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

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.

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.
Diana West, BA, IBCLC
- Lactation Consultant, Private Practice, New Jersey
- 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.