

Conference Session Information

Session 1: Saturday 8:15-9:30 a.m.

- 101 SURPRISING CAUSES OF LOW MILK PRODUCTION.....*Diana West*
CERP BE+ A discussion of newly-discovered and lesser-known causes of low milk production.
- 102 BREASTFEEDING AND THE LATE-PRETERM BABY*Colette Acker*
CERP BE+ A late-preterm baby, born between 35 and 37 weeks of gestation, might be healthy enough to go home with his mother, but feeding difficulties occur at a much higher rate than in full-term babies. Identify common behaviors of late-preterm babies and how to assist a mother through the early weeks postpartum.
- 103 TOILETING SOLUTIONS*Susanne Starkman, Inge Brunner*
A presentation and discussion of gentle solutions for your child's toileting needs. Covers how you can use your intuition, timing, signals, and cues (elimination communication) to help you and your baby know when his body is ready to eliminate. Also includes cloth diapering and transitioning to the toilet at any age.
- 104 DON'T SQUASH MY SPIRIT: RAISING SPIRITED CHILDREN TO THRIVE WITHOUT BREAKING THEIR WILLS OR THEIR HEARTS.....*Lu Hanessian*
Time and again, the world will try to turn out our children's light, unintentionally or otherwise. How can we teach our kids to keep their own light on?
- 105 TRANSITIONING TO MOTHERHOOD.....*Heather Tuckman*
Becoming a mother creates many changes in women, couples, and families. Investigate ways to navigate this transition and to recognize when professional help may be needed.

Session 2: Saturday 9:45-11:00 a.m.

- 201 HIV AND BREASTFEEDING.....*Marian Tompson*
CERP BE+ Breastfeeding when a mother is HIV positive. The myths, the realities, and the challenges of getting the answers we still need after 25 years.
- 202 COMMUNICATING WITH HEALTHCARE PROVIDERS*Evy Simon, Lisa Mandell*
Strategies for opening the channels of communication between parents and healthcare providers. Exploring how we can advocate for our children and ourselves.
- 203 FATHERS AND ATTACHMENT PARENTING.....*Mark Starkman*
An opportunity to talk with other fathers about ways to stay connected with our children and build close relationships.
- 204 YOUR LITTLE NURSING PERSON *Kerri Klugewicz*
BE Bring your questions and concerns about the joys and the challenges of nursing past the baby stage. We will discuss the benefits of extended breastfeeding, toddler nursing patterns, setting limits, welcoming another nursling into the family/tandem-nursing, and balancing the needs of your children with your own.
- 205 BREASTFEEDING THROUGH SEPARATION*Ruth Tincoff, Elizabeth Shotwell*
BE A round table discussion of strategies and successes for continuing the breastfeeding relationship while employed, going to school, or experiencing other separations.

Potpourri

Join us for a drop-in mini session. No need to register for a specific session. Experts will be available to demonstrate products and field questions.

BABYWEARING - A chance to experiment with the different types of baby carriers.

CLOTH DIAPERING - See what's new; peruse the many variations of available products.

BRA FITTING – An expert bra fitter shares the secrets of getting a good fit.

MEET THE AUTHOR – Meet author Lu Hanessian. Buy a signed book or a WYSH clothing item, or ask a question.

MEET THE LAD – Meet members of the Leader Accreditation Department.

MEET THE ACL- Meet your new ACL, Kerri Klugewicz, and bring your questions, concerns, and ideas.

Session 3: Saturday 1:15-2:30 p.m.

301 MISINFORMATION OVERLOAD*Kay Hoover*

CERP BE+ An overview of strategies to help correct problems in the early weeks and to help mothers overcome the difficulties caused by misinformation they might receive.

302 HELPING MOTHERS OVERCOME RESERVATIONS OR AMBIVALENCE ABOUT
CERP BE+ BREASTFEEDING*Diana West*

An examination of the reasons some mothers are reluctant or unsure about breastfeeding, and positive methods to help them overcome their reservations and ambivalence without pressure.

303 MAKING PEACE WITH YOUR BIRTH AND BREASTFEEDING EXPERIENCE.....
.....*Kristina Pasquale*

Discuss ways of dealing with the physiological and psychological stresses of a difficult or disappointing birth or breastfeeding experience.

304 LEARNING TO TRUST OUR GUT IN A WORLD OF DOUBT *Lu Hanessian*

On the journey of parenthood, we have no roadmap—only our child and his compass to guide us—that is, if we allow ourselves to trust and listen.

305 LIFE AS A LA LECHE LEAGUE LEADER*Judy Polley*

ALUM OM Discuss how life as a La Leche League Leader has changed you as a person and as a woman.

Session 4: Saturday 2:45-4:00 p.m.

- 401 BACK TO THE BREAST: HELPING MOTHERS AND BABIES RESUME
CERP BE+ BREASTFEEDING AFTER SEPARATION OR WEANING*Diana West*
A discussion of methods to entice babies back to the breast while managing milk production and supplementation during the transition.
- 402 WHAT’S NEW? RECENT BREASTFEEDING RESEARCH*Kay Hoover*
CERP BE+ The lactation field is steadily uncovering exciting new findings about breastfeeding. Join us for an informative presentation of the recent research and examine how to use your new knowledge.
- 403 WHOLE FOODS, BUT HOLD THE ALLERGENS
.....*Jenine Lawton, Jennifer Moquin, Jackie Moran*
Recipes and strategies that can be useful when a family member needs to manage food allergies or food sensitivities.
- 404 THE GIFT OF BEING A FLAWED PARENT..... *Lu Hanessian*
Using our mistakes, fears, and doubt to raise children with heart, guts, and purpose.
- 405 MOODS, BLUES, AND QUIRKS*Patty Angstadt*
An opportunity to share and gather information and support if you are parenting a child with mental health concerns, such as anxiety or depression, or behavioral concerns.

+ CERPs applied for

Leader Enrichment Workshop Session Information

Attendance at the Leader Enrichment Workshop is limited to LLL Leaders and Leader Applicants.

Plenary Session: Sunday 8:30 a.m. – 9:30 a.m.

HOW LLL LEADERS ARE CHANGING THE WORLD.....*Marian Tompson*
The gifts we bring to the world and to our families.

Session 5: Sunday 11:00 a.m.-12:00 p.m.

501 PASSING ON GRANDMOTHER’S PEARLS*Peggy Moran, Kay Hoover, Marian Tompson*
BE Listen and share the trials and joys of helping our children breastfeed their own children.

502 WHAT THE PROFESSIONAL LIAISON DEPARTMENT CAN DO FOR YOU
OM*HopeAllyson Dwiggin*
Have a technical question about breastfeeding? Want to reach out to the medical community in your local community? Come discover what a fantastic resource the Professional Liaison (PL) Department is for Leaders.

503 BREASTFEEDING, MOTHERING, AND LLL PHILOSOPHY*Carol Smith*
CS Information and guidance for Leader Applicants and Leaders working with Leader Applicants or interested mothers; an opportunity to examine the ten philosophy statements and how mothers express them in their thoughts and actions.

504 TEAM-BUILDING GAMES.....*Patty Angstadt*
CS Playing games with a purpose; exploring different work styles and encouraging sharing and delegation in order to build a stronger team in your family, community, or the local Group

Session 6: Sunday 2:00-3:00 p.m.

601 CIRCLES OF SUPPORT*Bobbie North, Kerri Klugewicz*
OM Explore the many resources available in the Area and beyond to help Leaders fulfill the mission of La Leche League.

602 USING AREA FUNDS*Mary Bolden*
OM Using Area funds as seed money for Group projects and other approved uses.

603 MEETING THE MOTHER WHERE SHE IS.....*Dana Ehman*
CS In helping situations, finding satisfaction in the mother’s version of success. A discussion to help clarify the differences between living the LLL Philosophy as Leaders and finding satisfaction in fulfilling the mission of LLL.

604 MEDIEVAL BREASTFEEDING AND WETNURSING*HopeAllyson Dwiggin*
BE Knights and Ladies, war and plague; a presentation on how and what mothers were feeding their babies during this fascinating period of history.