Itinerary

8:00am-8:30am - **Registration**

8:30am-8:45am - **Introduction**

8:45am-10:45am - **Evidence Based Lactation Support: Anatomy, Physiology and Function**

Recent research has revolutionized our understanding of breast anatomy, the physiology of the control of milk synthesis, optimal positioning, and the infant's contribution to breastfeeding success. This presentation highlights new findings that affect how we support and assist mothers in learning to breastfeed their infants.

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10:45am-11:00am - **Nutrition break**

11:00am-11:30pm - **Assessing Suck-Swallow Patterns (30 minutes)**
Skillful lactation consulting requires the ability to interpret sucking speed, suck:swallow ratios, and coordination of swallowing and breathing. This session presents recent research on normal sucking rhythms of breastfeeding infants. Compensatory strategies used by infants with prematurity and cardiorespiratory anomalies are discussed, and are illustrated with clinical videos.

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11:30pm - 12:30pm **- Cervical Auscultation for Lactation Consultants (60 minutes)**
Cervical Auscultation (listening with a stethoscope over the baby's neck or chin during feeding) is a useful tool for lactation consultants in assessing suck:swallow:breathe rhythms. Inaudible swallowing sounds become audible, and difficulties coordinating swallowing and breathing are more easily identified. This **advanced practice** presentation uses recorded sound files of cervical auscultation of breastfeeding infants to illustrate difficulties that can be identified using this method. Use of this information in clinical problem solving is stressed.

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12:30pm- 1:00pm - **Lunch**

1:00pm-2:00pm - **Is it the Tongue or the Breast? Teasing out the etiology of Breastfeeding Problems**
Breastfeeding difficulties can be rooted in maternal and/or infant pathology or management. This presentation reviews maternal conditions associated with low milk production and infant structural issues that interfere with breastfeeding initiation, as well as interventions to optimize outcomes for affected dyads. The longer version contains information on recognizing the less obvious tongue-ties.

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2:00pm-2:15pm - **Nutrition break**

2:15pm-3:15pm **Facilitating State Control in Non-Latching Infants (Reducing the baby's Stress when there are Latching Challenges) (75 minutes)**

Maintaining neurobehavioral organization in dyads that are struggling with latching difficulties is a challenge for lactation professionals. Maternal interpretations of infant behavior and signs of frustration can affect her motivation to breastfeed and available psychosocial resources. This presentation explores how lactation consultants can scaffold maternal functioning by providing support, interpreting and framing normal infant behaviors, and modeling and teaching ways to scaffold the infant's organization to improve the dyad's ability to work through breastfeeding difficulties.

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3:15pm-3:45pm - **Questions**

3:45pm-4:00pm - **Wrap up and conference evaluation**