

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.