

**The New Hampshire Breastfeeding Task Force presents
the Annual Breastfeeding Conference**

**"Modern Women and Breastfeeding: Communication,
Employment and Navigating our Fast Paced World"**

Monday, June 10, 2013

7:15 am-4:45 pm



The conference will be held in the auditorium of
the
NH Department of Health and Human Services
29 Hazen Drive, Concord, NH

Expert Guest Speaker:

Cathy Carothers, BLA, IBCLC, FILCA, is co-director of EVERY MOTHER, INC., and provides counseling and lactation training for health professionals across the United States. She is the current Chair of the United States Breastfeeding Committee, and past president of the International Lactation Consultant Association. She is also a Fellow of ILCA, and has been an International Board Certified Lactation Consultant since 1996.

Cathy has provided more than 400 training events in every U.S. State and Territory, and several foreign countries. She is the project director for national breastfeeding programs for the Federal government, including the breastfeeding peer counseling program for the USDA WIC Program, *Loving Support Through Peer Counseling: A Journey Together*, and the national WIC staff curriculum in breastfeeding, *Using Loving Support to Grow and Glow in WIC*. She is author and project director for the national *Business Case for Breastfeeding* project through the U.S. Department of Health and Human Services and is involved in national level outreach to business organizations and labor unions through the HHS Office on Women's Health.

She has served as the Mississippi WIC Program State Breastfeeding Coordinator. Cathy is married to a minister, breastfed 5 healthy children, and is the proud grandmother of two beautiful breastfed grandsons.

Registration Form

Name _____

Position _____

Organization _____

Street _____

City _____ State _____ Zip _____

Telephone _____

E-mail _____

To receive conference handouts you must provide an e-mail address THAT WILL ACCEPT ATTACHMENTS on this conference registration form above.

Register by May 20th to reserve a seat early for this exciting conference, as space is limited.

Conference Fee: **\$125.00**, if postmarked on or by May 20th;
\$140.00 if postmarked after May 20th.

Refreshments upon arrival and during breaks. Lunch will be provided.

Make check payable to:
New Hampshire Breastfeeding Task Force

Mail registration forms to this year's conference address:
NHBF Task Force
P.O. Box 105
Derry, NH 03038

REGISTRATION DEADLINE: May 20, 2013

If you have questions or would like information on space availability please call: Paula Oliveira 603-770-0089. A confirmation notice will NOT be sent, but HANDOUTS WILL BE E-MAILED prior to the conference date.

You may want to bring a sweater, as the conference room can sometimes be chilly. Quiet babies in arms are welcome.

Concord Hospital Professional Practice and Development Department is an approved provider of continuing nursing education by the New Hampshire Nurses Association Commission on Continuing Education, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Contact hours will be provided upon successful completion of this activity.

You must be present at all conference sessions to obtain nursing, dietetic or IBLCE continuing education credits.

Prior approval for continuing education credits from the American Dietetic Association has been requested. LCERPS for Lactation Consultants have been applied for.

Sponsored by:

New Hampshire Department of Health and Human Services,
WIC Program
New Hampshire Section of the Association of Women's Health,
Obstetric and Neonatal Nurses (NH AWHONN)
Concord Hospital
Dartmouth-Hitchcock Medical Center
New Hampshire Breastfeeding Task Force
Maternal and Child Health Section
NH Department of Health and Human Services
Division of Public Health Services

New Hampshire Breastfeeding Task Force Conference
Committee:

Laurie Geck, Ph.D.
Maureen Gilbert-Thibault, M.Ed., RN, IBCLC
Cindy Johnson, RN, BSN, LCCE, IBCLC
Lisa Lamadriz, RN, BS, IBCLC
Paula Oliveira, RN, BSN, IBCLC
Suzanne Parodi, RN, IBCLC, CCE
Nancy Ramirez, RN, IBCLC
Michelle Scott, MA, RD, IBCLC

The conference is intended for physicians, nurses, nutritionists, midwives, doulas, nurse practitioners, childbirth educators, and lactation consultants.

AGENDA:

7:15-7:45 Registration

7:45 -8:00 Welcome and Introductions

8:00- 8:30 The Time is Right: Seize the Moment!
Cathy Carothers, BLA, IBCLC, FILCA

8:30 -9:30 Making it Work: Supporting Breastfeeding in the Workplace (Part 1)
Cathy Carothers, BLA, IBCLC, FILCA

9:30-9:45 Break

9:45-10:45 Making it Work: Supporting Breastfeeding in the Workplace (Part 2)
Cathy Carothers, BLA, IBCLC, FILCA

10:45-11:15 Early Infant Feeding Practices and Breastfeeding Beliefs among New Hampshire WIC Mothers
Becky Dunn, Ph.D., RD, LD, CNSC and Karrie Kalich, Ph.D., RD, LD

11:15-11:35 NH's Ten Steps to Successful Breastfeeding Statewide Collaborative – An Update and Future Directions **Bonny Whalen MD, Joyce Kelly RN,BSN,MPH**

11:35-12:00 NH Breastfeeding Awards

12:00-12:45 Lunch

12:45-2:15 Counseling Breastfeeding Families (Part 1)
Cathy Carothers, BLA, IBCLC, FILCA

2:15 -2:30 Break

2:30-4:00 Counseling Breastfeeding Families (Part 2)
Cathy Carothers, BLA, IBCLC, FILCA

4:00-4:30 Counseling Activity Breakout
Cathy Carothers, BLA, IBCLC, FILCA

4:30-4:45 Closing remarks and evaluation
DRIVING DIRECTIONS

From I-393 East

Travel I-393 East to Exit 2. Turn left onto East Side Drive to traffic light. Turn right onto Hazen Drive. Proceed to sign for Department of Health & Human Services. Turn right, building is on the left.

From I-393 West

Travel I-393 West to Exit 2. Turn left onto East Side Drive to traffic light. Turn right onto Hazen Drive. Proceed to sign for Department of Health & Human Services. Turn right, building is on the left.

From I-93 North

Travel I-93 North to Exit 14. Turn right onto Loudon Road. Proceed across bridge to second traffic light. Turn left onto Hazen Drive. Continue straight until sign for Department of Health & Human Services. Turn left, building is on left.

From I-93 South

Travel I-93 South to Exit 14. Turn left onto Loudon Road. Proceed across bridge to second traffic light. Turn left onto Hazen Drive. Continue straight until sign for Department of Health & Human Services. Turn left, building is on left.

[Thank you for supporting the 2013 breastfeeding conference!](#)

BREASTFEEDING AWARD NOMINATION FORM

The Annual Breastfeeding Awards recognizing excellence in breastfeeding promotion will be presented at the conference. *Candidates should work in New Hampshire.* Please write a brief reason for nomination and return with your registration form and payment to the NH Breastfeeding Task Force, by May 20, 2013.

Nominee: _____

Telephone: _____

E-mail: _____

Hospital/Affiliation: _____

Reason for nomination: _____

Your Name: _____

Your Phone: _____

Your E-mail: _____