

## La Leche League Canada

La Leche League Canada encourages, promotes and provides mother-to-mother breastfeeding support and educational opportunities as an important contribution to the health of children, families and society.

For more information about our programs and services, visit [www.LLCC.ca](http://www.LLCC.ca)

Charitable Registration #:11900 3812 RR0002

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La Leche League Canada



Health Professional Seminar  
Fall 2011

La Leche League Canada  
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### *Biological Nurturing: Releasing Innate Behaviours to Enhance Breastfeeding*



La Leche League Canada

Health Professional Seminar

Dartmouth, Nova Scotia

September 30, 2011

## PROGRAM

Title: **Biological Nurturing:  
Releasing Innate Behaviours to Enhance Breastfeeding**

Speaker: **Suzanne Colson, PhD, MSc, BA, RGN, RM**

8:15 – 8:45 Registration  
Bookstore Open  
Continental Breakfast

8:45 – 9:00 La Leche League Canada  
video presentation

9:00 – 10:30  
**Biological Nurturing: The Laid-back  
Breastfeeding Revolution – 90 minutes**

Compelling video data show how Biological Nurturing components inter-relate and interact releasing newly discovered primitive neonatal reflexes and maternal behaviours that aid breastfeeding. Learn what this new research tells us about maternal/newborn feeding competence and how gravity can either help or hinder latch across breastfeeding feeding positions.

10:30 – 10:45 Mid-morning Break

10:45 – 12:00  
**Mother-baby Behavioral States and  
Professional Breastfeeding  
Assessment – 75 minutes**

High maternal oxytocin pulsatility is associated with longer breastfeeding duration. Learn how to promote an environment conducive to breastfeeding success and how to observe behaviour from a hormonal perspective.

12:00 – 1:00 Lunch

1:00 – 2:00  
**Mother-baby Behavioral States and  
Professional Breastfeeding  
Assessment (continued) – 60 minutes**

Learn new parameters and how one's teaching methods can either enhance or undermine maternal hormonal state.

2:00 – 2:30  
**Putting It All Together With Scenarios  
– 30 minutes**

Interactive session: exploring ways to establish breastfeeding promotion and assessment priorities the Biological Nurturing Way followed by feed-back and discussion. (continues after the break)

2:30 – 2:45 Mid-afternoon Break

2:45 – 4:00  
**Putting It All Together With Scenarios  
(continued) – 75 minutes**

4:00 – 4:15 Evaluations and Closing

5.5 L-CERPs have been approved by the IBLCE

## Venue Information

Brightwood Golf Club  
227 School Street  
Dartmouth, NS B3A 2Y5  
(902) 466-7688

*Because meeting room temperatures may vary, please dress casually, in layers, to assure personal comfort.*

*For local information on destination or venue, please contact:*

**Cassie Kent**  
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## Speaker Information

### Suzanne Colson PhD, MSc, BA, RGN, RM

Suzanne is a midwife with over 35 years experience supporting breastfeeding mothers. She won the Royal College of Nursing Akinsanya Award for her PhD thesis examining the mechanisms of Biological Nurturing, a neurobehavioural approach to breastfeeding initiation. Suzanne is co-founder of The Nurturing Project (an organization created to disseminate biological nurturing research), an Akinsanya Scholar 2006, a member of the LLL panel of professional advisors in the UK and France and an honorary senior lecturer at Canterbury Christ Church University. Suzanne is the author of numerous articles, research papers, a book and three DVDs. Retired from active midwifery practice, she lectures widely across the world.

**For more information visit:**  
[www.biologicalnurturing.com](http://www.biologicalnurturing.com)

*At the completion of the seminar, participants will be able to:*

- Identify the components and sub components of biological nurturing and understand the mechanisms of how and why biological nurturing works
- Differentiate between innate and learned behaviours
- Describe the use of reflex theory to support breastfeeding initiation and summarize four types and three functions of primitive neonatal reflexes in the breastfeeding context
- Describe the difference between dorsal and frontal neonatal breastfeeding positions
- Identify the continuity of behaviours linking birth with breastfeeding
- Describe neonatal behavioural states
- Critically appraise a typical hospital guideline for babies not interested in breastfeeding
- Describe how babies latch and breastfeed in sleep states
- Describe baby reflex feeding cues
- Describe innate maternal breastfeeding behaviours
- Define 'hormonal complexion'
- Describe behavioral versus mechanical effects of oxytocin
- Identify common practices that may inadvertently suppress high maternal oxytocin pulsatility
- Describe two clinical pathways to clarify how to use biological nurturing during the first postnatal days following normal hospital/home birth and as a proactive strategy to reduce the impact of abrasive birth interventions
- Use biological nurturing to initiate breastfeeding in a variety of circumstances, including following normal birth and where special circumstances of labour and delivery or physiology are factors affecting breastfeeding

## REGISTRATION

**Space is limited.**

**Please register early to avoid disappointment!**

Register on-line here:

[www.lllc.ca/health-professionals](http://www.lllc.ca/health-professionals)

Registrations received on or before  
**September 12, 2011: \$160.00**

Registrations received after  
**September 12, 2011: \$175.00**  
(Subject to availability of space)

*Registration fee includes:*

- continental breakfast
- two nutrition breaks
- lunch
- syllabus
- certificate of attendance

*Cancellations received prior to September 19, 2011 will be subject to a \$30.00 administration fee. We cannot accept cancellations after September 19, 2011; however, substitutions may be made.*

**La Leche League Canada  
Health Professional Members  
receive a 10% discount on seminar  
registrations!**

**Purchase your membership on-line today:**  
[www.lllc.ca/lllc-health-professional-membership](http://www.lllc.ca/lllc-health-professional-membership)



**Questions?** Contact us:  
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