

La Leche League of Eastern Pennsylvania

Presents



Breastfeeding and Parenting Conference

Lancaster Host
Resort & Conference Center,
2300 Lincoln Highway East
Lancaster, PA

October 24-25, 2014

Leader Enrichment Workshop October 26, 2014



An Invitation to the Conference

La Leche League of Eastern Pennsylvania has been providing information, education, and support to the breastfeeding families of Eastern Pennsylvania since 1971. This breastfeeding and parenting conference is provided for breastfeeding families and those who support them. A wide variety of topics from family-management to technical breastfeeding topics offering the latest research are provided to meet everyone's needs. We welcome all members of the breastfeeding community to develop their skills, further their education, strengthen their foundations of friendship, and foster collaboration within the breastfeeding community.

Shelly Karver
Area Conference Coordinator

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The mission of La Leche League is to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

Conference Speakers:

Featuring:

Stephen Byers

Katherine Dettwyler, PhD

Jeremi Dilworth, IBCLC *

Kay Hoover, MEd, IBCLC, FILCA *

Melissa Lucchesi

Jake Marcus, JD

Audrey Perry, DNP, CNM, RN *

Courtney Byers*

Diane DiSandro*

Kelly Durbin*

Liz Gliot*

Stacy Laucks*

Andrea Mehrotra*

Devon Miller*

Peggy Moran*

Bobbie North*

Judy Polley*

Christine Roco*

Karen Shaw*

Allison Shepard*

Carol Smith*

Marah Sollenberger*

Mark Starkman

Heather Tuckman, PsyD

Ellen Zschunke*

**denotes a La Leche League Leader*

Speaker Bios

Stephen Byers is a Clinical Herbalist. His practice is based in Ephrata, PA where he sees clients to help provide integrative approaches to health through the use of herbal medicine. He has studied Cherokee Medicine, Traditional Chinese Medicine, and Western Herbalism and has enjoyed attending LLL conferences for the past three years with his wife, who is an LLL Leader.

Courtney Byers is an LLL Leader returning to the Greater Ephrata area after having led a Group in Vermont for the last two years. She is also the mother of two daughters with whom she spends most of her time. She is excited to share about nursing through the toddler years and all the challenges and joys that come with it.

Katherine Dettwyler, PhD, is a biocultural anthropologist who has been conducting research on breastfeeding, weaning, and child growth and health since 1981. She teaches at the University of Delaware and is a frequent speaker at LLL and lactation conferences. She is known for her thought-provoking but amusing presentations.

Jeremi Dilworth has worked in the birth community since 1995. She graduated from the North Carolina School of the Arts with a BFA in dance. While pursuing a dance career she found herself increasingly drawn to the community of allied health professionals working in the fields of childbirth and lactation. She became certified as a doula and childbirth educator and taught in birth centers, parenting resource centers, and in private practice in New York City and the Delaware Valley region. She has been a La Leche League Leader since 2009 and became an IBCLC in 2011. As a homeschooling mother of three, she is constantly humbled in the pursuit of balance.

Diane DiSandro, IBCLC has been a La Leche League Leader for 30 years and an IBCLC since 1991. She has served as a board member of the Pennsylvania Resource Organization of Lactation Consultants. She is affiliated with the International Lactation Consultant Association as well as Norristown Partners for Healthy Mothers. As a strong advocate of breastfeeding, Diane has testified before the PA State Department of Health on behalf of assisting low-income women through the Women, Infant, and Children (WIC) clinics. She is a contributing author of *The Lactation Consultant in Private Practice: The ABC's of Getting Started*. She and her husband Ray have four adult children, and three grandchildren (all breastfed, of course!)

Kelly Durbin has several years experience teaching birth and breastfeeding classes. In addition, she has been an LLL Leader for five years, leading groups in Indiana, Pennsylvania, and Oregon. Kelly is also the founder of the MOMI Method, a philosophy for birth and breastfeeding that empowers women to trust their own maternal instincts.

Liz Gliot has been a Leader for almost two years and a babywearing enthusiast for even longer. She currently lives in Hummelstown, PA with her husband, Chris, and her sons Caleb, Lucas, and Simon.

Kay Hoover, MEd, IBCLC, FILCA and husband Charlie are the parents of three sons and the proud grandparents of three grandsons. Kay has been an LLL Leader for 43 years. Kay has worked as a private practice lactation consultant, a hospital lactation consultant, the lactation consultant for the Philadelphia Department of Public Health, for The Center for Childhood Obesity Research at The Pennsylvania State University, and for the Pennsylvania Department of Health. She has presented workshops at national and international conferences and is a co-author of *The Breastfeeding Atlas*.

Stacy Laucks has been a Leader with the Boyertown Group for nine years. She has led simplicity groups for three years and loves helping people live their lives by their values.

Melissa Lucchesi, BA is the mother of a bright and spirited two-and-a-half-year-old son Greyson Liam. She is the Founder and Director of the non-profit Voices, Inc. Melissa has worked a decade in victim services, violence prevention, and trauma healing and has presented programs on a local and national level.

Jake Marcus, JD is the nation's foremost expert on breastfeeding law. She is a Montgomery County lawyer whose national practice focuses on small businesses (including the business issues of health care practitioners such as IBCLCs and midwives), as well as discrimination and healthcare. She was Politics Editor at *Mothering* magazine until it ceased publication in April of 2011. Marcus is the author of "Lactation and the Law" a comprehensive article on U.S. public breastfeeding law and Pumping 9 to 5, an article on workplace pumping law, and Lactation and the Law Revisited, originally published in *Mothering* and now available on BreastfeedingLaw.com. She was a member of the Legal Advisory Council to La Leche League International. Her writing has appeared in *Mothering*, *Life Learning*, *Leaven*, *The Philadelphia Lawyer*, *Vegetarian Baby and Child*, and on ePregnancy.com and VegFamily.com. She created and maintains BreastfeedingLaw.com as well as Sustainable Parenting.

Andy Mehrotra is a former child and family therapist and current mother, cook, gardener, and racquetball player. She has two daughters—Kareena, 12, and Maya, 15, and one lovely husband, Devan.

Devon Miller is mother to daughters Ocean, five, and Sky, two, and has been married to husband Nick for 10 years. She is an Associate Coordinator of Leader Accreditation, a member of the LLLUSA Social Media Team, a member of the LLLUSA Equity, Diversity, and Inclusion Committee, and a member of the Live Love Latch! WBWC team. She enjoys spending time with family, knitting, reading, biking, kayaking, and LLL!

Peggy Moran: At her very first LLL meeting in September 1966, she happily paid a total of \$3. which included payment for dues AND the blue "manual", *The Womanly Art of Breastfeeding!* When Kristina, her third child was born (Kristina is now also a Leader), Peggy began her journey toward leadership. Almost 13 years ago she became an Associate in the Leader Accreditation Department and thoroughly enjoys working with the future Leaders of LLLI!

Bobbie North has been a member of LLL for 17 years and a Leader for the past 12 years. She has experience working in Continuing Education, Publications, and is currently serving in the Leader Department. She and her husband enjoy a quiet life in Lancaster with their three children.

Dr. Audrey Perry, DNP, CNM, RN is the mother of two home-birthed, exclusively-breastfed children. She grew up in a La Leche League family and has been a Leader for five years. Audrey is a Certified Nurse Midwife, lactation researcher, and nursing faculty. She is an advocate for informed, empowered, evidence-based health care utilization.

Judy Polley has been a Leader for 35 years, leading in NJ her first year and since then in Chester County PA. Chuck and Judy have been married over 40 years and have two children, Jennifer and Chris, two daughters-in-law, Rose and Stephanie, and an adorable two-and-a-half-year-old granddaughter, Katie. She enjoys working with local LLL Groups and LLL of Eastern PA.

Christine Roco has witnessed the changes in her own body over the course of one adoption, two pregnancies, and ten years of lactation. As a La Leche League Leader and a private practice IBCLC, she embraces every opportunity to expose the realities that affect most mothers, but aren't openly discussed.

Karen Shaw has been a Leader since 1978. Active in Group and Area activities, she is the current Secretary for the Luzerne County Breastfeeding Coalition. The mother of two adult sons, she also writes and performs original folksongs with breastfeeding themes.

Allison Shepard has four children who are now 21, 18, 16, and 14. She works part-time in a hospital microbiology lab and likes to work out and bake in her free time. She travels every year to a new location, each time with a different one of her children.

Carol Smith is the mother of five, involved with LLL for 34 years. She enjoys working with Leader Applicants and seeing their enthusiasm for breastfeeding and mothering.

Marah Sollenberger is a 27-year-old stay-at-home mother of five and part time photographer. She has a Bachelor's Degree from Liberty University and is a Certified Lactation Counselor. Marah began attending Leche League in North Carolina shortly after her son's birth in 2009. La Leche League has always been a huge source of support and friendships for her. Marah has experience nursing through pregnancy and tandem nursing.

Mark Starkman has been married for over 15 years and is the father of three children, the oldest of whom is 12 years old. He is currently employed as a software developer with a company that allows him to work from home which allows him to spend a lot of time with his homeschooled children.

Heather Tuckman, PsyD is a licensed clinical psychologist and a member of the Pennsylvania Psychological Association and American Psychological Association. She has practiced in West Chester, PA since 2007. Her primary therapeutic interests are in helping women and new mothers address complications of reproductive status. She also enjoys working with couples around these same issues and other relationship struggles and assisting individuals with chronic illness to manage the psychological aspects of their conditions. Separate from her professional life, Heather enjoys being with her family and friends, spending time outside hiking, gardening, and exercising. She and her husband, Dr. Ari Tuckman, have a son, along with other furry children.

Ellen Zschunke is a La Leche League Leader who has enjoyed being a part of LLL since before her daughter's birth in 2009. Mother to five-year-old Cecelia and one-year-old Elliot, Ellen is looking forward to sharing her experiences and learning from all of you at this year's Area Conference.

Conference Schedule

Friday, October 24, 2014

Registration opens.....6:00 p.m.
Conference Opening Meet and Greet 7:30–10:00 p.m.

Saturday, October 25, 2014

Breakfast.....6:30–11:00 a.m.
Registration opens.....7:15 a.m.
Session 1.....8:15–9:30 a.m.
Session 2+++.....9:45–11:00 a.m./11:45a.m.+++
Potpourri.....11:15–11:45 a.m.
Lunch.....12:00–1:00 p.m.
Session 3.....1:15–2:30 p.m.
Session 4.....2:45–4:00 p.m.
Silent Auction.....8:00 a.m.–4:30 p.m.
Exhibit Hall.....8:00 a.m.–4:30 p.m.
Hotel Playroom.....8:00 a.m.–4:30 p.m.
Rock & Rest Room.....8:00 a.m.–4:30 p.m.
Dinner.....6:30–7:45 p.m.
Evening Activities.....8:00–10:30 p.m.

+++Please note that the CERP sessions in Session 2 end at 11:45

Sunday, October 26, 2014

Breakfast.....6:30–11:00 a.m.
Registration opens.....8:00 a.m.
Session 5.....8:30–9:30 a.m.
Session 6.....9:40–10:40 a.m.
Session 7.....10:50–11:50 a.m.
Lunch and Leader Recognition Ceremony12:00–1:30 p.m.
Session 8.....1:40–2:40 p.m.

Registration Information

Nametags

For security reasons, everyone must register (including speakers, exhibitors, and those with complimentary registrations) and wear nametags at all times during the conference. Your meal and session information will be printed on the nametag.

Registration Form

The registration form can be found at the end of this registration brochure. Please send your completed registration form with payment to:

LLL of Eastern PA Area Conference Registrar
901 Cherry Hill Road
Bloomsburg, PA 17815

Online registration is available at: <http://www.LLLOfeasternpa.org/conference2014>

Payment of online registrations will be handled via PayPal. You do not need an active PayPal account to complete this transaction.

Please select first and second topic choices carefully, as your first choice cannot be guaranteed. If both of your choices are filled, you will be assigned a topic. Topic changes can be made only at the registration table on the day of the conference, and only if space is available. Please understand that session monitors may ask you to leave a session topic to which you are not assigned.

Please calculate your fees carefully. You will be notified if you have an incomplete payment. *Your registration will not be processed and session topics will not be assigned until full payment is received.* A \$25.00 processing fee will be assessed for returned checks.

Registration Fees

Friday Conference Opening Celebration: a meet-and-greet event that is included in your Saturday registration fee. Please indicate the number of people attending from your family. Only coming Friday evening; a fee to cover light refreshments is requested.

If you are only coming Friday evening.....\$5.00

Saturday Conference Fee: includes lunch buffet for one adult.

LLL Leader, Leader Applicant, and Retired Leader..... \$75.00

LLL Member..... \$85.00

Non-LLL Member**..... \$95.00

(**Please consider an LLL membership for as little as \$30)

LLL Alumnae Leader Lunch and Session #306 only..... \$30.00

Spouse/Partner, Father, Grandparent, or Caregiver (lunch buffet additional).....Free

CERPs, additional fee per CERP session for those seeking IBLCE credit.....\$12/CERP session

Sunday Leader Enrichment Workshop Fee

LLL Leader or Leader Applicant (includes lunch)..... \$45.00

Late fees

Registrations postmarked or received online October 13-17, 2014, add.....\$10.00

Registrations postmarked or received online after October 17, 2014 or walk-ins, add.....\$15.00

Registration Deadlines

The deadline for registration is October 12 and a late fee of \$10.00 will be added for all registrations postmarked October 13-17, and for all online registrations received October 13-17. All registrations received after October 17 will be treated as on-site registrations and will incur a \$15.00 on-site late fee.

You may register at the door, on a space-available basis. Meals may not be available and topic selections may be limited. In addition to the registration fee, the \$15.00 on-site fee will be assessed.

Refund Policy

A written request must be postmarked by October 12, 2014 for a full refund of all fees and meals, less a \$10.00 processing fee. Contributions and LLL memberships will not be refunded. Requests for a refund postmarked between October 13 and October 17, 2014 will receive a full refund for meals and 50% of registration fees. Refund requests postmarked after October 17, 2014 cannot be honored. Please send refund requests, with an SASE, to the Area Conference Registrar: 901 Cherry Hill Road, Bloomsburg, PA 17815. Refunds will be processed after the conference.

Additional Registration Brochures

Please reproduce this entire brochure as needed. For additional copies, send your name and address along with \$1.00 per brochure requested to Conference Mailing Coordinator, 204 Kent Drive, Exton, PA 19341. The entire registration brochure is also available online at <http://www.LLLofeasternpa.org/conference2014>.

Program Booklet Deadlines

Children of LLL and Friendly Messages for the Program Booklet must be received by **October 12, 2014** to ensure inclusion in the Program Booklet. Friendly Messages are \$5.00 each; Children of LLL are \$2.00 for each name. For each Children of LLL submitted, \$1 goes to LLL of Eastern PA and \$1 to the local LLL Group of your choice.

Day Workers Needed

It takes many helpers to keep the conference running smoothly. If you are willing to volunteer for an hour or more, please fill in the appropriate information on the registration form and you will be contacted. Teen volunteers are also welcome.

Fragrances and Scents

Please minimize your use of scented products, such as colognes, perfumes, and other scented products when attending the conference. Some attendees and committee members are highly sensitive to fragrances and can become ill when they encounter fragrances.

Accommodations

The LLL of Eastern Pennsylvania 2014 Area Conference will be held at the Lancaster Host Resort & Conference Center, 2300 Lincoln Hwy East (Rte 30), Lancaster, PA 17602.

You can reserve a Bed and Breakfast Package for the discounted rates of:

Single \$110.00*/ Double \$125.00*/ Triple \$140.00* / Quad \$155.00* /
+ Childs Meal Package \$7.50* ages 4–12 yrs,
children under age 4, free breakfast with Adult room.

- This Bed and Breakfast Package includes overnight accommodations, a full hot breakfast buffet and **all taxes/gratuities. Rates are per room per night, based on the number of adults per room.**
- Please add, when applicable, the Childs Meal Package to the Daily Room Rates.
- Reserve before October 2 for best availability. Room rates are valid until the hotel is completely booked. The discounted rate is available for three days before and after the conference.
- All rooms will have two double beds or one king bed. A limited number of King Suites and two-bedroom suites are available at higher rates by contacting the hotel at 717-299-5500 or, toll free, 800-233-0121. Call early to obtain the accommodations that meet your needs.
- Each room has complimentary WiFi in guest rooms, free parking, indoor pool, tennis, basketball, volleyball, ping-pong, shuffle board, two-mile path for walking & biking, golf course, driving range, two on-site restaurants, and more, all accessible to hotel guests.
- Refrigerators available at an extra fee; call to make arrangements, as supply may be limited.
- **Cancellation Policy:** All reservations must be canceled **by 4:00 p.m. at least 2 days prior to arrival date**, in order to avoid a no-show charge equal to one night's room rate and applicable taxes.

To reserve a room, call 717-299-5500 or toll free 800-233-0121 and mention "La Leche League." Call early to ensure availability or if you have special needs. Log on to www.lancasterhost.com for more information about the hotel.

**All room rates include taxes and fees.*

Directions

Lancaster Host Resort & Conference Center

2300 Lincoln Hwy East, Lancaster, PA 17602 (GPS address)

Located just east of Lancaster on business Rt. 30, 2300 Lincoln Highway East, the Lancaster Host Resort and Conference Center is on the south side, across the road just east of Dutch Wonderland.

FROM THE PENNSYLVANIA TURNPIKE: Take exit 286, Rt. 222 South, Reading/Lancaster. Follow signs for Rt. 222 South. On Rt. 222 South go for approximately 15 miles to Rt. 30 East. Continue on Rt. 30 for approximately 6 miles including the merge of Hwy Rt. 30 onto business Rt. 30. The Lancaster Host Resort and Conference Center will be on the right, 0.5 miles past Stanley K Tanger Blvd., also on the right, and just past Dutch Wonderland on the left.

- New York City - 180 miles
- Philadelphia - 70 miles
- Baltimore - 80 miles
- Washington, DC - 130 miles
- Pittsburgh - 250 miles

Arriving by plane or train? The hotel offers complimentary shuttle service to and from both the Lancaster Airport and Lancaster Amtrak Station.

Food at the Conference

Saturday Breakfast - The Breakfast Buffet is included for attendees and children who register for the Conference Bed and Breakfast Package at the hotel for Friday night.

The buffet breakfast includes assorted chilled fruit juices, assorted hot and cold cereals, fresh fruit, scrambled eggs, bacon and sausage, Amish scrapple & chipped beef, home fried potatoes, waffles, pancakes or French toast with warm maple-flavored syrup, breakfast pastries and biscuits, fruit preserves and sweet butter, freshly-brewed Colombian coffee, and a selection of imported & herbal teas.

Attendees not staying at the hotel may purchase this meal on the registration form for an additional fee. Adult: \$15.60, Child 4–12: \$7.50, Children under 4: free with adult purchase.

Saturday Lunch - One adult lunch is included with Saturday Conference Registration. Saturday lunch is a Make-Your-Own-Chef-Salad-Bar Buffet consisting of mixed greens, sliced vegetables, hard boiled eggs, grilled chicken, chick peas, and assorted salad dressings, lentil vegetable soup, and assorted breads, with seasonal fruit and assorted cookies and brownies for dessert.

Additional Adult: \$25.00, Child: 4–12: \$12.50, Children under 4: free with adult purchase.
Kosher meal, meat, all ages: \$25.00.

Saturday Dinner - This meal is not included with registration. Saturday dinner is a South-of-the-Border buffet including Mexican chicken tortilla soup, tossed garden salad, flour and corn tortillas, spicy beef and chicken fajita with onions and peppers, beans, shredded lettuce, diced tomatoes, onions, guacamole, sour cream, black olives, jalapenos, picante sauce, shredded cheddar cheese, freshly brewed coffee, selection of flavored and herbal teas, iced tea, and chef's selection of desserts.

Adult: \$28.00, Child: 4–12: \$14.00, Children under 4: free with adult purchase. Kosher meal, meat, all ages: \$28.00.

Sunday Breakfast - The Breakfast Buffet is included for attendees and children who register for the Conference Bed and Breakfast Package at the hotel for Saturday night.

The buffet breakfast includes assorted chilled fruit juices, assorted hot and cold cereals, fresh fruit, scrambled eggs, bacon and sausage, Amish scrapple & chipped beef, home fried potatoes, waffles, pancakes or French toast with warm maple-flavored syrup, breakfast pastries and biscuits, fruit preserves and sweet butter, freshly-brewed Colombian coffee, and a selection of imported & herbal teas.

Attendees not staying at the hotel may purchase this meal on the registration form for an additional fee. Adult \$15.60, Child 4–12: \$7.50, Children under 4: free with adult purchase.

Sunday Lunch - One adult lunch is included with Sunday Leader Enrichment Workshop Registration. Sunday lunch is a plated meal with a choice of:

Broiled salmon with a pineapple Pico De Gallo relish.

Medallions of roast pork loin infused with fresh rosemary served with a fresh horseradish glaze.

Eggplant roulade stuffed with julienne vegetable medley and a smoked tomato coulis.
Kosher, meat.

All choices include a garden salad and chocolate cream cake or fresh fruit plate

Additional Adult or Child meal: \$30.00. Kosher meal, meat, all ages: \$30.00.

All food and hotel accommodations rates include taxes and gratuities.

Seating

Seating at all meals is on a first-come basis. Please arrive promptly if you wish to ensure seating with friends and family. We will have seating for *all* children regardless of their age. To ensure the appropriate number of tables and chairs at all meals, please indicate the number of children in each age category in the meal section of the registration form.

Special Events

Opening Meet and Greet:

Friday 7:30-10:00 p.m.

Enjoy this casual social time to reconnect with LLL friends you have made over the years and to make some new ones. Light refreshments will be available.

Fee: \$5.00 (included with Saturday registration).

Evening Gathering

Saturday 8:00-10:30 p.m.

Time to unwind! After spending the day enriching your mind, join with fellow attendees and enrich your spirit. Join us for games designed to build camaraderie and then gather to discuss your favorite topic. There will be tables reserved for needle arts, board games, and continuing the discussions started earlier in the day.

Alumnae and Long-Term Leaders

Please join us for the Area Conference! Come for all or any part of the weekend. It is a great opportunity to share what you have been doing since retiring from LLL, renew old friendships, and make new ones.

On Friday evening at the Meet and Greet, relax and enjoy the company of LLL friends you have made over the years. Don't forget to bring along some family photographs! You can also join us Saturday after the conference at the Evening Gathering.

If you are a retired Leader and register for the entire conference, you are entitled to pay the Saturday Leader fee of \$75.00, which includes Saturday lunch. Please be sure to check off the appropriate space on the registration form if you would like us to save you a seat at the alumnae luncheon table! Current Leaders are also welcome to join us at the luncheon table. Alumnae can register for the whole conference and sign up for the alumnae session (#306) with your other selections, or take advantage of the "Alumnae Special," which includes Saturday lunch and the alumnae session only, at the reduced price of \$30.00. Either way, we look forward to seeing you.

Marketplace

The conference will feature a wide variety of breastfeeding-friendly products and services. You will have the opportunity to browse the wares of numerous vendors who support La Leche League. Take home a special treat for those you have missed all day or get an early start on your holiday shopping. Bring along the LLL Group checkbook and your personal checkbook to take advantage of these special offers.

LLL of Eastern PA Area Sales Tables

LLL of Eastern PA offers a wonderful selection of LLL merchandise and other breastfeeding-friendly items, as well as small toys to entertain small children during the sessions. Be sure to stop by and pick up some items for yourself, the Group and your children.

Boutique Tables

At the Boutique, various items will be sold to benefit LLL Group treasuries. Full eight-foot tables are available for \$12.00; half tables are available for \$6.00. For information about reserving space for a LLL Group to sell items at the Boutique, please contact <exhibits@LLLofeasternpa.org> or Shelly at 484-883-0572.

Exhibits

The exhibitors offer services and products of interest to families and those who work with breastfeeding mothers and babies. In previous years, exhibitors have offered nursing clothes, baby slings, cloth diapers, books, jewelry, and quality toys. If you are interested in exhibiting during the conference or suggesting an exhibitor, please contact <exhibits@LLLofeasternpa.org> or Shelly at 484-883-0572 for rates and details. La Leche League Leaders who have a small business and are interested in a shared table to display catalogs and business cards should contact <exhibits@LLLofeasternpa.org> or Shelly at 484-883-0572. All Exhibits must comply with LLL guidelines.

Silent Auction

The ever-popular Silent Auction offers a wonderful selection of items donated by LLL Groups, individuals, and businesses. Be sure to bring your wallet or checkbook. Written bids are taken throughout the day. You must be present at the end of the day to pay for and pick up your items if you are the high bidder. If you are interested in donating an auction item or a Group Basket, please contact <donations@LLLofeasternpa.org>. All auction items must comply with LLLI guidelines.

For Your Children

Bring your family to the conference! Babies and children with their parents are a distinctive and heartwarming sight at an LLL conference. The hotel has a wonderful playroom for the use of children with a parent or caregiver. A Rock & Rest room will be provided at the conference for your convenience.

Rock & Rest Room

This room will be available free of charge for all conference attendees to provide a quiet respite for you and your baby during the busy day. You will find comfortable chairs and even a bed to lie down with the little ones. This room will not be monitored by conference staff. Parents are responsible for tidying up after their children.

Hotel Playroom

Will your children need to release some energy during the day? This room, provided by the hotel free of charge to all hotel guests, will be the perfect place for active children to take a break from sessions. *Children must be accompanied by caregivers age 13 or older.* Parents and caregivers are responsible for tidying up after their children.

Of course, children are also permitted to attend sessions with their parents. Parents are responsible for the comfort and needs of their children while at the conference. If your child begins to fuss during a presentation and is not easily comforted by nursing or distraction, please take the child to an appropriate area for a change of scenery and some undivided attention. Then, rejoin the session when your child is ready. Caring for your child is the most important thing you can do at the conference. Speakers will understand and will not be offended.

Stroller Policy

Strollers are not permitted due to the large number of families attending. Exceptions will be made for special situations such as multiples or disabilities. If you need a stroller permit please indicate your need when you register.

Conference Session Information

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

- 101 THE FAMILY HERBAL MEDICINE CABINET.....*Stephen Byers*
CERP In this presentation we will cover several foundational ways to improve immune health with herbs and nutrient-dense foods. Appropriate uses for pregnant and breastfeeding mothers will be discussed. Common medicinal plants of Pennsylvania will be highlighted.
- 102 CO-SLEEPING—OUT OF THE BEDROOM AND INTO THE NEWS.....*Jeremi Dilworth*
CERP Families have always practiced bed-sharing, but never before has the location of infant sleep been so controversial. In this talk we will examine the research and statistics that have brought co-sleeping out of the bedroom and into the news.
- 103 WATCH, LISTEN, AND UNDERSTAND.....*Karen Shaw*
Explore communication styles that help family members tune in to the needs behind the message.
- 104 #NURSINGINPUBLIC.....*Ellen Zschunke*
Nursing in public has entered a new age with the use of social media as a platform to normalize breastfeeding. A discussion of recent events taking place in the digital world as well as practical tips for nursing in public.
- 105 BABY MAKES THREE.....*Heather Tuckman*
Having a baby creates many changes in women, couples, and families. We will investigate ways to navigate this transition and to recognize when professional help may be needed.

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

- 201 CANDIDIASIS AND BREASTFEEDING.....*Kay Hoover*
CERP An exploration of the impact of yeast on breastfeeding, including assessment and care plans. This session will include characteristics of yeast infections, differential diagnosis, predisposing factors, case reports, and recent research.
- 202 A TIME TO WEAN.....*Kathy Dettwyler*
CERP An overview of her research on what would be a natural age of weaning in modern humans if we didn't have various cultural beliefs about it (2.5 to 7 years).

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

- 203 LEADER APPLICANT FORUM.....*Carol Smith and the LAD*
A chance to talk with other Leader Applicants, discussing your journey to leadership, exploring how your role in the Group has changed, and what you've learned about LLL and breastfeeding.

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

- 204 THE ART OF BABYWEARING..... *Liz Gliot*
The benefits and philosophy of babywearing; how it complements breastfeeding and makes the family more mobile. Proper positioning will be demonstrated and practiced in a variety of carriers.
- 205 COOKING WITH KIDS..... *Andrea Mehrotra*
Making mealtime a cooperative effort by having your children help out! How to have fun and avoid problems on the path to a good meal, plus tips for fostering creativity and kitchen skills in your budding chefs.

Potpourri: Saturday 11:15-11:45 a.m.

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.

CLOTH DIAPERING—Peruse the many styles of available cloth diapers.

BABYWEARING—Proper positioning will be demonstrated and practiced in a variety of carriers.

GROUP LIBRARY—Review and refresh your knowledge of the guidelines for Group library books. Peruse an up-to-date library with some qualified new authors.

MEET THE TEAM—Meet the LLL of Eastern PA Team members. Bring your questions and suggestions.

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

- 301 BREASTFEEDING AS A CIVIL RIGHT: WORKPLACE PUMPING..... *Jake Marcus*
CERP- Is breastfeeding a civil right under U.S. law? What does that mean? Is your state law as strong as you think it is? An examination of differences in local laws, protections under federal laws, non-legal options available to lactating women, and your state's particular breastfeeding-related law. This session focuses on workplace pumping.
- 302 MOM-SHAPED: THE TRUE IMAGE OF MOTHERHOOD..... *Christine Roca*
Between digital photo editing and the highlights of social media, we are inundated with a skewed sense of maternal body image. What is reality? What is normal? This presentation features a collection of unaltered photos of mothers to help us explore the variations of normal and embrace the beauty of our bodies in their natural state.
- 303 BREASTFEEDING: BABY AND BEYOND..... *Courtney Byers*
Whether you are currently nursing an older child or just thinking about it, come join this discussion of the joys and difficulties of nursing through the toddler years and beyond.

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

- 304 THREE RING CIRCUS.....*Stacy Laucks*
Take a closer look at how voluntary simplicity can help manage our three life “rings”—time, energy, and money.

- 305 RAISING TEENS WHO WILL TALK TO YOU.....*Allison Shepard*
A discussion about continuing attachment parenting into the teen years, creating a respectful relationship, and enjoying your teenagers.

- 306 PLANTING SEEDS: WATCHING THEM GROW.....*Judy Polley*
Alum Join an informal discussion of how to plant seeds to support breastfeeding in our post-LLL life, supporting our older children in their breastfeeding and parenting journeys.

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

- 401 TRAUMA AND THE BREASTFEEDING EXPERIENCE.....*Melissa Lucchesi*
CERP This session will discuss what trauma is and how a trauma history can affect the birth and breastfeeding experience. Birth trauma will also be covered. Discussion will include local and national resources to help mothers who have experienced trauma, and when to refer a mother.

- 402 EVIDENCE-BASED BREASTFEEDING RESOURCES.....*Audrey Perry*
CERP Using evidence-based resources in your community for better breastfeeding outcomes: a review of the research.

- 403 COMMUNICATION: A CRUCIAL PIECE OF THE BREASTFEEDING PUZZLE
.....*Kelly Durbin*
Advocate for yourself and your baby, and preserve the breastfeeding relationship while communicating with others who may not be supportive of your parenting or breastfeeding style.

- 404 FATHERING—BECAUSE IT MATTERS.....*Mark Starkman*
Join a frank conversation amongst fathers about the joys and challenges of rearing children in an attachment parenting family.

- 405 WORKING MOM’S GYMNASTICS: WALKING THE BALANCE BEAM BETWEEN FAMILY AND JOB.....*Diane DiSandro*
A discussion of the importance of breastfeeding for the employed mother and strategies for meeting breastfeeding goals. Time will be allotted for questions and discussion.

CERP Sessions

Conference attendees may earn Continuing Education Recognition Points (CERPs) from La Leche League Alliance for Breastfeeding Education through a providership with the International Board of Lactation Consultant Examiners (IBLCE).

All registrants are welcome at these sessions. The technical nature of CERP sessions requires participant and speaker concentration. We therefore recommend attendance by children be limited to quiet infants in arms and non-separating children who will sit quietly near their mother. If you are bringing your children into sessions, please be reminded that, in keeping with LLL tradition, your child's needs are to be respected and attended to quickly. Your cooperation is appreciated. Please remember that this is a family-friendly conference, and as a result, your CERP experience here may differ from those conferences attended by healthcare professionals. If you wish to receive CERPs for attending any of these session topics, mark the appropriate space on the registration form and include a payment of \$12 per CERP session topic.

CERP Credits applied for.

Leader Enrichment Workshop Session Information

Attendance at the Leader Enrichment Workshop is limited to LLL Leaders and Leader Applicants. Note, this year CERPs are being offered for some sessions on Sunday. If you wish to receive CERPs for attending any of these session topics, mark the appropriate space on the registration form and include a payment of \$12 per CERP session topic.

Session 5: Sunday 8:30–9:30 a.m.

501 FROM GROUP ATTENDEE TO LEADER.....*Carol Smith and the LAD*
Engaging mothers in the Group community, encouraging long-term Group participation and finding Leaders among your members.

502 GROUP TREASURY FOR THE FINANCIALLY CHALLENGED.....*Bobbie North*
A hands-on session about trying to get the Group treasury organized and under control. You bring the Group checkbook and treasury supplies. We'll bring the three-hole punch.

Session 6: Sunday 9:40–10:40 a.m.

601 ACROSS THE GENDER SPECTRUM.....*Jake Marcus*
CERP Breastfeeding, chestfeeding, and gender diversity.

Session 7: Sunday 10:50–11:50 a.m.

701 WHAT TO DO IF THE BABY HAS NOT LATCHED ON YET.....*Kay Hoover*
CERP An examination of infant problems that could contribute to feeding difficulties and maternal anatomical challenges for the baby. Techniques to assist the large-breasted woman will be discussed. Instructions for the family of a non-latching baby will be covered.

Session 7: Sunday 10:50–11:50 a.m. (continued)

702 SUPPORTING EMPLOYED MOTHERS—MEETING MOTHERS WHERE THEY ARE

..... Diane DiSandro

A discussion of the unique challenges of supporting this large but under-served group of mothers. Where to find them and how to give them what they need.

Lunch and Leader Ceremony: Sunday 12:00-1:30 p.m.

Session 8: Sunday 1:40–2:40 p.m.

801 CASE STUDIES: LOW MILK PRODUCTION.....*Kay Hoover*

CERP Investigating medical conditions and breastfeeding management issues that may lead to low milk production or a delay in the increase of milk volume. Strategies for supporting mothers navigating these issues will be presented.

CONTACT US

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