



La Leche League's Purpose and Philosophy*

La Leche League was founded to give information and encouragement, mainly through one-to-one helping, to all mothers who want to breastfeed their babies. LLL recognizes the unique importance of one mother helping another to understand the needs of her children and to explore the most appropriate ways for her to fulfill those needs.

La Leche League is an international nonprofit, nonsectarian organization. Regardless of race, religion, economics, lifestyle or education, La Leche League Leaders are united in their acceptance of our philosophy.

We believe:

- Mothering through breastfeeding is the most natural and effective way of understanding and satisfying the needs of the baby.
- Mother and baby need to be together early and often to establish a satisfying relationship and an adequate milk supply.
- In the early years, the baby has an intense need to be with his mother which is as basic as his need for food.
- Breast milk is the superior infant food.
- For the healthy, full-term baby, breast milk is the only food necessary until the baby shows signs of needing solids, about the middle of the first year after birth.
- Ideally the breastfeeding relationship will continue until the baby outgrows the need.
- Alert and active participation by the mother in childbirth is a help in getting breastfeeding off to a good start.
- Breastfeeding is enhanced and the nursing couple sustained by the loving support, help and companionship of the baby's father. A father's unique relationship with his baby is an important element in the child's development from early infancy.
- Good nutrition means eating a well-balanced and varied diet of foods in as close to their natural state as possible.
- From infancy on, children need loving guidance which reflects acceptance of their capabilities and sensitivity to their feelings.

*From LLLI LEADER'S HANDBOOK, Schaumburg, IL: LLLI, 2003; xvi-xvii



Dear Friend of La Leche League,

Please join us for a unique opportunity to enrich your parenting skills, hear the latest research on breastfeeding and enjoy a fun-filled weekend with your family. Children are always welcome at La Leche League (LLL) events. Dads enjoy the parenting sessions as well as discussions with other dads they meet. Babies and children with their parents are the Conference's most distinctive and heart-warming sight.

As children continue to change and grow, so does the need for parenting skills. La Leche League of Southern California/Nevada's Area Conference provides education and research-based presentations for parents, health care professionals and anyone involved with children. The benefits of the valuable information from Conference are a bargain in comparison to any college course and it's all here in one weekend! Our Conference speakers are some of the most well-known and respected authorities in their fields.

Your attendance can help a local LLL Group, too. Whether you've attended a Series Meeting or contacted a Leader by phone or email, make a note of the Group's listed name that may not be the same as the community where you live. Write the name on the LLL Group line on the Registration Form. For each paid registration, the Group earns credit to buy books for the Group library. Your participation in this bonus for the Group is appreciated.

We think this year's Conference is one of the best we've ever planned. Speaking for over 50 volunteers who make this event happen, we invite you to come and see for yourself!

Sue Garcia

Area Conference Supervisor and the members of the Conference Department

Conference Agenda

Friday

Bookstore/Exhibits Open	4:00 p.m. - 8:00 p.m.
Registration/CE Desks Open	4:00 p.m. - 8:00 p.m.
Educational Breastfeeding Movies	7:00 p.m. - 9:00 p.m.

Saturday

Registration/CE Desks Open	7:30 a.m.
Children's Activities	8:15 a.m. - 5:15 p.m.
Keynote Address	8:30 a.m. - 9:30 a.m.
Bookstore/Exhibits Open	9:00 a.m. - 6:00 p.m.
Opportunity Drawing/Basket Table Open	9:00 a.m. - 6:00 p.m.
Opening Presentation	9:30 a.m. - 9:45 a.m.
Saturday Sessions	10:15 a.m. - 5:00 p.m.
Saturday Luncheon	11:30 a.m. - 1:00 p.m.
Basket Winners Posted	7:00 p.m.
Night Owl Sessions	7:30 p.m. - 9:00 p.m.

Sunday

Registration/CE Desks Open	6:30 a.m.
Early Bird Sessions	7:00 a.m. - 8:15 a.m.
Children's Activities	8:15 a.m. - 3:00 p.m.
Keynote Address	8:30 a.m. - 9:45 a.m.
Bookstore/Exhibits Open	9:00 a.m. - 5:00 p.m.
Opportunity Drawing Table Open	9:00 a.m. - 12:00 p.m.
Basket Winners Posted	9:00 a.m.
Sunday Sessions	10:15 a.m. - 4:15 p.m.
Sunday Luncheon	11:30 a.m. - 1:00 p.m.
Opportunity Drawing Winners Posted	1:00 p.m.
Closing Presentation	4:30 p.m. - 4:45 p.m.



La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing education, information, support and encouragement to women who want to breastfeed.

Friday, May 22, 2009

4:00 - 8:00 p.m.

Bookstore and Exhibits Open

4:00 - 8:00 p.m.

Registration and CE Desks Open

7:00 - 9:00 p.m.

CE **Friday Night at the Movies:**
Educational breastfeeding movies and more! Bring your popcorn!



Saturday, May 23, 2009

Keynote

8:30 - 9:30 a.m.

1A Investing in the Future: The Difference Between Boomers, Gen Xers, Gen Y and How That Applies to Breastfeeding
CE Nancy Williams, MA, MFT, CCE, IBCLC

Opening Presentation

9:30 - 9:45 a.m.

The opening presentation will include the introduction of our special guests, announcements and drawing prizes.
Sue Garcia, ACS

Edwina Froehlich Betty Wagner Spandikow

This Conference is dedicated to the memory of La Leche League Co-Founders Edwina Froehlich and Betty Wagner Spandikow. They were dedicated women who inspired many to help breastfeeding families.

Saturday, May 23, 2009

10:15 - 11:30 a.m.

- 2A **Vaccines: Making an Educated Decision for Your Children**
Bob Sears, MD, FAAP
- 2B **This Is Not How I Raised You!**
Lois Nightingale, PhD
- 2C **Successfully Parenting the ADD'ish Child...Even if You're ADD'ish Yourself**
Susan Stiffelman, MFT
- 2D **Boundaries: How They Affect Our Relationships**
Mary Strack
- 2E **Practicing the Sacred Art of Listening**
Kay Lindahl

10:15 - 11:45 a.m.

- 2F **Infant Tongue-Tie and Its Implications for Breastfeeding: A Review of Recent Research on Ankyloglossia and Frenotomy**
CE Kirsten Berggren, PhD, RN, IBCLC
- 2G **Location, Location, Location: Where a Baby Is Born Often Determines if It Will be Breastfed or Not. Using the Hospital Breastfeeding Rate Report to Stimulate Change in Your Hospital**
CE Karen Peters, RD, IBCLC, LCCE

11:30 - 1:00 p.m.

Buffet Luncheon

1:30 - 2:45 p.m.

- 3A **Infancy to Toddlerhood: The First Three Years of Life**
Paul Fleiss, MD, MPH, FAAP
- 3B **Step Families: Myths and Realities**
Lois Nightingale, PhD
- 3C **Attachment Parenting for the School-Age Child**
Dia Michels
- 3D **The Wisdom of Grandparenting**
Barbara & Joe Gillentine ~ Karima Khatib ~ Marian Tompson, LLL Co-Founder
- 3E **Introduction to Play Therapy**
Nancy Franklin, Registered Play Therapist/Supervisor
- 3F **Estate Planning for Parents with Young Children**
Phil Cox ~ Jo Fitzpatrick
- 3G **All About Bees and Why We Need Them**
Melinda Nelson

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1:30 - 2:45 p.m. Sessions continued on next page

Saturday, May 23, 2009

1:30 - 2:45 p.m.

- 3H **Hospital Policy, Physicians' Attitudes and Making Your Hospital Baby-Friendly**
CE Lawrence Gartner, MD, FAAP, FABM
- 3I **The Effects of Not Breastfeeding Properly...The Story of Oral Myofunctional Disorders**
CE Joy Moeller, RDH, MFT, COM

3:00 - 5:00 p.m.

- 4A **Attached at the Heart: 8 Proven Principles for Raising Connected and Compassionate Children**
Barbara Nicholson ~ Lysa Parker
- 4B **Labor and Lactation for Parents**
Lorri Walker, RN, NP, CNM
- 4C **Becoming My Child's Advocate**
Rebecca Andrusiak ~ Sue Christy ~ Nancy March
- 4D **Family Meals: Building Healthy Bodies and Healthy Relationships**
Karen Peters, RD
- 4E **Grief Recovery: An Action Plan to Move Beyond Losses Such as Job, Home or Divorce**
Mary Strack
- 4F **Yoga for Families & Teens: An Interactive Session**
Family Session: 3 p.m. - 4 p.m.; Teen Session: 4 p.m. - 5 p.m.
Michele Harriman
- 4G **Financial Advice for Families**
Lawrence J. Morgia
- 4H **Working Without Weaning: Providing Practical Help to Working Mothers**
CE Kirsten Berggren, PhD, RN, IBCLC
- 4I **"Pearls" of Practice: Recent Journal Articles That May Influence the Way We Provide Care for the Breastfeeding Dyad**
CE Linda Kingsley, BA, IBCLC ~ Denise Parker, BA, IBCLC

7:30 - 9:00 p.m.

- NO1 **How Variations in Palatal Structure Affect Breastfeeding**
CE Chele Marmet, BS, MA
- NO2 **Biology vs. Culture: New Opportunities or Collision Course?**
CE Nancy Williams, MA, MFT, CCE, IBCLC

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Sunday, May 24, 2009

7:00 - 8:15 a.m.

- EB1 Developing Evidence-Based Guidelines for Storing Human Milk**
CE Betty Crase, BA, IBCLC, RLC
- EB2 Ethics of Complementary Therapies in the LC Practice**
CE Lisa Marasco, MA, IBCLC

Keynote

8:30 - 9:45 a.m.

- 5A Current Breastfeeding Research: An Update for Parents**
Jay Gordon, MD, FAAP
- 5B If Your Mother Was a Platypus: What We Can Learn by Studying Mammal Lactation**
CE Dia Michels

10:15 - 11:30 a.m.

- 6A How Nutritional Deficit Disorder Affects Your Child**
Bill Sears, MD, FAAP ~ Martha Sears, RN
- 6B All Hands on Deck! Getting Everyone to Help as a Family at Home**
Ilene Val-Essen, PhD
- 6C Good Nights and Sweet Dreams**
Paul Fleiss, MD, MPH, FAAP ~ Jay Gordon, MD, FAAP
- 6D Breastfeeding Is a Family Affair**
Linda & Doug Goodman ~ Cass & Jesse Schroeder
- 6E Coping with the Grief That Death Brings**
Nancy Franklin, LCSW, LMFT

10:15 - 11:45 a.m.

- 6F Exploring the Web of Insufficient Milk Production**
CE Lisa Marasco, MA, IBCLC
- 6G Promoting a Child's Well-Being: How Love and Emotional Connection Builds Healthy Brains**
CE Joan Rosenberg, PhD

11:30 - 1:00 p.m.

Buffet Luncheon

Sunday, May 24, 2009

1:30 - 2:45 p.m.

- 7A Staying Centered No Matter What's Happening in the Outside World**
Ilene Val-Essen, PhD
- 7B Have You Ever Thought About Becoming an LLL Leader?**
Lori Bryan, CLA ~ Renée DiGregorio ~ Marian Tompson, LLL Co-Founder
- 7C What I Like About You: Secrets to Good Family Communication**
Mia Hernandez, CS Facilitator, CSDC
- 7D Wearing Your Baby**
Linda Goodman ~ Tiffany Leonard
- 7E What's in Your Mouth? Where Health Starts**
Melinda Nelson, RDH
- 7F Making Reading Fun for Children**
Cindy Egner ~ Sharon Fairborn
- 7G The Culture and Politics of Breastfeeding**
CE Dia Michels
- 7H Environment•Allergy•Illness: Connecting the Dots**
CE Cathie Lippman, MD

3:00 - 4:15 p.m.

- 8A The Importance of Attachment Parenting: How Early Attachment Fosters a Child's Independence**
Bill Sears, MD, FAAP ~ Martha Sears, RN
- 8B Nursing Two, Is it for You?**
Becky Konegen ~ Cass Schroeder ~ Kathleen Whitfield
- 8C So, You're Angry, Now What?**
Nancy Franklin, LCSW, LMFT
- 8D An Overview of the Internet for Parents of Children K thru 5**
Vince March ~ David Rosales
- 8E Where in the World: Geography Through Children's Literature**
Debbie Hann
- 8F Back to the Future: The Risks and Benefits of Breastfeeding in African HIV-Infected Populations. Results from the Zambia Exclusive Breastfeeding Trial**
CE Grace Aldrovandi, MD, CM
- 8G The Stone-Age Baby in a Techno Society**
CE Gretchen Andrews, BA, IBCLC ~ Margie Deutsch Lash, MEd, IBCLC
Nancy Williams, MA, MFT, CCE, IBCLC

Closing Presentation

4:30 - 4:45 p.m.

Join us for our farewell presentation. Everyone attending will receive a free gift.

Sue Garcia, ACS

Registration Information

Online Registration will be available beginning February 23

COMPLETING THE FORM: Remember to include the name of your local LLL Group on the Registration Form. Payment must be received with registration. Session descriptions, the Registration Form and additional Conference information are available online at www.lalecheleaguescnv.org. *All registered attendees will receive a Registration Packet onsite.* Note the following registration deadlines:

April 20, 2009 EARLY BIRD DEADLINE
May 9, 2009 Last day to register by mail
May 12, 2009 Last day to register by credit card via fax
May 16, 2009 Last day to register online

Register early! Avoid a \$25 late fee.

After April 20, 2009 all registrations mailed, faxed, or onsite will be charged a \$25 late fee. All sessions may not be available for onsite registrations. Limited meal tickets may be available onsite.

Online registration: go to www.lalecheleaguescnv.org. The online registration process confirms your sessions unless there is a change or cancellation of a speaker.

Fax registration: send to (858) 484-6355.

Walk-in registration: You may register onsite after the final deadline. Pre-entering your information on the online or paper registration form will save you time onsite.

Confirmation for Mail & Fax Registrants: You will receive a confirmation email after your registration has been processed. It will contain your session choices and meals. To receive confirmation by postal mail, you must include a SASE with your mailed registration.

Questions: Email questions to Brenda at lioness31@ca.rr.com or call toll-free (So. CA only) (800) 828-2663 or (310) 659-9564.

Refund Policy: All requests for refunds must be sent to Rebecca Andrusiak at bandrus@san.rr.com or 13272 Deer Canyon Place, San Diego 92129. Requests submitted by June 7, 2009 will receive a full refund minus a \$25 processing fee. Requests received between June 8, 2009 and June 30, 2009 will receive a 50% refund minus a \$25 processing fee. There are no refunds for requests received after June 30, 2009. ALL refunds are sent by check, including credit card registrations. Refunds will be mailed after August 15, 2009.

Returned Checks: Any check returned by the bank will be charged a \$25 processing fee in addition to the total fees owed.

Materials selected for this publication may be edited for length, clarity and LLL journalistic guidelines. Copyright of items printed in the LLL of Southern California/Nevada 2009 Area Conference Registration Book is assigned to La Leche League unless otherwise indicated.

General Conference Information

The Conference is open to mothers, fathers, grandparents, expectant parents, health care professionals and anyone interested in breastfeeding and parenting. Babies and children are welcome at all LLL Conferences. A satisfying weekend of enrichment in a family-friendly atmosphere awaits you. We offer a diverse selection of sessions with something for everyone.

We want your Conference experience to be the best. Please bring quiet, age-appropriate toys but remember that there will be toys available at the back of each session room and your toys may become lost. Bring a sling, backpack or other baby carrier and a blanket for floor play. The air conditioning is not controllable in individual rooms so consider bringing a sweater for everyone.

As you make choices for sessions, please be aware that Continuing Education (CE) sessions are not restricted to only Health Care Professionals (HCPs). They are open to anyone interested in the topic and who wants to gain information and learn more about the subject. Any attendee should feel free to register for CE sessions, as desired. **The extra \$10 administration fee applies only to attendees who need CE credits reported to their respective accrediting agencies.**

Children in CE Sessions: In consideration of the technical topics, there will be no toys provided in CE session rooms. Please bring your child's own *quiet* toys for use in CE sessions. Children making excessive happy or unhappy noise may be asked to leave.

Benefits of LLL Membership

You may join LLLI on the Registration Form (Section 3) and register at the LLL member price! Your \$40 membership supports LLL's mission. Membership includes a subscription to *New Beginnings*, a bimonthly magazine devoted to breastfeeding and mothering. You can also join by contacting a local LLL Leader or attending an LLL meeting. For a Phone List of Leaders and a listing of LLL Group Web sites visit www.lalecheleaguescnv.org.

Conference Luncheons

Luncheon Menus include a vegetarian or meat entrée, salad, vegetables, bread, dessert and beverage. Lunch tickets are included in the registration fee. Price includes tax and gratuity. Additional lunches for adults and children (age 3 years or older) must be pre-ordered on the Registration Form. Food from the outside is not permitted in the luncheon rooms. Visit the Conference Web site to view menu details.

Continuing Education Information

Sessions designated as Continuing Education offerings are specifically noted in the program with CE. Continuing Education credits offered include those from the following agencies:

International Board of Lactation Consultant Examiners (IBLCE)

Registered Dietitians and Registered Diet Technicians (ADA)

Registered Nurses (BRN)

Any Conference attendee who wants to learn more about breastfeeding topics from a clinical or professional viewpoint may choose a CE session on the Registration Form. *In addition to the registration fees, there is an administration fee of \$10.00 per session only if taken for credit (maximum \$30.00 per day).* This fee applies only to attendees who need the CE credits reported to their respective accrediting agencies. Available CEs are:

BRN: 18.3 Contact Hours;

IBCLE and CDA: 15.25

CPE Hours and CERPS.

For interested attendees, the syllabus with session outlines and handouts can be pre-ordered for \$15 on the Registration Form (Section 7). The syllabus will also be available for purchase in the Conference Bookstore for \$20.

For more information please contact the CE Registration Coordinator:

Shari Silady (858) 271-7889

slsilady@san.rr.com

Session Changes and Cancellations

Circumstances may necessitate the cancellation of a session or the substitution of a speaker.

Recording Sessions

The Conference Planning Committee is exploring a contract with a company to record sessions on CD. More information will be available onsite at the Conference.

Session Hostess/Host

Session Hostesses/Hosts are needed to distribute and collect Session Evaluation Forms. A parent with a baby in a carrier or sling may volunteer for this. If you are interested in being a Host/Hostess, see Section 2 on the Registration Form. Thank you for volunteering!

Exhibits

The Conference is hosting a variety of educational and commercial exhibitors who are eager to introduce their products and services. You will be able to purchase slings, clothing, toys, diaper bags, breast pumps, nursing bras and more in the exhibit area. We urge you to visit this area and see what our varied exhibitors have to offer.

Conference Bookstore

One of the wonderful experiences at a La Leche League Conference is browsing through the Bookstore. There will be a wide selection of books about breastfeeding, parenting, children, communication and family health. An assortment of children's books and gift items will also be featured.

Book Signings

Speakers who are authors will be offering book signing in their session rooms at the end of the session. Most books will be available in the Bookstore. For more information on authors and their books, go to www.lalecheleaguescnv.org.

Strollers

No Strollers will be allowed in the Conference Facility!

Families with special circumstances such as multiples, children or mothers with special needs, may obtain a stroller permit by contacting Rebecca Andrusiak at bandrus@san.rr.com or call (858) 484-6355 by **May 15, 2009**.

Strollers must display the La Leche League Special Circumstances Permit or they will be denied access to the Conference Facility.

Leader Enrichment Fund Drawing

Our exhibitors and friends of La Leche League have donated many items. Each Conference registrant will receive one drawing ticket. Additional tickets will be given to registrants who make a donation to the Leader Enrichment Fund. The fund assists Leaders whose Group cannot financially help them attend the Area Conference. Your donation helps breastfeeding mothers to receive current information and support!

Saturday	6:00 p.m.	Basket Drawing Table Closes (winners posted at 7 p.m.)
Sunday	12:00 p.m.	Donated Item Table Closes (winners posted at 1:00 p.m.)

All Prizes must be picked up by 4:00 p.m. Sunday

Conference Portraits

We are pleased to announce the return of Stacy Frazee Photography. Stacy will be available onsite to photograph families, mothers and babies. Stacy has been a professional photographer for over ten years. There will be special Conference prices and packages available for interested parents who book appointments before the Conference. Families who book appointments before the Conference will receive a free 8x10 portrait. Stacy can be reached at (951) 789-0903 or jerrynstacy@sbcglobal.net. Visit her website, stacyfrazeephotography.com to view samples of her work.

Children's Activities & Playroom

Children's Sessions will be offered for *school-age (6-12 years old) children* on a drop-in basis. Registration is at the door. Times will coordinate with Conference sessions.

A playroom is available for *children ages 6 and under*. The playroom is open during posted hours throughout the Conference. All children must be accompanied by a caretaker 13 years of age or older.

Diaper Changing Facilities

Diaper changing facilities can be found in many of the bathrooms.

About the Cover Artist

Carl Aldana has donated his drawings of mothers and babies to La Leche League of Southern California/Nevada for over 20 years. He is well known for his paintings which have been exhibited in various museums and galleries throughout the country. Carl is married to Susan, an LLL Leader. They have two children, Davis and Casy.

Hotel Information

Stay with us at the lovely Newport Beach Marriott Hotel & Spa. Register *now* to take advantage of our special Conference rate of \$105.00 per room + tax (up to a quadruple)! The number of rooms available at this rate is limited.

To register:

1. Call (949) 640-4000; ask the agent for the "La Leche League Parenting Conference" rate, available Thursday through Sunday.
 - a) Reserve your room with a first night's deposit either by major credit card or personal check.
 - b) Be clear about your dates of arrival and departure. Early departure will incur a charge.
2. Make your request for a crib or rollaway when you make your reservation.

You should know:

1. The \$105.00 rate is not guaranteed after May 1. Reserve your room now! Remember, only the Newport Beach Marriott Hotel & Spa rooms booked by the guarantee deadline help pay for the facility and allows us to provide you with a better Conference.
2. Self parking is \$10.00/day.
3. Hotel Shuttles are available from Orange County's John Wayne Airport.
4. Please remember to tip the bellmen and housekeepers. Standard practice is \$1.00/bag for the bellman and \$1.00 per person per day for the housekeeper.