

27th B.E.S.T. Connection Lactation Conference (Hybrid Webinar)
May 20-21, 2021

Presenters:

Kara Kaikini, MS, IBCLC

Kathy Kendall-Tackett, PhD, IBCLC, FAPA

Marsha Walker, RN, IBCLC

Laurel Wilson, IBCLC, RLC, BSc, CLE, CCCE, CLD



Conference Objectives and Learner Outcomes:

Review and discuss the **top ten** newest items in lactation and breastfeeding research as a means of updating yourself and colleagues regarding what's the newest in the field
- Some of it may be surprising!

Define and put into practice all four types of questions for Three-Part Counseling
- Extending, Clarifying, Reflecting, Redirecting

Discuss the considerations and many nuances of expressed breastmilk, breast pumps, pumping more effectively, typical problems, and possible interventions when helping parents who exclusively pump breast milk

Describe methods to handle problematic ethical situations
and discuss documents that underpin ethical lactation clinical practice

Identify at least three barriers to exclusive breastfeeding
among traditionally marginalized communities and/or under-represented groups

Discuss the causes of burnout for perinatal care providers
and describe steps to recovery from burnout and secondary traumatic stress/compassion fatigue

List the most common foods that cause food sensitivity and allergy
and explain what referrals are best made with these issues to alleviate symptoms in the newborn

List at least two reasons parents are turning to online education and social media instead of classroom education
and apply three strategies to use in the virtual space during breastfeeding classes or support groups

List at least three nutrient changes in human milk that can be influenced through maternal diet
and how this impacts infant health outcomes

Describe harm-reduction strategies for cannabis and CBD use during pregnancy and lactation

NEEDS ASSESSMENT The clinical need for this conference that has been identified by previous attendees is the necessity for current evidence based information pertaining to (a) increase their knowledge about preserving the safety and integrity of breastmilk if exclusively pumping and/or how to counsel mothers regarding considerations for putting the baby to breast or to exclusively pump breast milk, (b) how to apply counseling skills and mindfulness in lactation counseling settings that actually result in deep listening, identifying the client's specific concerns, and problem-solving that leaves the client empowered to make decisions and take action, (c) how to discern between food allergies and sensitivities in the newborn and how to help new parents cope with the symptoms, and (d) educating parents about the risks of cannabis use during pregnancy and lactation and how to counsel parents for harm reduction when using cannabis and CBD **The PURPOSE** of this program is to provide a theoretical and practical basis for applying this evidence-based information in daily practice, decision-making, and counseling situations with families during the perinatal period so they can make informed decisions in the hospital and clinic settings.

Conference (Webinar) Schedule:

Thursday, May 20, 2021 (Day One) – LIVE and Pre- RECORDED SESSIONS

LIVE SESSIONS 8:00-12:30 (these three sessions will also be recorded for later viewing)

8:00-8:15 Announcements, Instructions, and Introductions

8:15-9:15 [Top 10 New Lactation Tidbits](#) **M. Walker** – 60 minutes Live

9:15-9:30 Stretch Break

9:30-10:45 [Are You Really Listening? Using Mindfulness and Three-Part Communication for Better Communication and Lactation Counseling](#) **L. Wilson** – 75 minutes Live

10:45-11:00 Stretch Break

11:00-12:30 [Diversity, Equity, and Inclusion: A Parents' Panel Discussion](#)

K. Kaikini – 90 minutes Live

[Exclusive Pumping: Pros, Cons and Considerations](#) **M. Walker** – 75 minutes—Pre-recorded

[Burnout, Compassion Fatigue, and Moral Injury in Members of the Perinatal Health Team](#)

K. Kendall-Tackett - 60 minutes - Pre-recorded

Friday, May 21, 2021 (Day Two) - ALL of the FRIDAY SESSIONS ARE Pre-RECORDED

Announcements, Instructions, and Introductions – 15 minutes

[Are We Being Ethical?](#) **M. Walker** – 75 minutes

[Hold the Phone! Diet DOES Matter During Breastfeeding: Implication of Maternal Diet on Fatty Acid Composition and other Nutrients](#) **L. Wilson** – 60 minutes

[Can a Baby Be Allergic to Breastmilk? Sensitivities, Allergies, Galactosemia, and Lactose Intolerance](#) **L. Wilson** – 75 minutes

[The Times Are A Changing: Discovering Strategies for Effective and Engaging Breastfeeding Education for Today's Parents](#) **L. Wilson** – 90 minutes

[Cannabis and CBD Use in Pregnancy and Lactation](#) **K. Kendall-Tackett** - 60 minutes

Participants can earn education credits with any combination of live attendance and/or listening to the recorded sessions.

You will receive your webinar password, sign-on links, and handouts by email

Successful completion of the program requires passing the post webinar quiz with a score of at least 80% and submission of the conference evaluation form.

TARGET AUDIENCE: Lactation consultants and counselors, midwives, maternity and pediatric nurses, doulas, nurse practitioners, dietitians, childbirth educators, WIC staff, physicians, and other individuals who educate and provide care for pregnant, birthing, and lactating parents.

Conference Speakers:



Kara Kaikini, MS, IBCLC has been an International Board Certified Lactation Consultant since 2009. She has worked as a home visitor, postpartum doula, childbirth educator, and a childbirth education and lactation services program manager. She currently teaches prenatal classes and facilitates the weekly breastfeeding group for Maine Medical Center. She is the Breastfeeding Consultant for Maine's Perinatal Outreach Education program and the Board President of the Maine State Breastfeeding Coalition.

Dr. Kathy Kendall-Tackett, PhD, IBCLC, FAPA is a health psychologist and International Board Certified Lactation Consultant, and the Owner and Editor-in-Chief of Praeclarus Press, a small press specializing in women's health. Dr. Kendall-Tackett is Editor-in-Chief of the journal, *Psychological Trauma* and was Founding Editor-in-Chief of *Clinical Lactation*, a position she held for 11 years. She is Fellow of the American Psychological Association in Health and Trauma Psychology, Past President of the APA Division of Trauma Psychology, and a member of the APA's Publications and Communications Board. Dr. Kendall-Tackett specializes in women's-health research including breastfeeding, depression, trauma, and health psychology, and has won many awards for her work including the 2019 President's Award for Outstanding Contributions to the Field of Trauma Psychology from the American Psychological Association. She has authored more than 470 articles or chapters and is author or editor of 39 books. Her most recent books include: *Depression in New Mothers*, 3rd Edition (2017, Routledge UK) and *Women's Mental Health Across the Lifespan* (2017, Routledge UK, with Lesia Ruglass), and *The Phantom of the Opera: A Social History of the World's Most Popular Musical* (2018, Praeclarus). Her forthcoming book is called *Breastfeeding Doesn't Have to Suck* (in press, American Psychological Association).



Marsha Walker, RN, IBCLC is a registered nurse and international board certified lactation consultant. She has been assisting breastfeeding families in hospital, clinic, and home settings since 1976. As such, she advocates for breastfeeding at the state and federal levels. She served as a vice president of the International Lactation Consultant Association (ILCA) from 1990-1994 and in 1999 as president of ILCA. She is a previous board member of ILCA, the US Lactation Consultant Association, Baby Friendly USA, and the Massachusetts Breastfeeding Coalition. She serves as USLCA's representative to the USDA's Breastfeeding Promotion Consortium, Associate Editor of *Clinical Lactation*, member of Baby Friendly USA's Clinical Committee, and a board member of the National Lactation Consultant Alliance. Marsha is an international speaker, and an author of numerous publications including ones on the hazards of infant formula use, Code issues in the US, and *Breastfeeding Management for the Clinician: Using the Evidence*, 4th edition.

Laurel Wilson, IBCLC, RLC, BSc, CLE, CCCE, CLD is a TEDx and international speaker, pregnancy and pregnancy and breastfeeding specialist, consultant, educator, and author. Laurel is the co-author of two books, *The Attachment Pregnancy* and *The Greatest Pregnancy Ever*; original editor of *The CAPP Lactation Educator Manual*; as well as a contributing author to *Round the Circle: Doulas Talk About Themselves*. Her passion is blending today's recent scientific findings with mind/body/spirit wisdom to highlight the magnitude and importance of the perinatal period. Spending 17 years as Executive Director for Lactation Programs for the Childbirth and Postpartum Professionals Association formed the foundation of her inquiry into the science of human milk. She acted as a board director for the United States Breastfeeding Committee from 2016-2019 and currently serves as an advisor for InJoy Health and Kindred World. Laurel also acts as the Education Manager for GOLD Learning. Laurel has been joyfully married to her husband for three decades and has two wonderful grown sons, whose difficult births led her on a path towards helping emerging families create positive experiences. She believes that the journey into parenthood is a life-changing rite of passage that should be deeply honored and celebrated.



Planning Committee:

Cheryl Bean-Moody, BS, IBCLC
Bettina Pearson, RN,BSN,IBCLC
Veronica Sweeney, RN, IBCLC
Jennifer Viger, DTR, IBCLC

DISCLAIMER & CONFLICT OF INTEREST STATEMENT: The speakers and planners do not have relationships with companies who manufacture products used in the treatment of subjects under discussion, nor any other conflicts of interest that will not be explained during their presentations and/or during the conference announcements. Laurel Wilson has stated that she receives book royalties and owns and manages Mother Journey, an online maternal health education website. Neither of these should present a conflict of interest regarding her conference presentation.

NOTICE: The expiration date of webinar is 7/21/2021. All of the sessions must be completed by midnight, July 21, 2021. Continuing education credits will not be awarded after this date. Participants can earn education credits with any combination of live attendance or listening to the recorded and pre-recorded sessions.

REGISTRATION INFORMATION Fees are listed below on the registration form. You may register by regular mail, fax, email, or using the online link shown on the registration form. Successful completion of the program requires passing the post webinar quiz with a score of at least 80% and submission of the conference evaluation form. You will receive your webinar password, sign-on links, and handouts by email one to two weeks prior to the webinar (please notify us of any email changes). **Register by 5/18/2021 and complete by 7/21/2021. The program expires on 7/21/2021.**

CONTINUING EDUCATION INFORMATION

ANA/ANCC This activity has been submitted to the Connecticut Nurses' Association pending approval to award contact hours. The Connecticut Nurses' Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

IBLCE Application for Continuing Education Recognition Points has been submitted to the International Board of Lactation Consultant Examiners for lactation consultants and counselors (IBCLC, CLC).

Other Specialty Education Credits This program will also be submitted for approval from the Academy of Nutrition and Dietetics (**AND**), and the Midwifery Education Accreditation Council (**MEAC**).

It is the responsibility of the attendee to know which credits are accepted by their state's licensing and certification boards. ANCC credits are accepted by **ACNM, DONA, and ICEA**. ANA-Maine and the Connecticut Nurses Association partner to provide approval for CEs and Approver applications for Maine and Connecticut. Participants from other states may also earn ANA/ANCC credits, pending approval.

CANCELLATIONS We honor full refunds that are requested up to two weeks before the webinar begins. For the two weeks prior to the webinar, we can refund 50% of your registration fee or you may find a substitute. Once the webinar "ticket" and sign-on links have been released to you, we cannot refund any portion of the payment. No refunds after the program starts and no refunds for circumstances beyond our control.

REGISTRATION FORM (register by 5/18/2021 and complete by 7/21/2021)

Use this link to register online:

<http://events.constantcontact.com/register/event?llr=7hvnxvabb&oeidk=a07ehiu3v5ha7190dfa>

Use the form below to register by email, phone, fax or postal mail:

Name (print clearly, as you want it shown on your certificate) _____

Home address _____ Home Phone _____

_____ Work Phone _____

Email address (1) _____ (2) _____

Special Needs? (specify) _____

May we share your information for networking purposes? Yes ___ No ___

REGISTRATION FEES: Both days \$ 185.00 _____ Day One, Thursday \$ 95.00 _____ Day Two, Friday \$ 95 _____

Credits (check all that apply): ANA/ANCC _____ AND (CDR) _____ IBLCE _____ CLC _____ None _____

Make check payable to, and mail to: The BEST Connection P.O. Box 2736 Waterville, ME 04903

Phone (207) 649-2386 **FAX** (207) 873-1348 **Email:** Cheryl@thebestconnect.net **Web site:** www.bestconnection.org

VISA, MASTER CARD, DISCOVER CARD ACCEPTED (American Express not Accepted)

Card Number _____

Printed Name on Card _____ EXP. Date _____ 3-digit Sec. Code (back of card) _____

Signature _____ Credit Card Billing address zip code _____

PAY PAL BILLING (Bill me through PayPal with this email address _____)