

## Cost

**\$30 per person or \$50 per couple**

This includes:

- One participant package per couple
- Organic boxed lunch and nutritional breaks
- Parent and baby focused vendors

## Schedule

9:00-9:30	Registration
9:30-11:00	Feature Talk: Father-Style
11:15-11:30	Break
11:30-12:30	Breakout Sessions (choose one)
12:45-1:45	Lunch (Babywearing Session)
2:00-3:30	Feature Talk: Sweet Sleep
3:45-4:00	Closing

## Vendors



breast bowl.com

**Norwex**  
IMPROVING QUALITY OF LIFE



**SafelyFed**  
Canada



Cuddle Tots



**Wonderwear**  
Modern Diaper Service

## How to Register

### Registration:

Preregistration and prepayment is required. Registration ends on August 30th, 2017. Online payment and registration is available at <http://www.lllc.ca/lllc-newmarket-family-community-conference-2017> or the registration form can be returned with cash payment to Denise Martin (LLLC Newmarket), Amy Fischer (LLLC Newmarket), Jessica Schoenstein (LLLC Stouffville) or Mary Catherine White (LLLC Keswick).

Please see the registration form for detailed lunch options.

### Other Information

Babies in arms are welcome and encouraged to attend with their families. The conference space and sessions cannot accommodate older children.

Registration begins at 9:00 AM in the Aurora Public Library Lobby.



**La Leche League Canada**  
Breastfeeding knowledge, support and community

La Leche League helps parents worldwide to breastfeed through mother-to-mother, parent-to-parent support, encouragement, information, and education. We promote a better understanding of breastfeeding/chestfeeding as an important element in the healthy development of the baby and breastfeeding parent.



*La Leche League Canada*

## Breastfeeding – Loving – Growing 2017 LLLC Newmarket Parent and Community Conference

**Date:** Saturday, September 9th, 2017

**Time:** 9:30 AM to 4:00 PM

Registration begins at 9:00 AM in lobby

**Location:** Aurora Public Library  
15145 Yonge Street  
Aurora, ON

**Who should attend:** Expectant parents, parents of babies and toddlers, and professionals or volunteers who work with parents of young children.

### Contact:

Denise [lllcNewmarket@rogers.com](mailto:lllcNewmarket@rogers.com)

Jessica [lllcStouffville@gmail.com](mailto:lllcStouffville@gmail.com)



York Child Development & Family Services Inc. (YCD) supports this community initiative through the Bev Bernier PD Fund.

## Our Speakers

### Teresa Pitman



writer, La Leche League  
Canada

Teresa Pitman has been a La Leche League Leader for more than 35 years and was Executive Director of La Leche League Canada for three

years. Teresa has a B.Sc in Chemistry and a diploma in Magazine Journalism. She has written thousands of articles, many on breastfeeding and parenting topics, and is the author or co-author of 18 published books including: *The Womanly Art of Breastfeeding (8th edition)*; *Dr. Jack Newman's Guide to Breastfeeding* (now in its 3rd edition); *The Latch and Other Keys to Breastfeeding Success*; and *Preparing to Breastfeed: A Pregnant Woman's Guide*. She is the mother of four children, all breastfed, and the grandmother of eight, also all breastfed.

### Brian Russell



Brian Russell is the Provincial Coordinator for Dad Central Ontario, which is devoted to promoting responsible father involvement in Ontario and has acted as a catalyst for other provinces and

territories within Canada to form their own regional father initiatives.

## Feature Talks

### Father-Style:

#### Another Pathway to Healthy Bonding and Attachment

Traditional attachment theory has focused on safety and security as the markers of healthy bond between a child and care-giver. But recent research is showing there may be more than one pathway to attachment between a child and parent. Safety and security tend to be the way mothers think about their role with their children and are invaluable for a child's healthy development and sense of self. Now we are adding another pathway to healthy attachment: activation and play, which tend to be what fathers use to bond with their children. However, these styles are not exclusive to gender. They are two pathways that all parents can use to build a strong relationship with their children. This presentation will focus on the unique impact of activation, novelty, and play and how parents can intentionally incorporate these into their parenting style.

### Sweet Sleep:

#### Rethinking Family and Infant Sleep

Wondering what sleeping like a baby really refers to? Perhaps you have been hearing lots of opinions and ideas about sleep but still are curious how it all really applies to your family or the families you support. Hear one of the authors of *Sweet Sleep* tell you about the latest research based information in this innovative new book. Teresa Pitman will be discussing strategies for sleeping better as a family, the safe sleep seven, important tips to remember for sleeping safely as a family, as well as address many other sleep ideas. Come join this real life talk about all things sleep.

## Breakout Sessions

### Breakout Session 1:

#### Breastfeeding: More than Good Nutrition- How Breastfeeding/Chestfeeding Contributes to the Development of the Breastfeeding Family and Baby

Research has shown us that human milk is a nutritional powerhouse, but breastfeeding isn't just about the milk. Beyond good nutrition, breastfeeding affects both the breastfeeding parent and the baby in many profound ways, promoting normal development physically, emotionally and cognitively. Learn about the newest research, and get answers to your questions about infant feeding, stories in the news and resources for families with new babies.

### Breakout Session 2:

#### The Father Factor

Fathers bring something special into a child's life and it starts from the very first day. How dads parent and having everyone in the family pitching in from day one is incredibly important. Throughout the Father Factor seminar, Brian will highlight the experience of fathers today, describe the attachment between baby and dad and what it looks like, and talk about how to support that early attachment, and how dad's involvement helps support the breastfeeding relationship. Engaging fathers from the very beginning is essential to all who work with parents and in this seminar we will discuss factors that influence father involvement and the strengths in helping men father as best as they can.

### Babywearing Session

#### Jenn Dunn

#### Carried Close: Babywearing Services

Jenn is an educator focused on promoting safe, comfortable, and accessible babywearing information. Join her for a talk about the benefits of carrying your child, and how it can support your breastfeeding relationship.

