

AT COMPLETION OF THIS
SEMINAR PARTICIPANTS WILL BE
ABLE TO

- Explain two factors that affect breast augmentation lactation outcomes.
- Explain three factors that affect breast reduction lactation outcomes.
- Describe three nipple variations, conditions, or surgeries that are problematic for latching or milk removal.
- Describe three tools to facilitate latching with nipple variations, conditions, or a history of nipple surgery.
- Describe three positional or mechanical modifications to facilitate latching with nipple variations, conditions, or a history of nipple surgery.
- Describe two methods of maximizing milk production capability.
- Describe two methods of increasing milk synthesis through increased milk removal.
- Describe two methods of increasing milk ejection.
- Identify the five stages of persuasion.
- Describe three ways to uncover the mother's concerns about breastfeeding.
- Describe two elements of finalizing the persuasion process.

La Leche League Canada

La Leche League Canada encourages, promotes and provides mother-to-mother breastfeeding support and educational opportunities as an important contribution to the health of children, families and society.

For more information about our programs and services, visit

www.lllc.ca

Charitable Registration #:11900 3812 RR0002

**For local information on destination or venue
please contact the
Local Seminar Coordinator:**

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La Leche League Canada

*Health Professional Seminar
Presents*

Diana West

IBCLC

*Addressing
Breastfeeding Barriers
to Improve
Lactation Outcomes*



Halifax, NS

Wednesday June 4, 2014

SPEAKER

Diana West is an international board certified lactation consultant (IBCLC) and co-owner of Mahala Lactation and Perinatal Services, LLC, a large lactation consultation practice in New Jersey. She is the co-author of the 8th edition of La Leche League International's *The Womanly Art of Breastfeeding*, *The Breastfeeding Mother's Guide to Making More Milk*, the clinical monograph *Breastfeeding After Breast and Nipple Procedures*, and ILCA's popular *Clinician's Breastfeeding Triage Tool*.

She is co-author of *Sweet Sleep: Naptime and Nighttime Strategies for the Breastfeeding Family* to be released July 2014. She is the author of the *Defining Your Own Success: Breastfeeding After Breast Reduction Surgery*.

Diana is on the Editorial Review Board for the *Journal of Clinical Lactation*, a La Leche League Leader and the Director of Media Relations for La Leche League International; she has a bachelor's degree in psychology and is the administrator of the popular BFAR.org, LowMilkSupply.org, and LactSpeak.com

VENUE

PROGRAM

8:00 – 8:30 Registration & Breakfast; Bookstore Open

8:30 – 8:45 Welcome and Screening of La Leche League Canada Video Presentation

8:45 - 10:15

Breastfeeding After Cosmetic Surgery

A comprehensive discussion of breast augmentation and reduction surgeries and their impact upon lactation; discussion of incidence, motivations, surgical techniques, implications for lactation, psychological factors, breastfeeding management, and resources.

Note: This is Diana's hallmark presentation based on her seminal work in this field.

10:15 – 10:30 Mid-morning Break

10:30 – 11:45

Knipple Knowledge

This session explores normal and potentially problematic anatomical nipple variations, nipple surgeries, conditions, and their effects on milk production, milk removal, and direct breastfeeding. Positional modifications and tools to facilitate latch for mothers with nipple variations, conditions, or a history of nipple surgery are discussed.

11:45 – 12:45 Lunch

12:45 – 2:15

Making More Milk

With new research and innovations in the lactation field, there are now many more ways to increase milk production than in previous years. This talk presents the most promising of these new methods, with information about targeting the method to the underlying problem.

2:15 – 2:30 Mid-afternoon Break

2:30 – 3:45

Overcoming Breastfeeding Ambivalence

It can be difficult to know how to talk to mothers who are ambivalent about breastfeeding. This talk presents effective communication methods that help mothers explore their concerns and reach a more confident perspective about breastfeeding.

3:45 – 4:00 Evaluations and Closing

REGISTRATION

Addressing Breastfeeding Barriers to Improve Lactation Outcomes

June 4, 2014

Registration:

REGISTER ON-LINE:

www.lllc.ca/health-professional-seminars

or download a paper copy from the website

Cost

Includes continental breakfast, lunch & two nutrition breaks, course material & certificate of attendance

CERPS ALLOCATED BY IBLCE 5.5 L-CERPS

Early Bird: \$160.00
On/Before April 25, 2014

Regular Rate: \$185.00
After April 25, 2014

La Leche League Canada Health Professional Members receive a 10% discount upon registration
Purchase your membership on-line first at:
www.lllc.ca/lllc-health-professional-membership

For Registration Questions please contact:

Email: adc@lllc.ca

Phone: 613.774.4900

Please Note: Payment in full is required at time of registration.

Cancellations received prior to May 16, 2014 will be subject to a \$30.00 administration fee. We cannot accept cancellations after May 16, 2014; however substitutions may be made.

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