



**PARTICIPATE IN THE
BREASTFEEDING TASK FORCE OF
GREATER LOS ANGELES**

- **Subscribe** to the free e-newsletter.
- **Distribute** the Breastfeeding Resource Directory to new parents.
- **Attend a Task Force meeting.** The Task Force meets Quarterly for networking and updates.
- **Attend Task Force Professional Education Seminars.** Regularly scheduled seminars update you on current breastfeeding issues.
- **Make a contribution.** Your tax deductible contribution helps the Task Force continue the projects that support breastfeeding.
- **Do your shopping online.** Sign up with iGive and a portion of your purchase is donated to the Task Force, at no cost to you. Visit the Task Force website and click on the iGive logo.
- **Buy books online.** Visit the Task Force website and click on the Amazon or Barnes and Noble buttons to see the professional and parenting breastfeeding book list we have compiled. You can purchase these books or any other products sold by these online vendors and the Task Force will receive a donation, at no cost to you.
- **Donate** your old car to support the Task Force.

**BREASTFEEDING
TASK FORCE OF
GREATER LOS ANGELES**

Presents:



Making More Milk

Featured Speakers:

Diana West, BA, IBCLC

Lisa Marasco, MA,

IBCLC



Thursday, February 5, 2009

9:00 am to 4:00 pm

Location:

Torrance Memorial Medical Center
3330 Lomita Blvd
Torrance, CA 90505

CO-SPONSORED BY:

Torrance Memorial Medical Center
Community Perinatal Network, PAC/LAC,
PHFE, NEVHC & SLAHP WIC Programs

INFORMATION / QUESTIONS

(213) 596-5776

www.breastfeedla.org

PROGRAM DESCRIPTION

This one day seminar is designed to offer current information and important knowledge and skills for use with mothers and their concerns around breastmilk supply. Evidenced based research will be presented on insufficient milk supply and what can be done to increase the supply when it is necessary. Women can underestimate their ability to provide their baby milk thus, we will discuss the reality versus perception. After discerning there is a problem, then the techniques for boosting supply will be presented. We will arm you with methods to ensure yourself and the mothers you are working with that milk is being transferred to their babies in adequate amounts and assess when supplementation is needed. Finally our speakers will discuss ethical and legal considerations of using the herbal supplements that are being used today to boost or maintain breastmilk supply.

OBJECTIVES

Following the didactic presentations, participants will be able to:

- ◆ Compare and contrast real and perceived insufficient milk supply;
- ◆ List three strategies for increasing milk supply;
- ◆ Identify three methods to accurately assess milk transfer; and to
- ◆ Describe the ethical issues around the use of herbal supplements.

FACULTY

Diana West, BA, IBCLC

- Lactation Consultant, Private Practice, New Jersey
- *The Breastfeeding Mother's Guide to Making More Milk* co-author with Lisa Marasco
- Retired La Leche League Leader and Owner/Administrator of BFAR.org, LowMilkSupply.org and LactSpeak.com websites.

Lisa Marasco, MA, IBCLC

- Lactation Consultant, Santa Barbara County Public Health Dept., Nutrition Services/WIC
- *The Breastfeeding Mother's Guide to Making More Milk* co-author with Diane West
- La Leche League Leader and owner of Expressly Yours Lactation Services

REGISTRATION FEES

Registration fee includes: continental breakfast, lunch, syllabus, and continuing education credit.

Prior to January 29 \$90

On or after Jan 29/at the door: \$100

LOCATION & PARKING

Torrance Memorial Medical Center, 3330 Lomita Blvd, Torrance 90505 (310)325-9110. Parking: turn south from Lomita Blvd onto Medical Center Drive and then west (right) into the West Parking Structure. The Auditorium is located in the West Tower.

PARTICIPANT CONFIRMATION

Confirmation by e-mail will be sent to participants providing an e-mail address **only**. No other confirmation will be sent.

AGENDA

- 9:00 Registration
9:30 **Exploring the Tangled Web of Insufficient Milk Supply**
10:45 Break
11:00 **Making More Milk**
12:15 Lunch
1:15 **Is Baby Getting Enough Milk?**
2:30 Break
2:45 **Ethical Considerations for Using Herbal Galactogogues**
4:00 Adjourn

CONTINUING EDUCATION UNITS

CME, CEU, CPE and CERP credits will be offered at no additional charge. **The Community Perinatal Network (CPN)** is an approved provider by the California Board of Registered Nursing. This course offers 6 contact hours of continuing education. CPN's provider number is CEP 14797. Licensee must maintain certificate for a period of four years. This course offers 4 L & 1 E CERPs. CERP application will be submitted.

CANCELLATION POLICY

Written cancellations received **one week prior** to the event will be granted subject to a \$5 fee. No refunds after this date.

TARGET AUDIENCE

Physicians, Registered Nurses, Dietitians, Nutritionists, Occupational Therapists, CPHWs, Lactation Consultants, Lactation Educators, La Leche League Leaders, Health Educators, Case Managers, Home Visitors, Doulas, Breastfeeding Peer Counselors and others interested in supporting families in the initiation and maintenance of breastfeeding.

**REGISTER ONLINE @ www.breastfeedla.org
BY MAIL OR FAX USING THE FORM BELOW**

First Name	Last Name	

Job Title	Agency Affiliation	

Street Address		

City	State	Zip Code

Telephone		

E-mail address		
Credits Requested (please check all that apply):		
<input type="checkbox"/> CEUs <input type="checkbox"/> CPEs <input type="checkbox"/> CMEs <input type="checkbox"/> IBCLCs		

License Number		
CREDIT CARD PAYMENT:		
<input type="checkbox"/> \$90 before 01/29 <input type="checkbox"/> \$100 on or after 01/29		
<input type="checkbox"/> Tax Deductible Contribution Amount: \$ _____		
Card Type: <input type="checkbox"/> Visa <input type="checkbox"/> Master Card		

Card Number		

Expiration Date	Security number	
	(last three numbers on the back of the card)	

Billing Address, if different than above
If paying by credit card, you may fax this registration form to (213) 596-5776.
MAIL REGISTRATION/CHECKS (payable to)
Breastfeeding Task Force of Greater LA
1821A Speyer Lane
Redondo Beach, CA 90278

REGISTRATION FORM- FEBRUARY 5, 2009