began helping breastfeeding families in 1982 as a volunteer. She became board-certified in 1991 and from 1993 to 2003 she founded and maintained a large private lactation practice in the Chicago area, where she worked with thousands of breastfeeding families.

In 2008 the International Lactation Consultant Association (ILCA) officially recognized Nancy's contributions to the field of breastfeeding by awarding her the designation FILCA, Fellow of the International Lactation Consultant Association. Nancy was one of the first group of 16 to be recognized for their lifetime achievements in breastfeeding.

DATES & LOCATIONS

Spring 2013

| | |
|-----------------|----------------|
| Monday May 27 | Victoria, BC |
| Tuesday May 28 | Calgary, AB |
| Thursday May 30 | Winnipeg, MB |
| Friday May 31 | Oshawa, ON |
| Monday June 3 | Antigonish, NS |

Fall 2013

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|------------------------|----------------|
| Monday September 9 | Regina, SK |
| Wednesday September 11 | Ottawa, ON |
| Thursday September 12 | Guelph, ON |
| Saturday September 14 | St. John's, NL |

PROGRAM

8:00 – 8:30 Registration & Breakfast; Bookstore Open

8:30 – 8:45 Welcome and Screening of La Leche League Canada Video Presentation

8:45 - 10:15

The Natural Laws of Breastfeeding

This session covers the entire course of breastfeeding, from birth to weaning, incorporating key paradigm shifts and innovative teaching strategies. It includes the significance of right-brain interactions in the early postpartum period, the importance of touch to health and survival, how realistic expectations can help increase breastfeeding duration, the effect of breast storage capacity on feeding patterns, and much more.

10:15 – 10:30 Mid-morning Break

10:30 – 11:45

Concerns about Milk Production

This session offers a discussion of milk production at different stages of lactation and in different situations. It begins with a primer on assessing milk adequacy during the first week of life, the need for supplements, and when supplements are needed, feeding volumes and methods. It covers the underlying reasons many mothers supplement with formula unnecessarily. And it provides a review of up-to-date, evidence-based strategies for optimizing milk production in mothers exclusively pumping and a guide for using the new Magic Number concept. It ends with a brief overview of galactagogues, both prescribed and herbal.

11:45 – 12:45 Lunch

12:45 – 2:15

Understanding Breastfeeding Behaviours

Add more "tools" to your "lactation toolbox" at this video-packed session, which includes an international cast of characters. This session provides a chronological summary of recommended approaches to latch, with a description of what we got right and which assumptions were later disproved. It also includes an overview of the hardwiring both mothers and babies bring to breastfeeding, a checklist for evaluating basic breastfeeding dynamics, and anatomical issues that can interfere.

2:15 – 2:30 Mid-afternoon Break

2:30 – 3:45

Nipple Pain & Trauma

Do many of the mothers you see find breastfeeding painful? This session provides an in-depth review of the causes of nipple pain and trauma. It also reviews comfort measures mothers can use and includes a four-stage system for assessing nipple trauma and recommended, evidence-based treatments for each stage.

3:45 – 4:00 Evaluations and Closing

REGISTRATION

Using the Natural Laws to Find Breastfeeding Solutions

May 27 - June 3, 2013

September 9 - September 13, 2013

Registration:

REGISTER ON-LINE:

www.lllc.ca/health-professional-seminars

or download a paper copy from the website

Cost

Registrations received ON OR BEFORE

May 13, 2013 (Spring): \$160.00

August 26, 2013 (Fall): \$160.00

LLLC Health Professional Member: \$144.00 (10% discount)

Registrations received AFTER

May 13, 2013 (Spring): \$185.00

August 26, 2013 (Fall): \$185.00

LLLC Health Professional Member: \$166.50 (10% discount)

(Registration fee includes continental breakfast, lunch & two nutrition breaks, course material & certificate of attendance)

La Leche League Canada Health Professional Members

receive a 10% discount upon registration

Purchase your membership on-line at:

www.lllc.ca/lllc-health-professional-membership

For Registration Questions please contact:

Email: adc@lllc.ca

Phone: 613.774.4900

Please Note: Payment in full is required at time of registration.

Cancellations received prior to May 17 (Spring) & August 30 (Fall)

2013 will be subject to a \$30.00 administration fee. We cannot

accept cancellations after May 17 (Spring) & August 30 (Fall) 2013

however substitutions may be made.

La Leche League Canada (LLLC) protects the personal information you voluntarily provide. This information allows us to keep you informed of LLLC's services, special events and fundraising needs. LLLC does not lend, rent, sell or trade our mailing lists. If at any time you wish to be removed from any of these contacts, please advise our Privacy Officer at privacy@lllc.ca

CERPs allocated by IBLCE 5.5L