

Breastfeeding the Neonate



Monday February 8 and
Tuesday, February 9, 2016
8:15 am - 4:45 pm

A Two-Day Conference at the DoubleTree by Hilton Hotel Orlando Airport

5555 Hazeltine National Drive
Orlando, Florida 32812

Planning to breastfeed means preparing to breastfeed.



The vast majority of new mothers experience significant breastfeeding challenges during the first week postpartum.

Based on the most current research and clinical insights, our international experts will share practical and effective strategies for the initiation and retention of breastfeeding during the neonatal period.

Who Should Attend?

This 2 day conference is suitable for all health care providers who interact with mothers before, during or after birth. The information provided will make you a more effective breastfeeding supporter whether you are a nurse, board-certified or certified lactation consultant, lactation counselor and educator, physician, dietitian, doula, midwife, peer counselor, childbirth educator, volunteer mother-to-mother supporter, or public health staff.

Conference Objectives

After the conference,
participants should be able to:

- » Implement a simplified breastfeeding initiation strategy that reduces the 3 most common problems—nipple pain, latching challenges, and milk production—confronted during the first week after birth.
- » Identify key elements of developmental neuroscience.
- » Apply neurobehavioral techniques to support breastfeeding, in preterm and full-term infants.
- » Describe two advantages of using gravity to facilitate breastfeeding.
- » Understand how optimal neurological development of the newborn is facilitated by developmentally appropriate feeding behaviors.
- » Describe positioning modifications that improve the infant's ability to deliberately use their hands to facilitate latch.
- » Explain the function of mirror neurons in the brain and their implications to breastfeeding help and prenatal education.
- » Name two physiological or behavioral changes in breastfeeding mothers or babies who are separated at night.
- » List 4 possible interventions to assist infants who are unable to attach to the breast.



Registration

Includes continental breakfasts, refreshment breaks, electronic copies of handouts, Monday night Dessert Reception with the Speakers, and CERPs. Lunch and dinner not included. Space is **limited to 200** so register early. Registration closes when maximum capacity is reached.

2015

Registration Fee

(if space is available)

- _ **\$399** full two-day conference
- _ **\$239 per day** (choose desired day below)
 - __ Monday registration
 - __ Tuesday registration

2016

Registration Fee

(if space is available)

- _ **\$499** full two-day conference
- _ **\$279 per day** (choose desired day below)
 - __ Monday registration
 - __ Tuesday registration

Space is limited! Save your spot now at www.naturalbreastfeeding.com/event/



Conference Agenda

- The speakers declare no conflicts of interest -

Monday, February 8

7:30 am – 8:15 am Registration with continental breakfast
8:15 am – 8:30 am Welcome and Announcements
8:30 am – 10:00 am Session 1A: Understanding Breastfeeding Behaviors; *Nancy Mohrbacher, IBCLC, FILCA and Theresa Nesbitt, MD*
10:00 am – 10:15 am Break
10:15 am – 11:45 am Session 2A: Perinatal Neuroscience
Nils Bergman, MD, MPH, PhD
11:45 am – 1:00 pm Lunch on your own
1:00 pm – 2:30 pm Session 3A: Neurodevelopmental Approach to Breastfeeding the Neonate
Nils Bergman, MD, MPH, PhD
2:30 pm – 2:45 pm Break
2:45 pm – 4:15 pm Session 4A: Everything Old Is New Again
Diane Wiessinger, MS, IBCLC
4:15 pm – 4:30 pm Closing and Evaluations
4:30 pm – 6:30 pm Dinner on your own
6:30 pm – 8:00 pm Dessert reception with the Speakers (included with registration)
Invited guests: *Nils Bergman, Catherine Watson Genna, Nancy Mohrbacher, Theresa Nesbitt, Diane Wiessinger*

Tuesday, February 9

7:30 am – 8:15 am Registration with continental breakfast
8:15 am – 8:30 am Welcome and Announcements
8:30 am – 9:30 am Session 1B: Neurology of the Newborn: The Pressure Buttons and Early Breastfeeding
Theresa Nesbitt, MD
9:30 am – 10:30 am Session 2B: Facilitating Infant Competence: Hand Use During Latch;
Catherine Watson Genna, BS, IBCLC
10:30 am – 10:45 am Break
10:45 am – 11:45 am Session 3B: Breastfeeding Education and Tools: There's a Better Way
Nancy Mohrbacher, IBCLC, FILCA and Theresa Nesbitt, MD
11:45 am – 1:00 pm Lunch on your own
1:00 pm – 2:30 pm Session 4B: Sleeping Together: History, Biology, Politics; *Diane Wiessinger, MS, IBCLC*
2:30 pm – 2:45 pm Break
2:45 pm – 4:30 pm Session 5B: The Non-Latching Infant
Catherine Watson Genna, BS, IBCLC
4:30 pm – 4:45 pm Closing and Evaluations

Educational Credits

CERPs have been applied for from the International Board of Lactation Consultant Examiners (IBLCE)

Location

DoubleTree by Hilton Hotel Orlando Airport, 5555 Hazeltine National Drive, Orlando, Florida 32812 offers
» Special Discounted hotel room rates: \$139 per night
» Complimentary airport shuttle
» Complimentary wi-fi
» Complimentary parking
This modern airport hotel is a 2-minute drive from FL State Highway 528 and a 5-minute drive from Orlando International Airport.

Make your hotel reservation

Online at <http://goo.gl/9p3PAs> or scan the QR code on the right. By phone at 407-856-0100. Ask for in-house reservations, and to receive the \$139 per night special conference rate, reference the Breastfeeding the Neonate conference.



Parking

Complimentary parking is available at the hotel.

Learning Environment

Quiet infants are welcome in the conference meeting room. If your child becomes vocal, please care for him/her outside the meeting room. If you need a room to use an electric breast pump, please contact us before the conference to make arrangements. Please bring a sweater or jacket as the room may be cool.

Conference Speakers

We have assembled the top experts in the world to give up to date, practical and research backed information on providing the optimal neurological environment for the newborn as well as simplified and effective breastfeeding initiation strategies.



**Nils Bergman,
MD, MPH, PhD**

Public health physician and researcher, Cape Town, South Africa

Dr. Bergman qualified as a physician in Cape Town, South Africa and worked as a doctor at Manama Mission in Zimbabwe. With midwife Agneta Jurisoo, he developed and implemented Kangaroo Mother Care (KMC) from birth for premature infants, which led to dramatic improvements in survival rates. He continues his research and has given keynote addresses on KMC at international conferences on six continents. He also has a Diploma in Child Health, a Masters degree in Public Health, and a Doctoral degree in Clinical Pharmacology on the effects of scorpion stings.



**Catherine Watson
Genna, IBCLC**

Lactation consultant and author, Woodhaven, NY

Catherine Watson Genna has been an IBCLC in private practice in NYC since 1992. She has a special interest in the anatomical, genetic and neurological influences on infant sucking skills, and writes and speaks internationally on these topics. Her current research projects involve investigating the biomechanics of the lactating nipple; analyzing infant sucking via ultrasound and studying suck-swallow rhythms using cervical auscultation. She is the author of the books *Supporting Sucking Skills in Breastfeeding Infants* and 2013) and *Selecting and Using Breastfeeding Tools* and serves as the Associate Editor of the USLCA Journal *Clinical Lactation*.



**Nancy Mohrbacher,
IBCLC, FILCA**

Lactation consultant and author, Arlington Heights, Illinois

Nancy Mohrbacher has been helping nursing mothers for over 30 years. She is the author of many books, including *Breastfeeding Made Simple*, *Breastfeeding Answers Made Simple*, *Breastfeeding Solutions* and its companion Breastfeeding Solutions app. Nancy is a La Leche League leader, Breastfeeding USA counselor, writes for many publications, speaks at events around the world, and has been honored for her contributions in the field of breastfeeding with the designation FILCA, Fellow of the International Lactation Consultant Association.



Theresa Nesbitt, MD

Obstetrician, wellness physician, and author, Saint Charles, IL

Theresa Nesbitt, MD is an Obstetrician-Gynecologist with special training in Maternal Fetal Medicine. Her interests today are promoting health and wellness for women with a focus on mothers. She also has an interest in brain growth and development. She is the Director of Family Health Coaching, editor of *Babies and Breastfeeding Magazine* and author of *Evolutionary Eating: How We Got Fat and 7 Simple Fixes*. She is also Coauthor (with Nancy Mohrbacher IBCLC, FILCA) of the program *Natural Breastfeeding: For an Easier Start*.



**Diane Wiessinger, MS,
IBCLC**

Lactation consultant and author, Ithaca, NY

Diane Wiessinger, MS, IBCLC, is a frequent speaker, in the US and abroad, on the mechanics and mammalian behaviors involved in breastfeeding, and the language and support systems that help make it successful. She is a co-author of La Leche League International's *The Womanly Art of Breastfeeding*, 8th edition, and LLLI's *Sleep Sweet: Nighttime and Naptime Strategies for the Breastfeeding Family*. She is author or contributing author of numerous breastfeeding resources, including textbooks, journal articles and essays, and more than 75 breastfeeding handouts for mothers and their helpers.

Interested in attending but can't be there in person?

Find out about your **digital options** at
conference@naturalbreastfeeding.com



Questions? Email conference@naturalbreastfeeding.com