

Conference Session Information

Session 1: Saturday 8:15–9:30 a.m.

- 101 EXCLUSIVE PUMPING..... *Sarah Glenn*
CERP Building a supply when baby is not at the breast. Explore common issues that lead to exclusive pumping and the feelings and decisions surrounding feeding human milk instead of breastfeeding.
- 102 THE HISTORY OF BREASTFEEDING..... *Becky Anderson*
A look back through time to see how women have fed their babies throughout U.S. history and how La Leche League was key in reestablishing breastfeeding in this country.
- 103 GOOD FOOD MADE BETTER..... *Andy Mehrotra*
Simple swaps in your kitchen pantry for healthier eating. Easy ways to get better nutrition into both kids and adults.
- 104 LLOVING YOUR TEENAGERS..... *Patty Angstadt*
For parents of teens and up, a discussion of the reality of how parenting changes in the teen years, ideas to improve communication and maintain the LLLoving relationship with your child that you worked so hard to build.
- 105 EXTENDED BREASTFEEDING..... *TBA*
Whether you are currently nursing an older child or just thinking about it, come join this discussion of the joys and challenges of nursing through the toddler years and beyond.

Session 2: Saturday 9:45–11:45 a.m.

- 201 MATERNAL CAUSES OF LOW MILK SUPPLY..... *Kay Hoover*
CERP A review of the causes of low milk supply, how to determine the possible cause, methods for addressing the problem, and how to support the mother with low milk supply.

Session 2: Saturday 9:45–11:00 a.m.

- ~~202 EARLY AND OFTEN..... *TBA*
The magical hours after birth and the key interventions which promote breastfeeding success and maternal well-being. *Session cancelled.*~~
- 203 BABYWEARING 101..... *Barbara Arnone*
How to wear your baby or toddler safely and comfortably. The four main types of carriers will be demonstrated and a variety of carriers will be available to try. Bring your own carrier if you have one.

Session 2: Saturday 9:45–11:00 a.m. (continued)

- 204 LOVE AND ANGER..... *Patty Angstadt*
Ideas and techniques to help you manage your emotions while teaching your child to manage theirs. Setting limits and managing behaviors with empathy and understanding.
- 205 MEET THE LEADER ACCREDITATION DEPARTMENT (LAD)..... *Carol Smith*
Interested mothers, Leader Applicants and Leaders are invited to meet our CLA & ACLAs, and to discuss applying for leadership, leadership preparation, and finding potential Leader Applicants.

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.

CLOTH DIAPERING—Peruse the many styles of available cloth diapers.

BABYWEARING LAB—Proper positioning will be practiced in a variety of carriers.

GROUP LIBRARY—Review and refresh your knowledge of the guidelines for Group library books. Peruse an up-to-date library with some qualified new authors.

MEET THE TEAM—Meet the LLL of Eastern PA Team members. Bring your questions and suggestions.

Session 3: Saturday 1:15–2:30 p.m.

- 301 KEYSTONE 10: COLLABORATION WITH HOSPITALS TO ADVANCE THE 10 STEPS ^{CERP} TO SUCCESSFUL BREASTFEEDING..... *Dottie Schell, Kay Hoover, Sarah Glenn*
Join the Director of the Keystone 10 Program and two IBCLCs working to implement change at their hospitals. This panel will discuss how adopting and implementing evidence-based maternity care practices are improving the initiation, duration, and exclusivity rates of breastfeeding across the Commonwealth of Pennsylvania.
- 302 THE LATE-PRETERM BABY..... *Ruth Solomon*
Preterm babies born between 35 and 38 weeks present a breastfeeding dilemma. Identify typical issues of late-preterm babies and how to support a mother through the early weeks postpartum.
- 303 MAKING IT WORK..... *Elizabeth Shotwell*
Meeting your breastfeeding goals while navigating the challenges of separation from baby due to employment, school, or other circumstances. Long-term pumping skills, maintaining milk supply, and child-care options will be discussed.

Session 3: Saturday 1:15–2:30 p.m. (continued)

- 304 FATHERING..... *TBA*
Come join this stand-up comic turned father to talk and laugh about parenting in a breastfeeding family.
- 305 GRAND-PARENTING IS NOT FOR WIMPS.....*Judy Polley, Ginny Wilkinson*
Come discuss the delights and challenges that come from being a grandparent.

Session 4: Saturday 2:45–4:00 p.m.

- 401 THE SCIENCE OF ATTACHMENT—FROM BABY TO TEEN.....*Elizabeth Shotwell*
This session will examine the basics of brain development in order to better understand the impact of attachment on children's emotional and social well-being. Explore ways in which we can harness the power of the brain to positively impact our children's learning. The critical periods of birth through age two and adolescence will be emphasized.
- 402 BLENDED FAMILIES.....*Marah Mumma Solenberger*
Studies show that nearly half of marriages in the United States end in divorce, and as a result, step families are becoming increasingly common. The joining of two parents and their respective children create challenges as everyone adapts to the new family structure. Come discuss ideas to help with parent or step-parent authority, family bonding, discipline, and more!
- 403 MOMMY DADDY/HUSBAND WIFE.....*Patty Angstadt*
An honest talk about the changes that becoming a parent brings to your marriage, including ideas to encourage good communication, relieve frustration, and enjoy your relationships more.
- 404 Q&A WITH THE LEADER APPLICANTS.....*LAD*
A discussion with current Leader Applicants for mothers who are interested in becoming Leaders and for Leaders who would like to hear from our current group of applicants.

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).

All registrants are welcome at these sessions. The technical nature of CERP sessions requires participant and speaker concentration. We therefore recommend attendance by children be limited to quiet infants in arms and non-separating children who will sit quietly near their mother. If you are bringing your children into sessions, please be reminded that, in keeping with LLL tradition, your child's needs are to be respected and attended to quickly. Your cooperation is appreciated. 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. 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.

CERPs have been applied for 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 MANY MOTHERS HAVE FOUND.....*Kristina Pasquale*
What are the key phrases and techniques you use at meetings and during helping calls? Join Leaders for a discussion of your favorite tips and tricks for supporting new mothers, calming a worried parent, or getting a chaotic meeting under control.
- 502 THE KEY TO FINDING POTENTIAL LEADERS IN THE GROUP.....
.....*Marjorie Cottrell, Andrea Mehrotra*
Planning and running an interested mothers workshop and ideas for providing the information mothers need to take the steps toward becoming a Leader.

Session 6: Sunday 10:00–11:15 a.m.

- 601 MEETING IDEAS.....*Bobbie North*
Unlocking the secrets to a great meeting. Have your best meeting ideas ready to share via WiFi. Go home with new meeting plans via Google Drive!
- 602 LEADER APPLICANT WORK GROUP.....*LAD*
Bring the BREASTFEEDING RESOURCE GUIDE and make some headway on preparation for leadership.

Leader Recognition Ceremony and Lunch: Sunday 11:30 a.m.–1:15p.m.

Session 7: Sunday 1:30–3:00 p.m.

701 AREA LEADERS' MEETING.....*Area Team*
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.

Session 8: Sunday 3:15–4:30 p.m.

801 FROM QUICK FIX TO LONG TERM BREASTFEEDING SOLUTIONS.....*Kay Hoover*
CERP Many new mothers start out breastfeeding with a nipple shield or an occasional supplement to overcome early obstacles. Strategies for LLL Leaders to support the transition away from nipple shields, pumping, and supplements with a goal of long-term breastfeeding success.