

# Breastfeeding in the Millennium Session Information

*Friday evening and Saturday through lunch, Leader Applicants and interested parents can discuss leadership as well as finish their applications (dependent on how far their application has progressed prior to attending the conference). A table will be set up in one of the executive suites for this purpose. We will announce all Leaders who complete accreditation during the conference at our Leader Recognition Ceremony which will occur right after lunch.*

## **Session 1**

### **Topic A (CERP/CEU): Racial Differences: Maternal Mortality and Morbidity - Allison Walsh, LLLL, IBCLC, LCCE, RLC**

The rates of maternal mortality and morbidity in the U.S. are on the rise. Racial disparities in outcomes are widening, with horrifying numbers. This session will explore the current landscape and efforts underway to try to change the dangerous and unacceptable trajectory. Please note that this topic may bring to light many sensitive thoughts for some people.

### **Topic B (CERP/CEU): Successfully Breastfeeding Through a NICU Stay - Kasandra Hopkins, LLLL, MSN, RN**

Breastfeeding through a NICU stay is not only possible, but it can give baby precisely what they need to grow and become a NICU graduate. A stay in the NICU is often an unexpected complication, so most mothers are unprepared for this scenario and overwhelmed with all the decisions that need to be made. As Leaders, we can support the breastfeeding family by helping them advocate for breastfeeding, giving ideas for alternatives to feeding breastmilk at the breast, helping the mother protect her supply, and then hopefully getting the baby to the breast once they are medically able to do so.

### **Topic C: La Leche League Philosophy: Still Relevant in the 21st Century - Elly Egenberg**

Although times and trends may change, La Leche League philosophy can be adapted and adhered to for the benefit of the baby, the mother, and the family. During this talk, we will learn about how we can adapt our traditional La Leche League philosophies to our changing modern world.

## **Session 2 Keynote**

### **Topic A (CERP/CEU): Making a Difference in Mothers' and Infants' Lives: Everything the Dentist, Physician, and Lactation Consultant Should Understand when Assessing Infants for Tethered Oral Tissues (TOTS) - Lawrence Kotlow, DDS, PC**

During this keynote presentation, we will learn: how to assess an infant correctly for TOTS, the correct way to revise TOTS, and post-surgery after care when TOTS are revised. Revising TOTS is not just for breastfeeding, but for a variety of lifelong issues. Conditions such as reflux, sleep apnea, and problems affecting our entire body can often be treated when TOTS is treated.

### **Topic B: Bonding Without Breastfeeding - Cynthia Massey**

Breastfeeding is a wonderful way to bond with your baby, but it's not the only one. This session will be a discussion of the ways partners, grandparents, siblings, and others who love the baby can form a special bond in their own way. Bonding with an adopted or other non-nursing baby will also be discussed.

**Leader Recognition Ceremony:** *We will recognize newly accredited Leaders as well as those reaching milestones in years served as a Leader.*

### **Session 3**

#### **Topic A (CERP/CEU): Supporting Families with Perinatal Mood Disorders - Jennifer Leopold, LLLL, IBCLC, LMSW**

Often pregnant and postpartum families fail to be seen, and heard if they are struggling with overwhelming emotions and thoughts. Recognizing the warning signs and symptoms, validating feelings, and finding the families resources and treatment are essential to making an impact on shining a light on perinatal mood disorders.

#### **Topic B: What To Expect in the Second Day of Life - Rebekka Hendrickson**

Did you know that non-medically-indicated formula supplementation requests/usage rise precipitously during the second night of a newborn's life? Maternity Unit staff are familiar with this phenomenon, which is sometimes called "Second Night Syndrome." Educating and preparing expecting families for the "second night" can make a difference in lowering unnecessary supplementation and help create a stronger foundation for successful breastfeeding. Discover what NYS hospitals who participated in the Breastfeeding Quality Improvement Project are doing to help better support parents who birth in their facilities and what we can do as Leaders to prepare and help new parents.

#### **Topic C (CERP/CEU): Breastmilk: What Is It, What Is in It, and How Does It Get There? - Casey Rosen-Carole, MD, MPH, MEd**

This topic will review the basics of breastmilk composition, and its implications for growth, development, and even parenting behavior. Dr. Rosen-Carole will discuss newer research on milk components, with a particular focus on human milk oligosaccharides. She will also cover the physiology of environmental toxin and medication transfer into breastmilk, along with a justification of the newer permissive approach to breastfeeding during medication use.

## **Session 4**

### **Topic A (CERP/CEU): Exploring the Science of Motherhood and Attachment - Erica Komisar, LCSW**

In this talk, Erica Komisar, drawing from over 28 years of clinical experience with children and families synthesizes relevant neurobiological research on caregiving, attachment, and brain development, to provide a comprehensive look at the relationship between parenting and mental health, how parents can provide the best care for their children in the years following childbirth to protect them from mental health disorders.

### **Topic B: Holding Space - Jennifer Leopold**

Loss of a baby is often shrouded in hushed and unspoken condolences. Families affected by miscarriage, stillbirth, and postnatal loss need acknowledgment, support, and resources.

### **Topic C: Family Fun With Food - Katie Lewis**

Join a New York City chef and mother to learn how to prepare healthy, whole food snacks with your children. We will be making some fun food, so come ready to cook! This is a great session for caregivers with children of all ages.

## **Session 5 Keynote**

### **Topic A (CERP/CEU): Racial Challenges and Breastfeeding - Wilma Matos, LLLL**

During this keynote talk, we will address racial and ethnic disparities in breastfeeding, barriers among minority groups, and you will be able to participate in an interactive dialogue on how to increase breastfeeding rates among minority communities.

### **Topic B: Parenting Toddlers and Teens: Not as Different as You Might Think - Kari Kohl**

Explore how the lessons you learn in parenting each of your toddlers will help the teenage years go more smoothly. We'll discuss the developmental tasks of each of these age groups as well as communication and "discipline" strategies.

## **Session 6**

### **Topic A: How To Build Positive Relationships in Digital Communication - Communication Skills Department**

Social media and texting are commonly used to share breastfeeding information. We will explore ways to keep LLL Groups healthy and thriving using digital formats as well as best practices when using new media in LLL work.

## **Sunday Sessions and Topics**

### **Session 1**

#### **LGBTQI+: Tools to Communicate Effectively - Wilma Matos**

In this talk, we will discuss the meaning of LGBTQI+, health disparities, and lactation support gaps. Ideally, everyone should have access to health and lactation equity. What can we do? How can we identify how inclusive our services, and practices are to the LGBTQI+ people? You will learn dynamically about remedies to these differences and go home with tools and solutions that will benefit the LGBTQI+ in your region.

### **Session 2**

#### **Topic A: Keeping the Momentum Going from Recommendation Through Accreditation - Cynthia Massey**

Having a new Leader Applicant in the Group is so exciting! Together we'll explore ways to keep that passion strong after the initial enthusiasm wanes.

### **Session 3**

#### **Collaborating with Co-Leaders Workshop - Communication Skills Department**

Multi-Leader Groups? Large Chapters? Working with a co-Leader whose lifestyle is very very different? Networking for support when you are a lone Leader. All these situations cry out for communication skills to help support them. Come, hear about what has worked as well as what has failed, bring your communication challenges and best practices to share.

If you have any questions please contact: Heather Gansky, [llnyace@gmail.com](mailto:llnyace@gmail.com)