

Saturday, September 24

Session 1

8:00-9:00 am

101. Six Signposts to Better Birth and Breastfeeding *Erin Moore, IBCLC*

Participants will navigate the maze of modern maternity care. Following the signposts of six evidence-based strategies, women can optimize birth and breastfeeding success. CERP(L)/CEU(BE)

102. Nursing in Public *Donna Gilbert* Discuss what the law says and how it protects breastfeeding mothers and babies and share multiple ways to breastfeed confidently while in public.

103. Educational Pathways: A Panel Discussion Public? Private? Homeschool? Join a panel discussion on education possibilities.

104. WIC (Women, Infants, and Children) *Norma Escobar, IBCLC* Discover what the new WIC food package means for breastfeeding mothers and babies. See how WIC's incentives for breastfeeding work and find how you can collaborate with your local agency to support breastfeeding. CEU(E)

105. Sharpen Your Listening Skills *Communications Skills Department* Use Communication Skills Enrichment to sharpen your communications with those you support. CERP(R)/CEU(CS)

Session 2

11:00 am-12:00 pm

201. Breast Milk Feeding and Breastfeeding *Christine McCann* More and more frequently mothers are deciding to pump and offer breastmilk exclusively by bottle. Is there a significant difference between breastfeeding and breast milk feeding? CERP(L)/CEU(BE)

202. When Others Disagree *Communication Skills Department* Answering questions about your parenting style is not always easy. Share and discuss ways to handle criticism while helping friends and family understand your parenting choices.

203. The Fatherhood Journey *Robert Barker* Fathers play an important role in the breastfeeding relationship. A discussion of what to expect as a father to a breastfeeding baby and a partner to a breastfeeding mother. (Fathers only)

204. Childhood is a Journey, Not a Race *Marian Tompson* Ways to slow down and to allow children to enjoy childhood in a society that tends to rush them.

205. Breastfeeding and Working *Hannah Rains* Meeting the needs of your nursing baby while being employed requires planning. Practical suggestions for dealing with difficulties, handling emotions, and successfully meeting the needs of yourself and your baby.

Session 3

2:15-3:15 pm

301. If You Plan to Nurse, Contact Your Lactation Consultant? *Natalie Wilson*

Is breastfeeding a medical condition that should be supervised by a healthcare professional? Examine the perceived benefits and hidden costs of medicalization of the nursing relationship. CERP(E)/CEU(E)

302. Beyond Breastfeeding *Ann Calandro, IBCLC* The breastfeeding years are just a small portion of the parenting trail. What does the road hold as you move beyond the early years?

303. Baby's First Foods *Frances Cronlund* Examine ways you can make fresh baby food that will complement your breastfeeding baby's growing needs. Discuss how to batch cook baby food for travel, freezing, or immediate consumption. Explore ways to simplify your life with whole foods prepared in its natural "wrapper."

304. Unexpected Benefits of Attachment Parenting *Janet Jendron and Martha Sears* Our choice to practice attachment parenting not only makes a profound impact on our families, but also on us as women. How attachment parenting helps form bonds that help families cope with life's challenges, helps us grow as individuals, and impacts our broader world.

305. The Path to Leadership *Leader Accreditation Department* Mothers interested in LLL leadership can come gather information that is need before embarking on the path to leadership.

Session 4

3:30 - 4:30 pm

401. Ouch to Ah *Cindi Freeman, ICBLC* Examine the important role that latch plays in successful breastfeeding. CERP(L)/CEU(BE)

402. Trying Toddlers are Treasures *Jennifer Barker* Explore issues that might arise when parenting the one- to three-year old, including toddler nursing, separation anxiety, setting limits, and others.

403. Health at Any Size *Megan Kohtz* Health is more than simply a number on the scale. Discuss making healthy lifestyle choices.

404. Testing the Clock *Christine McCann* The path for babies learning the difference between night and day is sometimes challenging. Examine positive ways to meet the nighttime needs of your nursing baby.

405. Leading the Way to Leadership *Leader Accreditation Department* One of the joys of leadership is guiding another mother on the path to leadership. The Leader Accreditation Department will share details about being a Sponsoring Leader. CEU(OM)

406. Marathon Leaders *Linda Parry* Your La Leche League journey is not over simply because you no longer have nursing babies. CEU(OM)

Sunday, September 25

Session 5

8:30-9:30 am

501. Hot Topics in Lactation *Ann Conlon-Smith, IBCLC* The latest research and assessment skills in Tongue Tie (Ankyloglossia) and its impact on breastfeeding, the how-to's of paced bottle feeding when supplementation is needed, and how we reach and communicate best with millennial mothers and fathers. CERP(L)/CEU(BE)

502. The Science of Attachment *Mary Joan Florence* Examine the science behind the practice of attachment parenting. CERP(R)/CEU(BE)

503. Making Ends Meet *Ginger Gorrell* Navigating the trail of family finances today is tricky business. Explore making a family budget and sticking to it.

504. Last Child in the Woods *Pam Freedman* Children (and their parents) in today's world sometimes suffer from nature deficit disorder. Examine ways to get back to nature.

505. Carolina Global Breastfeeding Institute (CGBI) *Miriam Labbok, IBCLC* Explore how an academic institution like CGBI can support North Carolina's families and consider ways CGBI and LLL can work together. CEU(E)