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.LLLC.ca

Charitable Registration #:11900 3812 RR0002

Cassie Kent
Local Seminar Coordinator
La Leche League Canada
Telephone: (902) 404-0832
E-mail: cassiehalifax@gmail.com

La Leche League Canada

Health Professional Seminar
Fall 2011

Health Professional Seminar
Dartmouth, Nova Scotia
September 30, 2011

Biological Nurturing:
Releasing Innate Behaviours to Enhance Breastfeeding

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 interrelate 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
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

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.