

Strategies to Help with Breastfeeding

Thursday April 22nd 2010
Friday April 23rd 2010



Ottawa Valley Lactation Consultants

in association with

Canadian Lactation Consultants Association

Association canadienne des consultant(e)s en lactation

present

The 14th Annual Breastfeeding Conference

at the Holiday Inn Plaza La Chaudière

2 rue Montcalm

Gatineau, Quebec

Our Mission Statement:

Ottawa Valley Lactation Consultants (OVLC) will promote, support, and protect breastfeeding in the community by maintaining and increasing individual knowledge and skills through a professional, collegial, and supportive relationship with each other.

About Us:

Ottawa Valley Lactation Consultants (OVLC) is comprised of International Board Certified Lactation Consultants working throughout Eastern Ontario in health care facilities, and in agencies and private practices within the community. OVLC is an affiliate of the Canadian Lactation Consultants Association and the International Lactation Consultants Association.

OVLC supports the WHO Code on the marketing of breast milk substitutes, and has requested that all exhibitors comply with the Code. This conference has not received funding from any manufacturer of artificial milk for babies. Presenters will disclose any affiliations that may influence their presentations.

OVLC acknowledges and respects the need for mothers and babies to be together. Quiet babies in arms are welcome. We respectfully ask moms to sit near an exit door so they can easily take their baby to a quieter place if they are distressed or if their normal baby noises are distracting other people

Objectives:

Participants will be able to:

- describe three ways current approaches to birth and breastfeeding can interfere with normal maternal and infant behaviors;
- discuss three motivators of Generation X & Y women and what causes generational cohorts to respond differently to similar breastfeeding challenges;
- state two advantages for changing the norm in scientific studies from formula-feeding to breastfeeding;
- explain the interplay between extension, angles, torque, gravity, and vacuum as they relate to breastfeeding positioning and latching techniques;
- list three advantages of Suzanne Colson PhD's breastfeeding technique methods over current latching instructions;
- describe the impact of nipple shield use on lactation outcomes;
- identify two tenets from their developing personal code of ethics;
- discuss the impact Magnesium Sulfate and epidurals may have on breastfeeding success;
- discuss the controversy over Vitamin D supplementation for the exclusively breastfed infant.

We are pleased to present two dynamic speakers with extensive experience in assisting families with breastfeeding.

Diane Wiessinger, MS, IBCLC, holds Bachelors and Masters degrees from Cornell University. Diane has a private lactation consultant practice in Ithaca, NY. She has written many breastfeeding resources and is an internationally known speaker. Publications include chapters in Smith's *The ABC's of Private Practice*, Genna's *Supporting Sucking Skills in Breastfeeding Infants*, and assorted published articles and essays. She is best known for her *Journal of Human Lactation* article, "Watch Your Language!" Diane self-publishes a collection of breastfeeding handouts on CD, most of which are also on her website, <http://www.normalfed.com/>.

Diane Powers, BA, IBCLC is an internationally known speaker, researcher, and published author. She is a full-time lactation consultant in both inpatient and outpatient clinics, and sees 800-900 breastfeeding mother/baby pairs per year. Diane's research and clinical articles have appeared in the *Journal of Human Lactation*, the *Journal of the Australian Lactation Consultant's Association*, and the *International Childbirth Education Association Journal*. Diane has published research on the use of nipple shields and is currently working on an ethics board approved research project studying women who had no anesthesia in labor whose babies presented with poorly organized sucking skills.

Agenda:

Thursday April 22nd 2010

07:15 – 08:00 Registration / Exhibits
 08:00 – 08:15 Welcome and Introductions
 08:15 – 09:45 **Breastfeeding: Learning from other Mammals** Diane Wiessinger
 Nutrition Break / Exhibits
 09:45 – 10:15 **The Physics Behind Optimal Position and Latch** Diane Powers
 10:15 – 11:45
 11:45 – 13:00 Lunch / Exhibits
 13:00 – 14:30 **Semantics: Effect on Breastfeeding Support** Diane Wiessinger
 14:30 – 15:00 Nutrition Break / Exhibits
 15:00 – 16:30 **Working Well With Generation X & Y Women** Diane Powers
 16:30 Closing and Door Prize Draws

Friday April 23rd 2010

07:15 – 07:55 Registration / Exhibits
 07:55 – 08:00 Welcome and introductions
 08:00 – 09:30 **Changing Paradigms In Infant Latch** Diane Wiessinger
 Nutrition Break / Exhibits
 09:30 – 10:00 **Evidence Based Practice: Results on using a Nipple Shield** Diane Powers
 10:00 – 11:30 Exhibits & Lunch
 11:30 – 12:30 **Ethical questions for the Breastfeeding Helper** Diane Wiessinger
 12:30 – 14:00 Nutrition Break
 14:00 – 14:15 **Magnesium Sulfate and Epidurals – Do They Effect Breastfeeding? Are Vitamin D supplements necessary for a breastfed baby?** Diane Powers
 14:15 – 15:45
 15:45 – 16:00 Closing and Door Prize Draws

This programme has been approved for up to 12 IBLCE CERPs (10.5 L and 1.5 E) depending on attendance at session.

This program meets the accreditation criteria of the Quebec College of Family Physicians, a Continuous Professional Development (CPD) organization fully approved by the Collège des médecins du Québec and has been approved for 12 Mainpro-M1 credits (recognized as Category 1 for non-CFPC members) subject that the ethical standards are met.

A Sharing Table will be available to conference registrants for items you may want to share with others. All items must be WHO Code Compliant. After the conference please pick up your remaining items.

Conference Accommodation and Location of Sessions

Holiday Inn Plaza La Chaudière

2 rue Montcalm
Gatineau, Quebec J8X 4B4
<http://tiny.cc/D6sto>

Phone 819-778-3880
Fax 819-778-3309
1-800-567-1962

Questions?

sheryl@hamiltoncrew.com
or 613-224-3528

Registration Form:

Ottawa Valley Lactation Consultants & CLCA/ACCL
14th Annual Breastfeeding Conference:
Strategies to Help with Breastfeeding

Thursday April 22nd & Friday April 23rd, 2010
at the Holiday Inn Plaza La Chaudière

Registration is limited to first 200 applicants.

Please Print Clearly in Upper Case Letters:

First Name: _____

Last Name: _____

E-Mail Address: _____

Postal Address: _____

Tel No. : _____

Fax No: _____

Vegetarian Meal Preferred _____

Meals, unfortunately, cannot be changed for individuals from that supplied in the hotel's group package. No monetary compensation will be given if food does not meet your unique dietary requirements.

We go to dinner with the speakers at a local restaurant on Thursday evening, each of us paying for our own meal.
Would you like to join us? Yes____ No____

A limited number of Student Rate Spaces are available — Please Contact Registrar.

Please check off the days you plan to attend:

Full Conference: Thursday and Friday
_____ \$325.00 postmarked by March 1, 2010
_____ \$375.00 postmarked after March 1, 2010

Thursday only:
_____ \$165.00 postmarked by March 1, 2010
_____ \$190.00 postmarked after March 1, 2010

Friday only:
_____ \$165.00 postmarked by March 1, 2010
_____ \$190.00 postmarked after March 1, 2010

Amount enclosed: _____

Please make cheques payable to OVLC.

There is a \$25.00 processing fee for refunds. After April 14, 2010, registrations are transferable but non-refundable.

Questions?
sheryl@hamiltoncrew.com
or 613-224-3528

<http://www.ovlc.net/>

Mail registration to:
OVLC Conference
Attn: Sheryl Hamilton, Registrar
33 Northgate Street
Ottawa, ON. K2G 6C8