

La Leche League of Minnesota and the Dakotas invites health care professionals, families, and La Leche League affiliates to join us at our 2014 Breastfeeding and Parenting Conference, "Supporting Today's Mothers." Join us for one or both days as we explore many topics

May 2-3, 2014

Ramada Bloomington Minneapolis
Airport Mall
2300 East American Blvd.
Bloomington, MN 55425

Friday, May 2: Health Care Provider Day

Saturday, May 3: Family Day

Find more information, a full agenda,
and registration at:

www.llofmndas.org



La Leche League Leaders are volunteers who have experienced the joy of breastfeeding and volunteer their time to help other mothers succeed at breastfeeding. Any person needing breastfeeding help can contact their local Leader for information and encouragement for no cost, or attend free meetings in their area. Your attendance at our event helps support the work of La Leche League Leaders in our Area. Thank you!

La Leche League is an international non-profit, non-sectarian organization dedicated to providing information, support, encouragement and education to women who want to breastfeed.



2014 Breastfeeding and Parenting Conference

**La Leche League of Minnesota
and the Dakotas
May 2-3, 2014
Bloomington, MN**



Friday, May 2

Health Care Provider Day 7:30 a.m.-5:00 p.m.

Sessions are geared towards Health Care Providers who are working with breastfeeding mothers, though anyone is welcome to attend. 6.5 CERPs/nursing contact hours will be available for Friday's sessions.

General sessions presented by Nancy Mohrbacher:

- ◆ "Simplifying Breastfeeding: The First 36 hours."
- ◆ "Helping Mothers Who Exclusively Pump."
- ◆ "Working and Breastfeeding Made Simple"

Breakout sessions:

- ◆ "Transitioning to the Breast," Nancy Mohrbacher
- ◆ "Breastfeeding Multiples: Supporting Families with Inspiration and Practical Tips," Tiffany Gallagher
- ◆ "Herbs and the Breastfeeding Dyad," Sheila Humphrey
- ◆ "Using the International Code to Create Change," Nancy Mohrbacher (Qualifies for E-CERPs for IBCLCs)
- ◆ "The History of LLL," Amy Shaw
- ◆ "Promoting Confidence in the Breastfeeding Mother," Vickie Albright

Nancy Mohrbacher



Saturday, May 3

Family Day 8:00 a.m.-5:00 p.m.

A full day of breastfeeding and parenting education in a family-friendly environment. Enjoy a wide variety of sessions, kids' activities, exhibits, and door prizes.

General Session: Nancy Mohrbacher, "What Women Need to Breastfeed Exclusively"

Breakouts options include:

- ◆ "Understanding Breastfeeding Behaviors," Nancy Mohrbacher
- ◆ "Happily Married, With Kids," Maureen Campion
- ◆ "Communication Skills Workshop," Kim Miller
- ◆ "Preparing for Birth and Early Breastfeeding: A Doula's Perspective," Sarah Marshall and Judith Nylander
- ◆ "Working and Breastfeeding," Jo Carrane
- ◆ "Breast, Bottle and Childhood Obesity," Nancy Mohrbacher
- ◆ "Getting to Calm: Cool Headed Strategies for Parenting Tweens and Teens," Amy Shaw
- ◆ "Postpartum Depression and Mother Burnout: Non-Medicated Strategies To Help," Kim Miller
- ◆ "Teaching Children About Personal Safety & Media Use," Deb Roberts
- ◆ "Positive Discipline," Maureen Campion
- ◆ "Partners' Panel"
- ◆ "Navigating Insufficient Milk Supply," Jenni West
- ◆ "Breastfeeding and Sexuality," Angie Sonrode
- ◆ "Signing With Your Baby: Benefits and Basics," Barb Barrett
- ◆ "Becoming an LLL Leader", Deb Pladsen
- ◆ "Finding Peace in the Mommy Wars," Anne Casey
- ◆ "Sibling Relationships," Deb Roberts

Registration

Full Conference (includes meals on Friday):

Regular Price: \$209

LLL Members,: \$169

LLL Leaders and Leader Applicants: \$75

CE Credits for both days: \$50 extra

Friday only (includes meals):

Regular Price: \$129

LLL Members: \$109

LLL Leaders and Leader Applicant: \$55

CE Credits for Friday: \$30 extra

Saturday Only:

Regular Price: \$89

LLL Members: \$69

LLL Leaders and Leader Applicants: \$35

CERPs for Saturday: \$20

Scholarships available!

Caregivers may attend for free.

A discounted rate of \$99/night is available at the hotel for conference registrants. Book your rooms by April 10, 2014 and mention

La Leche League of Minnesota and the Dakotas when you make your reservations at 952-854-3411 or 800-328-1931

Register today at:

www.llofmndas.org