

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.

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.

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 LLL Leader. 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.