

At the completion of this seminar, participants will be able to:

- Describe how the ongoing development of cultural competence is mandated for IBCLCs and advisable for all lactation specialists.
- List and describe five dimensions of culture that impact breastfeeding and ethical decision making in non-universal ways.
- List and describe 5 principles that offer guidance during ethical decision making during cross-cultural breastfeeding counselling or lactation consulting.
- Describe 6 symptoms and 6 risk factors of perinatal depression
- List three negative outcomes of perinatal depression on the breastfeeding dyad.
- Explain why breastfeeding protection is important in the context of postpartum depression.
- List three ways in which to protect breastfeeding when treating postpartum depression.
- Describe why and how to screen and refer clients for perinatal depression.
- List at least 3 risk factors for vitamin D deficiency in nurslings.
- List 3 sources of vitamin D for nurslings, including during the newborn period
- List five approaches to preventing vitamin D deficiency in nurslings
- Describe five key areas to address when facilitating informed decision making regarding sunlight deficiency, vitamin D, and breastfeeding.
- List three dimensions of culture and explain how they impact infant feeding issues.
- Give an example of factors occurring within each of the six spheres of the Social Ecological Framework that could influence infant feeding decisions and challenges.
- Describe the five ways of knowing identified among women and how they relate to infant feeding issues.
- Compare and contrast how models of change and of maternal development are useful for understanding and responding to infant feeding issues.

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 further information please contact: Shannon at: events@lllc.ca

La Leche League Canada

National Office, P.O. Box 700

Winchester, ON, K0C 2K0

613-774-4900 * adc@lllc.ca



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La Leche League Canada Presents:

Health Professional Seminar,
One Size Does Not Fit All:

Customizing Care for Breastfeeding Families

Ottawa, Ontario

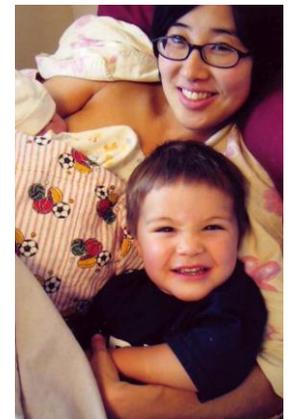
September 23, 2015



Special Guest Speaker:

Cynthia Good Mojab,

MS, LMHCA, IBCLC, RLC, CATSM



Speaker Bio:

Cynthia Good Mojab, MS Clinical Psychology, is a Clinical Counsellor, International Board certified Lactation Consultant, author, researcher, and internationally recognized speaker. She is also Certified in Acute Traumatic Stress Management. As one of a small group of mental health care providers in the world who are also IBCLCs, she has a strong interest in lactational psychology. She is the Director of LifeCircle Counselling and Consulting, LLC where she focuses on perinatal mental health care. She formerly served as Research Associate in the Publications Department of La Leche League International and was on the faculty of Parkland College. She has authored, contributed to, and provided editorial review of numerous publications related to breastfeeding, culture, and psychology. She brings the evidence and insights of psychology and lactation consulting to her presentations to help participants better understand and more effectively respond to the complex psychosocial realities of breastfeeding families living in diverse contexts.

Venue:

Centurion Center
170 Colonnade Road South
Ottawa, Ontario, K2E 7J5



Program:

8:15 – 8:45 a.m. **Registration & Breakfast**

8:45 – 9:00 **Welcome**

9:00 – 10:15 **Ethics, Culture and Breastfeeding: Essential Concepts and Principles for Lactation Specialists**
An overview of concepts and principles that offer guidance for ethical decision making during cross-cultural breastfeeding counselling or lactation consulting.

10:15 – 10:30 **Mid-morning Break**

10:30 – 12:00 **The Rug Pulled Out from Underneath Me: Depression During Pregnancy and After Birth**
An overview of symptoms, risk factors, and consequences of perinatal depression, the rationale for and approaches to protecting breastfeeding when treating postpartum depression and why and how to screen and refer for perinatal depression.

12:00 – 1:00 **Lunch**

1:00 – 2:15 **Sunlight Deficiency, Vitamin D, and the Breastfed Baby: Helping Families Make Informed Decisions**
An overview of risk factors for vitamin D deficiency, options for preventing vitamin D deficiency, and how care-providers can help families make informed decisions.

2:15 – 2:30 **Mid-afternoon Break**

2:30 – 4:00 **The Woman Behind the Breasts: The Context of Infant Feeding Issues**
A review of five models of context (culture and its dimensions, the social ecological framework, women's ways of knowing, stages of change, and maternal development) that can be applied to breastfeeding protection, promotion, and support of families living in diverse contexts.

4:00 – 4:15 **Closing and Evaluations**

Registration:

Register Online at:

<http://www.lllc.ca/health-professional-seminars>

On-line registration and payment immediately reserves your seat for the seminar.

Cost:

Early Bird: \$75.00
(On/Before Aug 19, 2015)

Regular Rate: \$100.00
(After Aug 19, 2015)

Cost includes: continental breakfast, lunch & two nutrition breaks, course material & certificate of attendance.

4.25 L- CERPs & 1.25 E-CERPs allocated by IBLCE

Thanks to funding support from the Government of Ontario & the support of the Best Start Resource Centre at Health Nexus, this year's Health Professional Seminar is 50% less than its usual price.

Please Note: Payment in full is required at time of registration. Cancellation received prior to Sept 9, 2015 will be subject to a \$30 administration fee. We cannot accept cancellations after Sept 9, 2015; however substitutions may be made.

For Registration questions please contact adc@lllc.ca or phone 613.774.4900

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