



## Registration Information

Registration fees include continental breakfast and buffet lunch during the HPS, bound syllabus, and Certificates of Continuing Education

Registration must be postmarked by **November 9, 2009**. Registrations postmarked after November 9 and walk-ins the day of the HPS will pay the full registration price plus a \$25 on-site registration fee based on space availability; however no meals will be provided. **For any registration issues, please contact Kristin Carter at (631) 661-2448 or [LLLKristin@optonline.net](mailto:LLLKristin@optonline.net).**

For general HPS information: contact Helen McCullagh at (914) 237-1595 or [mccocchiara@mindspring.com](mailto:mccocchiara@mindspring.com)

For general Area Conference information: contact Traci Meiler at (518) 459-0180 or [LLLTraci@gmail.com](mailto:LLLTraci@gmail.com)

Web site information at [www.LLLNYE.com](http://www.LLLNYE.com)

Refunds: **Must be written requests received by November 9, 2009 minus a \$20.00 handling fee** sent to Registrar, Kristin Carter. No other refunds will be given.

The technical nature of this program requires much concentration; therefore, if you are bringing your baby into sessions, please be reminded that in keeping with La Leche League tradition, baby's needs are to be respected and attended to quickly. We ask that mothers be aware of any situation, including happy baby noises, that may break the concentration of those attending the session to acquire credits. Your consideration for other attendees is truly appreciated.

Please remember:

- Strollers are not allowed in conference areas
- High chairs will not be available during lunch
- Smoking is not permitted in any public area
- Rooms are climate controlled, please bring a sweater

## Hotel Accommodations

A limited number of rooms have been reserved at the Holiday Inn Wolf Road, Albany, at a special discounted overnight rate for attendees of the Healthcare Provider Seminar and the LLL of NY–East Area Conference.

To guarantee your room rate, please reserve your room request on your reservation form. The rates for a King or Double room is \$103.00 per night; Suites are \$169.00 per night. Prices higher after the deadline date.

Room reservations must be made by **October 25, 2009** to receive the special group rate.

## Location

Holiday Inn  
205 Wolf Road, Albany, New York 12205  
(518) 458-7250

## Schedule

### Friday, November 20, 2009

7:15 – 7:45 am	Registration, Continental Breakfast, Exhibits, and Bookstore
7:45 – 8:00 am	Welcome & NYS Breastfeeding Update
8:00 – 9:00 am	Session I <b>Identifying “Red Flags” for Breastfeeding Helpers</b> <i>Catherine Watson Genna, BS, IBCLC</i>
9:00 – 9:15 am	Break, Exhibitors, and Bookstore
9:15 – 10:45 am	Session II <b>How Milk Is Made: Implications for LC Practice</b> <i>Catherine Waston Genna, BS, IBCLC</i>
10:45 – 11:00 am	Exhibitors, Book signing, and Bookstore
11:00 am – 12:15 pm	Session III <b>Good Latch, Bad Latch: Nuances of Attachment</b> <i>Catherine Waston Genna, BS, IBCLC</i>
12:15 – 1:30 pm	Buffet Lunch
1:30 – 3:00 pm	Session IV <b>Scientific Studies of Mother-Infant Co-sleeping with Breastfeeding: The Importance of the Mother-Infant Dyad and How and Why Things Can Go Wrong</b> <i>James McKenna, Ph.D.</i>
3:00 – 3:15 pm	Break, Exhibitors, and Bookstore
3:15 – 4:30 pm	Session V <b>The Non-Latching Infant: The First 48 Hours</b> <i>Catherine Watson Genna, BS, IBCLC</i>
4:30 – 5:00 pm	Closing and Evaluations; Exhibitors and Bookstore

## Donor Categories

La Leche League of New York–East is a not-for-profit organization. Our success in reaching mothers and healthcare providers depends in large part on the donations you are able to make. If you would like to be a sponsor for the event, we will list your name in our program schedule.

Platinum	Gold	Silver	Bronze
(over \$1000)	(\$500-\$1000)	(\$100-\$500)	(up to \$100)

## La Leche League International

La Leche League International has 50 years of experience helping mothers breastfeed their babies. LLLI publishes numerous materials on breastfeeding and parenting for use by mothers and healthcare professionals.

The Mission of La Leche League is to help mothers worldwide to breastfeed through mother-to-mother support, education, information, and encouragement and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

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



## Objectives

- Identify three maternal red flags for breastfeeding success.
- Identify four infant conditions that require immediate medical attention.
- Discuss ways to communicate concerns without diagnosing or causing undue alarm.
- Identify the stages of development of the breast and the chief hormones active at each stage.
- Contrast the opposing actions of prolactin and FIL on milk production.
- List four conditions that may impact maternal milk production capacity, even with optimal management.
- Describe how to reduce milk supply in hyperlactation without risking mastitis.
- Describe background information needed for understanding anatomy of latch.
- List four subtle signs of a shallow latch.
- List two ways to facilitate infant and maternal innate feeding capabilities.
- Detail strategies for optimizing latch when breastfeeding tools are needed.
- Distinguish between good and weak scientific studies regarding bedsharing.
- Describe the background on SIDS investigations.
- List two strengths and two weaknesses of epidemiology and its relationship to laboratory studies of bedsharing.
- Describe scientific studies of mother-infant bedsharing and how bedsharing benefits the mother and infant dyad.
- Describe the human infant’s expectations for breastfeeding.
- List three conditions that may delay or prevent normal breastfeeding.

## Continuing Education

La Leche League International designates this educational activity for a maximum of **6.5 hours in Category 1 credit toward the AMA Physician’s Recognition Award**. Each physician should claim only those hours of credit that he/she actually spent in the educational activity. La Leche League International is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. La Leche League International takes responsibility for the content, quality, and scientific integrity of this CME activity.

This activity has been submitted to the **New York State Nurses Association** for approval to award contact hours. The New York State Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

This program has been approved for **6.5 CERPs by the International Board of Lactation Consultant Examiners** by a providership through La Leche League International–Eastern United States Division.

La Leche League Continuing Education Units (LLL–EUS CEUs) will be available for Leaders and Leader Applicants in the area of breastfeeding education (BE).

## Faculty

**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 on these topics. She is co-researcher in a study utilizing ultrasound to examine tongue movements during breastfeeding in infants with ankyloglossia and other sucking problems. Her clinical photographs have been published in both lay and scholarly venues. She is the author of *Supporting Sucking Skills in Breastfeeding Infants* (Jones and Bartlett Publishers, 2008) and *Selecting and Using Breastfeeding Tools* (Hale Publishing, 2009).

**Dr. James McKenna** is the Edmond P. Joyce, C.S.C. Chair in Anthropology and Director of the Mother-Baby Sleep Lab at the University of Notre Dame. He holds a Ph.D. in Anthropology and is widely experienced in Evolutionary Medicine, Human Ethology, and the Ethnography of Mother-Infant Sleep Environments. He is on the medical advisory board of La Leche League International.

Dr. McKenna is a well-known international lecturer in parent-infant sleep environments and breastfeeding and is the author of several books, including *Sleeping with Your Baby: A Parents Guide to Co-sleeping*, recently published by Platypus Media Press. His other publications include more than 140 referred papers on infant sleep, co-sleeping, breastfeeding, and SIDS. He has recently co-edited a book on evolutionary medicine through Oxford Press. He is considered by many to be one of the leading authorities on mother-infant co-sleeping and breastfeeding.

*The HPS speakers and planners do not have a significant financial interest or any affiliations with any persons or entities that could be perceived as having a bearing on their presentations.*

## Verification of Participation and Successful Completion of Continuing Education Sessions

Criteria for successful completion of program are:

1. Submission of completed evaluation tool at the end of activity and
2. Attendance at entire activity or session.



**This Registration Form for Mail-In Registration Only.** Online registration will be available September 14 through November 9, 2009 at [www.LLLNYE.com](http://www.LLLNYE.com). Please print clearly all information in blue or black ink.

\_\_\_\_\_  
Participant's Name, Title

\_\_\_\_\_  
Address

\_\_\_\_\_  
City, State, Zip

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Email address

\_\_\_\_\_  
Professional Affiliation/ Employer/ School (copy of current school ID required if choosing Auditing Student rate)

**CE Credits requested:  
mark all that apply**

- RN
- ACCME
- IBCLC
- Prof. Development
- LLL EUS CEU

**Buffet Lunch  
Please choose one:**

- Non-Kosher
- Kosher

allergies: \_\_\_\_\_

Please circle all that apply: LLL Leader, Area/Group \_\_\_\_\_ Leader Applicant LLL Member  
 MD DO IBCLC APRN RN CNM ND DC RD Other: \_\_\_\_\_

\_\_\_\_\_  
Name of On-site Childcare provider if applicable

**Registration Fees: Registration must be completed online or postmarked by  
 MONDAY, NOVEMBER 9, 2009  
 Hotel room reservation must be made by October 25, 2009 to  
 receive special discount rate**

- General public ..... \$150.. \_\_\_\_\_
- LLL member ..... \$120.. \_\_\_\_\_
- LLL Leader ..... \$100.. \_\_\_\_\_
- Auditing Student (no meals or credentialing offered, limited seating) ... \$30 .... \_\_\_\_\_
- Additional Adult Lunch (age 12-Adult) ..... \$23 .... \_\_\_\_\_
- Additional Child Lunch (age 5–12)..... \$12 .... \_\_\_\_\_
- LLLI one-year membership..... \$40 .... \_\_\_\_\_
- On-site registration fee (if space available) ..... \$25 .... \_\_\_\_\_
- Discount for each registration of 5 (five) or more in one envelope..... \$5 ..... ( \_\_\_\_\_ )

**HPS Registration Total** \_\_\_\_\_

- Hotel Room King or Double ..... # nights \_\_\_\_\_ x \$103.. \_\_\_\_\_
- Hotel Room Suite ..... # nights \_\_\_\_\_ x \$169.. \_\_\_\_\_

**Rooms must be reserved by Oct 25, 2009 Hotel Accommodation Total** \_\_\_\_\_

Please fill below for hotel room reservation: **Grand Total** \_\_\_\_\_

Guest Name: \_\_\_\_\_ Arrival Date \_\_\_\_\_ Depart Date \_\_\_\_\_

Room Options: Smoking  Non  One King  Two Doubles

Check-in 4:00 pm, Check-out 12 noon

**Method of Payment:**

*Only payments made in full will be processed*

- Check or Money Order  
(enclosed) Checks made payable to “**LLL of NY–East**”
- Visa  MasterCard

\_\_\_\_\_  
Card Number

\_\_\_\_\_  
Exact Name on Card

\_\_\_\_\_  
Expiration Date

\_\_\_\_\_  
Signature

**REGISTRATION FORMS MUST BE POSTMARKED BY NOVEMBER 9, 2009**

**Mail registration form and check or credit card information to:**

**Kristin Carter, Registrar, 12 Abbott Street, West Babylon, NY 11704.** To receive confirmation of your registration, send a self-addressed, stamped envelope along with your registration. Please email registration questions to [LLLkristin@optonline.net](mailto:LLLkristin@optonline.net).

# IDENTIFYING “RED FLAGS”: ASSESSING THE BREASTFEEDING INFANT AND PROMOTING POSITIVE OUTCOMES

featuring *Catherine Watson Genna, BS, IBCLC*  
*James McKenna, Ph.D.*

A Healthcare Provider Seminar

Friday, November 20, 2009

Holiday Inn, Wolf Road, Albany, NY

presented by La Leche League of New York–East



**November 20 & 21, 2009 Area Conference Information:** LLL of NY–East hosts its 25<sup>th</sup> Annual Area Breastfeeding and Parenting Conference, *Celebrating the Rhythms of Breastfeeding and Parenting*. Dr. James McKenna presents Friday evening *Safe, Healthy Sleep for Baby? What Does That Really Mean? Social Ideology Mistaken for Science in the Infant Sleep-SIDS-Bedsharing Controversy*. Saturday morning Dr. McKenna presents *Sleep Like a Baby*. CERPS will be available. For more information on this conference open to the public, please e-mail [LLLTraci@gmail.com](mailto:LLLTraci@gmail.com) or visit our web site at [www.LLLNYE.com](http://www.LLLNYE.com)

If you are a healthcare provider who works with breastfeeding mothers and babies, this outstanding seminar will help you gain vital information to make a difference in the lives of your patients.

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