Depression and the Breastfeeding Mother

Health care providers and public health officials are telling mothers not to sleep with their babies. How is this impacting mothers' behavior? This presentation will show new data from the Survey of Mothers' Sleep and Fatigue. Where do babies start and finish the night, what are mothers are telling their friends, family and health care providers, and how do they feel about their sleep arrangements? Does nighttime breastfeeding elevate the risk of postpartum depression? We will examine the relationship between feeding method, where babies sleep and maternal fatigue. Preliminary analyses reveal that breastfeeding mothers report less fatigue than their formula-feeding or mixed-feeding counterparts.

Recent research has revealed that depression is associated with systemic inflammation, specifically, the increase in proinflammatory cytokines. Common experiences of new motherhood, sleep deprivation, postpartum pain, and psychological trauma, also cause inflammation levels to rise. This session will describe the inflammatory response and also show why breastfeeding and anti-inflammatory treatments protect maternal mental health. The negative effects of postpartum depression, on both mother and baby, are too serious to ignore. There are a number of treatments for depression, including a wide range of non-pharmacologic treatments. This session summarizes research findings on various therapies and also describes the implications of each for breastfeeding.

Participate in the Breastfeeding Task Force of Greater Los Angeles

Make a contribution: Your tax deductible contribution helps the Task Force continue the projects that support breastfeeding.

Attend a Task Force meeting: The Task Force meets Quarterly for networking and updates.

Our Upcoming General Meetings:
April 27, 2010
July 27, 2010
8:30am—12pm
SLAHP, 2930 W. Imperial Hwy, Inglewood, CA

TARGET AUDIENCE
Physicians, Registered Nurses, RDs, Nutritionists, Occupational Therapists, CPHWs, Lactation Consultants & Educators, LLL Leaders, Health Educators, Case Managers, Home Visitors, Doulas, Breastfeeding Peer Counselors and others interested in supporting families in the initiation and maintenance of breastfeeding.

Location and Parking
Health Conference Center, 3330 Lomita Blvd, Torrance, 90505. Parking: turn south from Lomita Blvd onto Medical Center Drive and right into the West Parking Structure.

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

Cancellation Policy
Written cancellations received one week prior to the event will be granted subject to a $5 fee. No refunds after this date.
Continuing Education Credits

Nurses: The Community Perinatal Network 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.

Lactation Consultants: The Breastfeeding Task Force of Greater Los Angeles is an approved provider by the International Board of Lactation Consultant Examiners. This course offers 5 L CERP’s. CERP application will be submitted.

CHES: The National Commission for Health Education Credentialing, Inc. designates Los Angeles County Department of Public Health, Health Education Administration (LACDPH/HEA) as a provider of continuing education contact hours (CECH) in health education (Provider number MEP 2460). Certified Health Education Specialists (CHES) may receive up to 5 Category I CECH for this event.

Registered Dieticians: maintain a copy of the agenda and certificate for CPEs for their Professional Development Portfolio.

Registration Fees
Registration includes continental breakfast, lunch, syllabus, and continuing education credit
Prior to Apr 2nd $90
On or after Apr 3rd/at the door $100

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