



# La Leche League Canada

*Because breastfeeding isn't always easy, we're here to help*

LLL.CA

## La Leche League Canada Health Professional Seminar May 9, 2011 – Kettleby, ON

Title: **Biological Nurturing: Releasing Innate Behaviours to Enhance Breastfeeding**

Speaker: **Suzanne Colson, PhD, MSc, BA, RGN, RM**

### **PROGRAM**

8:15 – 8:45 Registration  
Bookstore Open  
Continental Breakfast

8:45 – 9:00 La Leche League Canada video presentation

9:00 – 10:30 **Biological Nurturing: The Laid-back Breastfeeding Revolution – 90 minutes**

Compelling video data show how Biological Nurturing components inter-relate and interact releasing newly discovered primitive neonatal reflexes and maternal behaviours that aid breastfeeding. Learn what this new research tells us about maternal/newborn feeding competence and how gravity can either help or hinder latch across breastfeeding feeding positions.

10:30 – 10:45 Mid-morning Break

10:45 – 12:00 **Mother-baby Behavioral States and Professional Breastfeeding Assessment – 75 minutes**

High maternal oxytocin pulsatility is associated with longer breastfeeding duration. Learn how to promote an environment conducive to breastfeeding success and how to observe behaviour from a hormonal perspective. (continues after lunch)

12:00 – 1:00 Lunch

1:00 – 2:00 **Mother-baby Behavioral States and Professional Breastfeeding Assessment (continued) – 60 minutes**

Learn new parameters and how one's teaching methods can either enhance or undermine maternal hormonal state.

2:00 – 2:30 **Putting It All Together With Scenarios – 30 minutes**

Interactive session: exploring ways to establish breastfeeding promotion and assessment priorities the Biological Nurturing Way followed by feedback and discussion. (continues after the break)

2:30 – 2:45 Mid-afternoon Break

2:45 – 4:00 **Putting It All Together With Scenarios (continued) – 75 minutes**

4:00 – 4:15 Evaluations and Closing

***CERPs application submitted to the IBLCE***

