

La Leche League of Eastern Pennsylvania

Presents

“Celebrating 60 Years of La Leche League”



Breastfeeding and Parenting Conference

Red Lion Hotel-Harrisburg Hershey
4751 Lindle Road,
Harrisburg, PA

October 21–22, 2016

Leader Enrichment Workshop October 23, 2016



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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La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing support, encouragement, information, and education to women who choose to breastfeed.

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:

Katherine Dettwyler, Ph.D.

Kay Hoover, MEd, IBCLC, FILCA *

Shannon Lilienthal, IBCLC

Maureen Minchin, BA, MA, TSTC

Elizabeth Shotwell, MEd *

Marah Sollenberger, LLLL, IBCLC *

Michael Virts, DDS

Kara Fontes*

Rachel Leskosky

Kathleen Eckhaus **

Annette Maier

Liz Gliot *

Alyssa Mierta *

Heather Haney

Lorraine Mishler *

Jason Jacobs

Jennifer Moquin *

Jennifer Jacobs *

Kristina Pasquale *

Shelly Karver *

Karen Shaw *

Holly Keich

Carol Smith *

**denotes a La Leche League Leader*

***denotes a retired La Leche League Leader*

CERP Faculty Bios

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.

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 45 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*. Kay currently works at Riddle Hospital in Media, PA as their lactation consultant.

Shannon Lilienthal, IBCLC, is a lactation consultant and birth educator with Pinnacle Health. Shannon has volunteered as a breastfeeding counselor with Nursing Mothers Advisory Council and has served as member of the Dauphin County Breastfeeding Coalition, the South Central PA Lactation Consultant Association, and the Pennsylvania Breastfeeding Coalition.

Maureen Minchin, BA, MA, TSTC, is a medical historian and health educator. Maureen Minchin has been involved in global efforts to promote evidence-based infant feeding for decades, and is internationally recognized for her pivotal role in creating the lactation consultant profession. She has been a consultant to international bodies such as the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF). She has educated health professionals, including through creating university-based courses in the UK and Australia, and she is an editorial board member for the open-access online *International Breastfeeding Journal*.

Elizabeth Shotwell, MEd, is first and foremost the mother of three energetic sons, spanning three different development stages and ages (toddler, grade-schooler, adolescent). When she is not enjoying her time wrangling her three boys, she is a high school teacher and adjunct college instructor. Elizabeth's research interests include the impact of attachment styles on brain development, understanding how children learn, and the intersection between technology and our relationship with the outdoor world. She is currently working on her dissertation focused on the impact of outdoor education in schools.

Marah Sollenberger, LLLL, IBCLC, is the mother of five children and was inspired to help other mothers in their breastfeeding journeys by the support she received in the early days of breastfeeding her oldest child. Aside from breastfeeding, Marah is passionate about her family, photography, babywearing, gardening, CrossFit, and sewing.

Michael T. Virts, DDS, and wife Kristen are the parents of two young sons. Dr. Virts has successfully helped hundreds of mother-infant dyads nurse more comfortably through tongue and lip revision with a laser in the office setting, without sedation or general anesthesia. He practices with the office of Dr. David Hasson, DMD and Associates in Mt. Airy, MD. Dr. Virts is a Diplomate of the American Board of Pediatric Dentistry, a Fellow of the American Academy of Pediatric Dentistry, an Associate Member of the American Academy of Pediatrics, and a member of the American Society for Dental Ethics and the International Affiliation of Tongue-Tie Professionals. He is also a Dean's Faculty member at the University of Maryland Dental School, and is a Past President of the Maryland Academy of Pediatric Dentistry. Dr. Virts has received numerous awards for ethical practice, compassionate care, and leadership in the dental profession.

Conference Schedule

Friday, October 21, 2016

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

Saturday, October 22, 2016

Breakfast–Restaurant hours..... 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.
Rock & Rest Room..... 8:00 a.m.–4:30 p.m.
Dinner..... 6:30–7:45 p.m.
Evening Gathering 8:00–10:30 p.m.

+++Please note that CERP Session 201 end at 11:45

Sunday, October 23, 2016

Breakfast–Restaurant hours..... 6:30–11:00 a.m.
Registration opens..... 8:00 a.m.
Plenary Session 5 8:30–9:45 a.m.
Area Leaders’ Meeting..... 10:15–11:45 a.m.
Leader Recognition Ceremony and Lunch..... 12:00–2:00 p.m.
Session 6..... 2:15–3:05 p.m.
Session 7..... 3:15–4:05 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/conference2016>.

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 Meet and Greet: a casual 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 Registration\$80.00

LLL Member Registration\$90.00

Non-LLL Member** Registration \$100.00

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

LLL Alumnae Leader Lunch and Session #304 only\$32.00

Spouse/Partner, 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 11-15 add\$10.00

Registrations postmarked or received online after October 15 or walk-ins, add\$15.00

Registration Deadlines

The deadline for registration is October 10 and a late fee of \$10.00 will be added for all registrations postmarked October 11-15 and for all online registrations received October 11-15. All registrations received after October 15 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 10, 2016 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 11 and October 15, 2016 will receive a full refund for meals and 50% of registration fees. Refund requests postmarked after October 15, 2016 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/conference2016>.

Program Booklet Deadlines

Children of LLL and Friendly Messages for the Program Booklet must be received by **October 10, 2016** to ensure inclusion in the Program Booklet. Friendly Messages are \$5.00 each; Children of LLL are \$2.00 for each name.

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.

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.

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 2016 Area Conference will be held at the:
Red Lion Hotel-Harrisburg Hershey
4751 Lindle Road, Harrisburg, PA 17111

You can reserve a room for the discounted rates of: Standard Double \$95/ Suite \$209, plus State and local taxes. This discounted price does not include breakfast, which is available for purchase at the Seasons Restaurant from 6:30–11:00 a.m.

Reserve ASAP for best availability. Room rates are valid until the hotel is completely booked or October 10th, whichever comes first. The discounted rate is available for three days before and after the conference.

To reserve a room, call 717-939-7841, or 800-637-4817, and mention “La Leche League.” Call early to ensure availability or if you have special needs. Log on to <http://www.redlion.com/harrisburg/features> for more information about the hotel and directions.

Room Amenities

- 32" Flat Screen Cable TV with HBO
- Complimentary bath amenities
- Coffee makers with coffee and tea
- Hairdryers
- Refrigerators available upon request
- Microwaves available upon request
- Iron and full-size ironing board
- Cribs available upon request
- Complimentary High Speed Wi-Fi Internet
- Complimentary Business Center
- 24 Hour complimentary airport shuttle service to Harrisburg International Airport (MDT). Based upon availability
- Dry Cleaning and Laundry (Charge Applies)
- Express/Rapid Check-Out
- ATM
- Coin operated guest laundry
- Complimentary parking
- Playworld playground
- All sports courts including basketball, tennis, shuffleboard, volleyball
- Indoor pool
- Coin operated arcade games, ping pong, and billiard room

Note: If you use a different service to book your guest room, please email a copy of the room confirmation to acc@LLLofEasternPA.org so that LLL gets credit for your room in our required room count.

Food at the Conference

Saturday:

In order to allow families more flexibility, breakfast is not included in the discounted room rate. Breakfast is available for purchase at the Seasons Restaurant from 6:30–11:00 a.m. Choose from a buffet or a la carte offerings. Children eat free, 12 years old and under, when ordering in the Seasons Restaurant with an accompanying adult dining from the regular menu. This is for guests registered at the hotel only. Limit 4 children per dining family.

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, chickpeas, and assorted salad dressings, vegetable soup, and assorted breads, with seasonal fruit and assorted cookies and brownies for dessert.

Additional Adult: \$27, Child: 3–11: \$14, Children under 3: free with adult purchase.
Kosher meal, meat, all ages: \$27.00.

Dinner—This meal is not included with registration.

Saturday dinner is a pasta buffet including meat, vegetarian, and gluten free options, green salad, beverages, and dessert.

Adult: \$27.00, Child: 4–12: \$14.00, Children under 3: free with adult purchase. Kosher meal, meat, all ages: \$27.00.

Sunday

In order to allow families more flexibility, breakfast is not included in the discounted room rate. Breakfast is available for purchase at the Seasons Restaurant from 6:30–11:00 a.m. Choose from a buffet or a la carte offerings. Children eat free, 12 years old and under, when ordering in the hotel's restaurant with an accompanying adult dining from the regular menu. This is for guests registered at the hotel only. Limit 4 children per dining family.

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

- Hand seared apricot chicken.
- Herb encrusted pork loin with rosemary jus lie.
- Grilled vegetable Napoleon.
- Kosher, meat.

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

Additional Adult: \$36.00, Child, age 3-11: \$18. Kosher meal, meat, all ages: \$36.00.
All food 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, 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 (#304) 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 \$32.00. 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.

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. A Rock & Rest room will be provided at the conference for your convenience.

To assure the security of your children, please supervise them at all times. Caregivers must be of an appropriate age, bearing in mind the public atmosphere at our conference facility. We will be sharing the facility with other groups. A children's play area will be provided within the Activity Room.

Activity Room Sessions

Note: Children must be accompanied by a caregiver 13 years or older in the Children's Activity Room.

8:30–9:00 a.m.: YOGA FOR THE LITTLE ONES.....*Holly Keich*

10:00–10:30 a.m.: MUSIC TOGETHER OF SUSQUEHANNA VALLEY.....*Kathleen Eckhaus*

11:15–11:45 a.m.: MUSIC TOGETHER OF SUSQUEHANNA VALLEY.....*Kathleen Eckhaus*

1:30–2:00 p.m.: STORY TIME.....*Heather Haney*

2:45–4:00 p.m.: SCIENCE AND CRAFT CENTERS:

Come and Go Crafting. Visit the craft stations to make your own crafts. Explore some simple science centers and experiment. All ages and abilities are welcome.

Rock and Rest Room

This room will be available to provide a quiet respite during the busy day. You will find comfortable chairs and quiet toys. This room will not be monitored by conference staff. Caregivers are responsible for tidying up after the 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.

Toys in Session Rooms

There will be a bin of quiet toys for babies and toddlers in the rear of every session room. Please return the toys to the bin at the end of each session.

Conference Session Information

Session 1: Saturday 8:15–9:30 a.m.

- 101 OBESITY AND BREASTFEEDING*Kay Hoover*
CERP The epidemic of obesity has focused greater attention on the impact of
1.25 hrs breastfeeding. This session reviews research on breastfeeding and the link to a
reduction in childhood obesity, and difficulties of breastfeeding with maternal
obesity.
- 102 TONGUE TIE AND THE BREASTFED BABY.....*Michael Virts*
CERP How to assess, when to refer, and how to support the breastfeeding family after a
1 hrs tongue tie revision. Assessing the risks and benefits of frenotomy.
- 103 NAVIGATING NIGHT NURSING*Kara Fontes*
Meeting your children's nighttime needs while maximizing sleep for the whole
family. Includes discussion about co-sleeping, reverse-cycling, and the benefits of
nursing at night.
- 104 HEALTHY EATING THAT WON'T BREAK THE BANK.....*Annette Maier*
Find out how one mother feeds her family for under \$30 a week. No TV dinners or
coupon clipping! Get new shopping habits, recipe ideas, and extra money to spend
on what you love: your family.
- 105 WATCH, LISTEN, AND UNDERSTAND*Karen Shaw*
Explore communication styles that help family members tune in to the needs behind
the message.

Session 2: Saturday 9:45–11:45 a.m.

- 201 WHEN THERE IS NO RESEARCH TO BACK PRACTICES: BEING LIFE-LONG LEARNERS
CERP*Kay Hoover*
2 hrs This session covers the variety of experts who can help with unusual problems,
using the knowledge we have to make reasonable suggestions, looking at other
species, keeping good records, and staying abreast of the research.

Session 2: Saturday 9:45–11:00 a.m.

- 202 BREASTFEEDING CONTROVERSY: MILK-SHARING*Marah Sollenberger*
CERP Sharing breastmilk is a growing practice that can carry benefits or risks for a baby,
1.25 hrs depending on who's doing it and how. Facts about the history, safety, and types of
milk-sharing will be presented. Explore how to support milk-sharing families while
considering liability and LLL guidelines.
- 203 BECOMING A LEADER*LAD*
Ideas on finding time, living the philosophy of LLL, helping mothers, and other
issues of concern to those considering and working towards leadership. Any Leader
is welcome to join in the discussions.

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

- 204 THE ART AND PRACTICE 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. We will also discuss low-cost and DIY options. Please feel free to bring your personal carriers along for hands on discussion.
- 205 SPENDING TIME WITH YOUR CHILDREN IN A BUSY WORLD *Jason Jacobs*
Fathers and other support persons don't get the opportunity to bond with children through nursing as mothers do. However, there are many opportunities to bond with our children. In this session we will explore and exchange ideas for how to combine our busy lives with spending quality time with our children.

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.

BABYWEARING—Hands-on babywearing with a BWI-certified instructor. Take your baby or a doll for a spin in a carrier or carry that is new to you. *Liz Gliot*

LLL LIBRARY—Browse the LLL Library of LLL of Greencastle and review the guidelines for choosing appropriate books for your LLL Group library..... *Lorraine Mishler*

MUSIC TOGETHER OF SUSQUEHANNA VALLEY—..... *Kathleen Eckhaus*

MEET THE TEAM—Meet the team that supports La Leche League of Eastern Pennsylvania Leaders. Find out how you can get involved.

Session 3: Saturday 1:15–2:30 p.m.

- 301 WE'VE COME A LONG WAY BABY *Kathy Dettwyler*
CERP But we still have far to go: looking back on almost four decades of breastfeeding
1.25 hrs advocacy in the United States. What has changed and what hasn't?
- 302 SUPPORTING BREASTFEEDING MOTHERS IN THE EARLY WEEKS
CERP *Shannon Lilienthal*
1.25 hrs During the first weeks, new mothers are more likely to wean early if they encounter challenges with breastfeeding. This session covers the skills needed to gather a complete history, including asking the right questions to help a mother address her breastfeeding concerns. Three common challenges will be presented, and learners will role play to identify the sources of the breastfeeding challenges and to propose solutions.

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

- 303 THE MANY BENEFITS OF CHIROPRACTIC CARE FOR FAMILIES*Rachel Leskosky*
Find out how chiropractic care benefits all children by improved function of the nervous system affecting the immune system, growth and development, sleep, focus and attention in school. In addition, chiropractic care provides many benefits to the breastfeeding dyad.
- 304 CLOSING THE GENERATION GAP*Leader Panel*
Join in with LLL of Eastern Pennsylvania's oldest and youngest Leaders for a discussion about how to bridge the gaps in technology use and culture and find common ground.
- 305 RAISING A WILD CHILD IN A TECH-FILLED WORLD*Elizabeth Shotwell*
Today's children are born into a society rich with technological tools and screens, with a shift towards a more sedentary, indoor, climate-controlled childhood. This has brought with it a host of behavioral and health issues. How can we as parents work to bring our children back in touch with the natural world in a society based so firmly in technology?

Session 4: Saturday 2:45–4:00 p.m.

- 401 BENEFIT, RISK, OR HARM? INFANT FEEDING AND ALLERGY REALITIES
CERP*Maureen Minchin*
1.25 hrs A new understanding of why early infant feeding matters, providing recent research into the microbiome and epigenetics along with decades of clinical and personal experiences. We will focus on allergy as an intergenerational legacy, discuss its presenting symptoms, and a current recommended approach to management. Emphasis is on the breastfeeding family and discussion will also include infant formula issues, maternal diet in pregnancy and lactation, possible allergy prevention in subsequent children, and the effects of allergy on families.
- 402 SUCK TRAINING: A TOOL FOR THE BREASTFED BABY*Marah Sollenberger*
CERP As natural as breastfeeding is, some babies, for various reasons, do not have the
1.25 hrs ability to latch onto the breast correctly. One strategy for getting a baby to latch well is teaching the infant how to suck using a method known as suck training. Hear the latest research on suck training, when to use suck training, and how to do and teach suck training.
- 403 A HOLISTIC APPROACH TO BREASTFEEDING SUPPORT*Elizabeth Shotwell*
CERP Looking beyond the numbers and factoring in the qualitative data: non-verbal cues,
1 hrs the interaction between mother and baby, and overall growth and contentment can provide care providers with a more complete picture of the breastfeeding experience in order to provide a more holistic approach to support

Session 4: Saturday 2:45–4:00 p.m. (continued)

- 404 STILL BREASTFEEDING?*Jennifer Jacobs*
A discussion about how the nursing relationship changes as baby nurses into the second year and beyond. Bring your questions regarding nighttime parenting, setting limits, tandem nursing, responding to criticism, and balancing the needs of your children with your own.
- 405 YOUR JOURNEY TO FINANCIAL FREEDOM*Lorraine Mishler*
Developing a spending plan, tracking your expenses and discussing ideas for living modestly. Come hear about the seven steps to financial freedom.

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). 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.

All registrants are welcome at these sessions. The technical nature of CERP sessions requires participant and speaker concentration. 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.

All children, regardless of age, are allowed to accompany their parents to CERP sessions at Area Conferences. CERP speakers and attendees should be aware and accepting of the fact that first-time parents and older children may attend these sessions. Please be respectful of the needs of all attendees and quietly respectful to the speaker who is presenting.

CERPs have been approved from IBLCE through a providership with LLL Alliance.

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 8:30–9:45 a.m.

- 501 WHAT'S NEW? RECENT BREASTFEEDING RESEARCH*Kay Hoover*
CERP The lactation field is steadily uncovering exciting new findings about breastfeeding.
1.25 hrs Join us for an informative presentation of the recent research and examine how to use your new knowledge in helping situations.

Area Leaders’ Meeting: Sunday 10:15–11:45 a.m.

This session will update Leaders and Leader Applicants on the state of the Eastern PA Area. Be a part of the future of the Area by sharing your ideas and experiences. Leaders from other Areas are welcome to share their expertise.

Leader Recognition Ceremony and Lunch: Sunday 12:00–2:00p.m.

Session 6: Sunday 2:15–3:05 p.m.

- 601 MANAGING YOUR ONLINE PRESENCE*Alyssa Mierta*
A discussion for Leaders about how to manage your online presence once you have identified yourself as an LLEader. Managing your online profile, adjusting privacy settings, and how to take your Leader hat off when you are online.
- 602 UNDERSTANDING THE AREA AGREEMENT.....*Kristina Pasquale*
What is the Area Agreement? Come discuss what it says and what it means.

Session 7: Sunday 3:15–4:05 p.m.

- 701 NURTURING NEW LEADERS..... *LAD*
Beginning the Leader application process, maintaining enthusiasm through new Leader training and preparing a Leader Applicant to embrace new responsibilities.
- 702 INCLUSIVE LANGUAGE..... *TBA*
If we want to encourage diversity and promote a sense of inclusiveness, we need the language to express it. Adjusting our language to avoid alienating those we would like to support.

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