One Size Does Not Fit All: Customizing Care for Breastfeeding Families
Presented by Cynthia Good Mojab, Clinical Counselor and IBCLC

Session/Video Topics

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.

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.

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.

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.

Speaker Biography:
Cynthia Good Mojab, MS Clinical Psychology, is a Clinical Counselor, 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 Counseling 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.