

WHAT TO BRING

For you: Your Group and personal checkbooks and/or credit cards, so you can shop in the Silent Auction and exhibits, a snack for the Snack Table, a refillable water bottle, and an appetite for fun.

For your child: A backpack or baby carrier, diapers, non-messy snacks, a blanket for floor play and naps, coins (quarters) for the immediate gratification table in the Silent Auction, and quiet toys you are willing to lose.

WHAT TO LEAVE AT HOME

Leave your schedule with this phone number: 207-350-9998
In case of emergency, friends and family can get a message to conference attendees through this number.

LOCATION

Sea Road School
29 Sea Road

Kennebunk, ME 04043

Approximate travel time from:

Boston, MA - 90 min Portsmouth, NH - 35 min

Portland, ME - 35 min Concord, NH - 90 min

From the North:

Heading south on Turnpike -(95)

Take Exit 25 "Kennebunk/Kennebunkport"

Turn Left once you are past the turnpike services (gas, coffee, etc.)

Turn Left at stoplight onto Route 35. Go past High School.

Once in the roundabout, take either Storer St. or Fletcher St. out of roundabout (1st or 2nd turn). Both bring you directly to Main St.

Turn Left on Main St. (Route 1) at light.

At next light (or 2nd light if you've turned from Storer), turn Right onto Summer St. (The City Hall is on your right and the big white UU church is on your left before you turn.)

Follow Summer to the next light, which is Sea Road.

Turn Right onto Sea Road. [Bibber Memorial Chapel-a large old grey home-is on your left as you turn into Sea Road.]

Sea Road School is 0.3 miles down the road on your right. Turn Right into school and follow signs to parking lot directly in front of school.

(The road forks, follow signs to left to park.)

From the South:

Heading south on Turnpike -(95)

Take Exit 25 "Kennebunk/Kennebunkport"

Turn Left at stoplight onto Route 35. Go past High School.

Once in the roundabout, take either Storer St. or Fletcher St. out of roundabout (1st or 2nd turn). Both bring you directly to Main St.

Turn Left on Main St. (Route 1) at light.

At next light (or 2nd light if you've turned from Storer), turn Right onto Summer St. (The City Hall is on your right and the big white UU church is on your left before you turn.)

Follow Summer to the next light, which is Sea Road.

Turn Right onto Sea Road. [Bibber Memorial Chapel-a large old grey home-is on your left as you turn into Sea Road.]

Sea Road School is 0.3 miles down the road on your right. Turn Right into school and follow signs to parking lot directly in front of school.

(The road forks, follow signs to left to park.)

La Leche League of ME/NH
Kate Pennington
123 Academy Hill Rd
Newcastle, ME 04553



Peaceful Families, Peaceful World

Breastfeeding and Parenting Conference

Saturday
November 11, 2017

Sea Road School
29 Sea Road
Kennebunk, ME 04043

PAULA MANLEY has been an LLL Leader with LLL of Silver Lake/Plymouth since 2009. She is an Associate Continuing Education Department Administrator for LLL Alliance, providing support to the event planners in several Areas. For the last three years she has also served as Area Coordinator of Leaders for LLL of MA/RI/VT.

Paula has been involved in La Leche League since 2006. As a new mother, the encouragement and support she received from the Leaders and other mothers in her local Group inspired Paula to become a Leader. She enjoys the opportunity to exercise her professional skills in her volunteer roles while supporting both breastfeeding parents and Leaders.

She lives in Kingston, MA with her husband and daughter. When not working on LLL projects, Paula enjoys discovering new things through homeschooling, reading, and travel.

EXHIBITS Exhibits by commercial entities, nonprofit organizations, and cottage industries will be open from 8:45 a.m. to 4:30 p.m. Our exhibitors help support the conference - please visit!

SILENT AUCTION Our Silent Auction will feature a wide variety of donated items. Silent Auction bidding instructions will be provided in the Program Booklet the day of the conference. To receive more information or if you would like to donate items, contact: Estee Campbell <esteedc.lllofmenh@gmail.com>.

IMMEDIATE GRATIFICATION An immediate gratification table composed of a selection of inexpensive toys for toddlers who can't wait until the end of the Silent Auction will also be available. These items will be available for 25 cents each.

ROCK-AND-REST Rock-and-Rest offers a quiet room where parent and baby can rest, nurse, or take a break.

CHILDREN'S ACTIVITY CENTER The Children's Activity Center is a place where parents and children can play games and have fun. Toys and arts & crafts materials will be provided. There is no charge for the Children's Activity Center.

LLL of ME/NH does not provide childcare. To assure the security of your children, please supervise them at all times. All children must be supervised in the Children's Activity Center, Rock-and-Rest, and on the playground by a parent or qualified caregiver age 12 or over.

CHILDREN'S ACTIVITIES In addition to the Children's Activity Center, which is available all day, four structured activities for children will be offered. There is no need to sign up ahead of time for these sessions, and there is no additional charge to attend.

- **Art:** Parent and child creations designed to spark creativity and joy. 9:00-10:00 a.m. (latecomers welcome!) *Erica Qualey*
- **Yoga (child and parent):** A gentle practice focusing on animal poses for maximum fun! 10:30-11:00 a.m. *Jessica McNeil*
- **Dance Party:** Come and dance the wiggles out! 1:30-2:00 p.m. *Cathryn Jones*
- **Story time:** Some books. Some puppets. Lots of fun. 2:10-2:45 p.m. *Melissa Glendinning*

Come Join Us!



LLL REPRESENTATIVE

Paula Manley

Associate Continuing Education Department Administrator,
LLL Alliance for Breastfeeding Education
Area Coordinator of Leaders,
LLL of MA/RI/VT

SPEAKERS

Brett Ashenfelter, DPT	Katja Leccisi, MS, RDN
Ryan Genevieve Bailey, PT, DPT, WCS	Erica Qualey Jenna Smith Abbie Velez
Melissa Glendinning Cathryn Jones	Brian C. Walsh, MOT, OTR/L and LLL Leaders
Sarah Kneeland-Campbell Helen LaPlant, MS, IBCLC	

LUNCH Catered by Las Olas Taqueria in Wells, ME

Adults: All adult lunches come with a bottle of water, and chips with salsa. **Previous conference attendees have described the lunch portions as "GENEROUS."**

Burritos come with rice, beans, lettuce, cilantro, pico de gallo, cheese and choice of main ingredient wrapped in a tortilla.

Salads come with romaine, beans, pico de gallo, guacamole, cheese, sour cream, fresh cilantro, citrus lime dressing. Adult lunch items may also be ordered dairy free per special request.

Guacamole and hot sauces are provided on the side.

- Steak Burrito \$12.00
- Chicken Burrito \$12.00
- Mushroom and Bean (Vegetarian) Burrito \$12.00
- Bean (Vegetarian) Burrito \$11.00
- Vegetarian Salad \$12.00 (gluten free)
- Salad w/chicken \$13.00 (gluten free)

Children: Kids' lunches come with a juice box and chips with salsa.

- Rice & Bean Quesadilla \$6.00

Lunch orders must be postmarked by October 27, 2017.

To see the Las Olas menu, visit <http://lasolastaqueria.com/>

SNACK TABLE The Snack Table will be open all day, except during lunch. Everyone is asked to contribute a carpet-friendly, nourishing snack. If we all bring something, there will be plenty for all. To ensure variety, we suggest a donation based on the first letter of your last name.

- A-E: Baked Goods (pre-cut into individual servings) or crackers
- F-P: Fruit, vegetable (washed and pre-sliced)
- Q-Z: ½ gallon juice or bottled water

To assist attendees with food allergies or sensitivities, please make sure ingredients are indicated.

DESSERT A variety of desserts (including gluten-free choices) will be provided for everyone by LLL of ME/NH at no additional charge.

LEADER DESSERT & DISCUSSION LLL of ME/NH is asking all Leaders and Leader Applicants to join us for a Leader Dessert and Discussion from 12:35-1:15 p.m. We will update you on important LLLI information and Area Council news. It will be a great time to reconnect with old friends and make some new ones. We will have some exciting drawings, and delicious desserts will be provided by the Area!

2017 CONFERENCE SCHEDULE

8:00-9:00 a.m.	Registration
8:45 a.m.	Silent Auction & Exhibits Open
9:00-10:15 a.m.	Session 1
10:30-11:45 a.m.	Session 2
12:00-12:30 p.m.	Lunch & New Leader Ceremony
12:35-1:15 p.m.	Leader Dessert
1:30-2:45 p.m.	Session 3
3:00 p.m.	Silent Auction Bidding Ends
3:00-4:15 p.m.	Session 4
4:15-4:30 p.m.	Silent Auction Pick-up
4:30 p.m.	Exhibits Close

Session 1: 9:00-10:15 a.m.

101: Wow! I'm Glad I Called...Texted...E-Mailed!

Approaches to help an LLL Leader or lactation consultant calm a parent's frazzled nerves, assimilate a mountain of information, and feel peaceful and confident about a breastfeeding plan. *(CERPs have been applied for.)*
Kathy Drury

102: Small People, Big Feelings

Explore the magical years of two- to five-year olds! We'll discuss setting and enforcing reasonable limits while still respecting emotional needs and independence, understanding these energetic children, appreciating the positive aspects of a growing personality, and nurturing a peaceful experience for everyone. *Paula Manley*

103: Peaceful Birth: What Is It and How Do You Get One?

What does it mean to have a peaceful birth? We all have a different image as to how we want our labors to go. We will talk about how to get what you want out of labor, what it means to have a peaceful birth, and how to create a peaceful environment for you and your baby.
Sarah Kneeland-Campbell

104: From First Foods Onward

A discussion of when, what, and how you can offer foods to your little ones. This session will cover food in the first year of life and how breastfeeding fits into the menu. There will be plenty of time for questions and discussion.
Katja Leccisi, MS, RDN

105: Inspiring Applicants, Inspiring Supporting Leaders

This session is for La Leche League Leaders, Leader Applicants, and anyone potentially interested in LLL leadership. Come meet with the Coordinator of Leader Accreditation for LLL of ME/NH for answers to your Leader accreditation questions. Could I be a Leader? What's entailed in applying for leadership? As a Leader, what's the process of helping someone become a new Leader?
Melanie Kollman

Session 2: 10:30-11:45 a.m.

201: Tongue and Lip Ties: Working with Release Providers for Optimal Dyad Outcomes

Tongue and lip ties are being identified as a contributing factor in difficulties with breastfeeding at an increased frequency. This presentation will explore the team approach to care and will discuss how to identify and work with release providers. The learner will be able to identify release team member roles, characteristics of an effective release team and define team member expectations. *(CERPs have been applied for.)* *Meggan Wehmeyer, DDS, MS, IBCLC*

202: Parenting for Peace and Health

When we focus on attachment parenting and loving guidance, we bring more peace and joy into our homes. Did you know it also raises healthier children and parents? This session will focus on being a "good enough" parent (and what that means) and identifying our own obstacles to peaceful parenting, and will introduce the Anatomy of Peace as a framework for relationship building. Conversely, Adverse Childhood Experiences (ACEs) and how they may affect development will also be introduced. *Julie Allen, LCPC*

203: Sandwich Parenting: Caring for Aging Parents

Raising your children while helping to care for your parents (or in-laws) can be challenging. This session will include strategies for coping and suggestions for how to balance everyone's needs. *Kate Pennington*

204: Food and Your Family

This session (the second in the food series) will move beyond the first year and cover challenges such as fussy eaters and food at daycare and or school. We'll also discuss how weaning might look, as the process is different for everyone. There will be plenty of time for questions and discussion. *Katja Leccisi, MS, RDN*

205: The Realities of Pregnancy Loss: When You or Someone You Love is the One in Four

One in every four pregnancies ends in miscarriage or stillbirth; one in four mothers is missing a piece of her heart. Society rarely talks about this reality, leaving that mother alone, scared, and without the support for the sometimes overwhelming feelings that accompany such losses. This session will bring this topic out into the open with personal stories, helpful information, and concrete ways for LLL Leaders to respond to families experiencing loss.
Aimee Gerbi

Session 3: 1:30-2:45 p.m.

301: Allergies and Breastfeeding

A look at the most common allergens and how they manifest themselves in the breastfeeding mother or baby. We'll discuss allergy warning signs, strategies for coping, challenges to the breastfeeding relationship, and the most recent medical and nutritional responses to allergies in mother and baby. *(CERPs have been applied for.)* *Helen LaPlant, MS, IBCLC*

302: Raising the Child You Have

A look at the science behind children's brains and behavior. We'll discuss strategies for dealing with challenges and explore effective ways to create partnerships that foster your relationship with your child. *Jenn Hewson*

303: Low-Impact Living: Tiny Houses, Zero Waste

Living life with a smaller footprint is a concept many of us are curious about. News shows, articles, blogs, and even documentaries are popping up about tiny houses, zero waste, minimalism, and more. Are you thinking of downsizing? Decreasing your impact on the Earth? Or maybe you'd simply like to incorporate a small portion of this idea into your life. Whatever your goal, come see how two families have made it work for them. *Abbie Velez and Jenna Smith*

304: More than Kegels! Pelvic Floor Health

Learn the importance of pelvic floor health for your pelvic organs, sexual function, and your whole body for long-term quality of life. We will discuss the influences of pregnancy, birth, and postpartum recovery. This session is for you if you have a pelvis, are pregnant, or have a baby or multiples, and are of any age! *Ryan Genevieve Bailey, PT, DPT, WCS*

Session 4: 3:00-4:15 p.m.

401: Teas, Oils, Herbs, and Cookies: The New Lactation Grocery List

An overview of the teas, oils, herbs and foods that are frequently suggested as galactagogues (substances which are purported to increase milk supply). Are they effective? What are the potential side effects and contraindications? *(CERPs have been applied for.)* *Helen LaPlant, MS, IBCLC*

402: Fourth Trimesters Around the World

An empowering exploration of how other cultures, countries, and yes, even generations, approach postnatal care. We'll open the floor to discussion and sharing of what we can learn from these different practices in order to better understand ourselves, mothers, and children.
Brett Ashenfelter, DPT

403: Milk Sharing: Emotional Aspects, Communication, and Other Considerations

This session will offer the tools to support anyone interested in knowing more about milk-sharing. We will discuss the risks and benefits to be aware of, as well as milk-sharing culture and the expectations of donors and recipients when making a milky match. *Sarah Russell*

404: In the News: Breastfeeding Controversy and How to Respond

Social media makes news and reactions almost instant, sometimes at the risk of giving ourselves little or no time for thoughtful consideration. How do we as individuals, and as representatives of La Leche League, best address the challenges of sharing accurate information and addressing media bias?
Speaker TBA.

405: The Goober Dad's Toolkit

Get an overview of the seven (yes, seven!) senses and learn the importance of challenging your baby with a variety of sensory and play opportunities in order to meet developmental milestones. Expect to come away from this session with a list of fun ideas to try with your whole family. *Brian C. Walsh, MOT, OTR/L*

**ONLINE REGISTRATION
AVAILABLE AT:
[www.llofmenh.org/
2017-area-conference.html](http://www.llofmenh.org/2017-area-conference.html)**

VOLUNTEERS We need your help! If you are able to donate an hour or two of time, the rewards are great: a connection to the conference team and a discount on your registration. Please indicate your willingness to help on your registration form. Volunteers are eligible for a \$5 discount for signing up for a day-of-conference task! If your spouse/partner is registering to attend sessions and also signs up to volunteer, you may each deduct \$5. For more information about volunteering, write to <llofmenh@gmail.com>.

VOLUNTEER OPPORTUNITIES

- Set up Friday Afternoon: Ten people to set up chairs & tables.
- Registration Table: Three people, primarily in the morning, to give out registration packages.
- Greeters and General Assistance: Two smiling faces to welcome attendees, offer assistance to those needing help, and introduce new folks to the facility.
- Children's Activity Center: Three people during the day to keep this important area functioning well. This does not mean babysitting children, but it does include keeping the space tidy.
- Snack Table: One or two people throughout the day to keep this area tidy.
- Area Sales/Silent Auction: Nine people to assist the setup and sales/bidding operations of these activities.
- Lunch: Three people to help distribute lunches with the lunch team.
- After Lunch: Three people to tidy up after lunch.
- Clean up: Ten people who can stay after the sessions to return chairs and tables to their original locations. (A janitor is hired for cleaning).

AREA COUNCIL of LLL of ME/NH Interested in getting involved in the Area Council? Come and see what it is all about! Join us during the Leader Dessert and Discussion from 12:35-1:15 p.m. for an update from the Area Council and a listing of open jobs. As a thank you for their hard work and dedication to the Area, LLL of ME/NH offers a \$20 discount on conference registration to current Area Council members. Please take the discount on the registration form or online.

ADDITIONAL FORMS If you copy this brochure for others, please copy all pages to provide full information. For additional Registration Brochures, please contact: Melanie Kollman at (207)745-1520 or <llofmenh@gmail.com>. You may also download a copy at: www.llofmenh.org/2017-area-conference.html.

La Leche League USA (LLL USA) is committed to diversity and inclusion. LLL USA strives to support all breastfeeding families regardless of race, ethnicity, creed, age, sexual orientation, gender identity, family structure, primary language, ability, or socio-economic status. La Leche League USA makes every effort to foster diversity among its Leaders so as to incorporate a wide variety of perspectives and responsible decision-making.

REGISTRATION FEES

Adult (not an LLL member)
\$35 through September 29
\$50 through October 27
\$60 through November 8 (online registration only)

LLL Member with current membership
\$35 through September 29
\$45 through October 27
\$55 through November 8 (online registration only)

LLL Leader/Leader Applicant/Retired Leader
\$35 through September 29
\$40 through October 27
\$50 through November 8 (online registration only)

2nd Adult(spouse, partner, grandparent) attending sessions-\$10
2nd Adult (not attending sessions)-no fee
Children -no fee
Exhibitor or speaker NOT attending sessions – no fee

DISCOUNTS:

First-time LLL conference attendee: \$20
Area Council/Conference Committee member: \$20
Volunteers (day-of-conference task): \$5
Speaker: \$10 (per session)
Exhibitors who wish to attend all four sessions may take a \$10 discount on conference registration. (Exhibitors who wish to attend only one or two sessions should contact the registrar at <llofmenh@gmail.com> to make arrangements.)

CERPS Continuing Education Recognition Points (CERPs) for lactation consultants have been applied for from the Alliance for Breastfeeding Education division of LLLI through a providership with the International Board of Lactation Consultant Examiners. CERPs will be charged \$10 per session up to 3 sessions; for attendees wishing to take all four CERP sessions, the 4th will be free. (Maximum charge will be \$30.)

DAY OF CONFERENCE REGISTRATION will be available for an additional \$5. (Sessions may be limited and meals will not be available.)

REFUND POLICY Requests for a registration refund must be received in writing (email or postal mail) and are subject to a \$5 handling fee. No refunds will be made for requests postmarked or e-mailed after November 11, 2017. No refunds for lunch may be made after October 27, 2017. To request a refund, please contact: Kate Pennington at 123 Academy Hill, Newcastle ME 04553 or <llofmenh@gmail.com>. Refunds will be processed after the conference.

FRIENDS OF LLL Be a friend! For only \$3.00, you can print a message in the Program Booklet for all to see (must be received by 10/27/17). Thank friends, co-Leaders and family, congratulate new parents or grandparents, or just say what's in your heart. Use the Registration Form to indicate your personal message.

DONATIONS We are sincerely grateful for our donors. Because LLL of ME/NH is an entirely volunteer organization, donations to the ME/NH Area go a long way, regardless of the amount. Here is what your tax-deductible donation can accomplish:

- ❖ **Sustainer** - \$250 - Bring an outside speaker to the Area Conference or provide seed money for five LLL Group Libraries
- ❖ **Superstar** - \$100 - Publish the Area Leaders' Letter (keeping Leaders up to date and connected)
- ❖ **Star** - \$50 - Start a Group Library or offer a scholarship to the Area Conference
- ❖ **Supporter** - \$25 - Materials for an interested mother to become a Leader or a partial scholarship for a Leader to the Area Conference
- ❖ **Friend** - \$10 - Partial scholarship for a mother to become a member

The names of all donors whose gifts are received by October 27 will be listed in the Program Book. If you prefer to contribute anonymously, please indicate on the registration form.

ACCOMMODATIONS

The Port Inn is offering a special rate to conference attendees of \$99/night plus tax for two queen beds. To get the special rate, please call before October 27 and mention that you are with La Leche League. (After October 27, call and ask for Angela Murphy, general manager, and she may be able to help.) The Port Inn, 55 York Street, Kennebunk (207) 985-6100

SCHOLARSHIPS LLL of ME/NH offers support to EVERY mother. If cost is a barrier for conference attendance for you or your family, please email <llofmenh@gmail.com> with your request and an LLL Leader will contact you. Thanks to generous donors, full and partial scholarships are available and are confidential.



LLL MISSION STATEMENT

The mission of La Leche League International is to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

Name: _____

Address: _____

Telephone (day): _____ (evening) _____

Email: _____

2nd adult (spouse, partner, or grandparent) registering for sessions: _____

Please list all other adults and children who will attend (first and last names as you wish them to appear on the name tag):

Adult(s): _____

Child(ren)'s Name(s) & ages: _____

Check all that apply:

- LLL Member
- LLL Leader
- LLL Leader Applicant
- Retired LLL Leader
- Guest Speaker
- Health Care Provider
- Other: _____
- I have a disability and may require accommodation to fully participate. Please indicate need: _____

LLL Area Council or Alliance Staff Position: _____

LLL Group to which you pay membership: _____

Send completed form and payment to:

Kate Pennington
123 Academy Hill
Newcastle, ME 04553
<llofmenh@gmail.com>

Please pay by check (*payable to La Leche League of ME/NH*) or by Visa or MasterCard

Card # _____

Security Code _____ Expiration Date _____

Signature _____

2017 LLL of ME/NH Area Conference Paper Registration Form

Conference Fees (please circle)	Postmark By Sep 29	Postmark By Oct 27	Postmark By Nov 3
Adult (non-member)	\$35	\$50	\$60
LLL Member	\$35	\$45	\$55
LLL Leader/Leader Applicant/Retired Leader	\$35	\$40	\$50
2nd Adult (attending sessions)	\$10	\$10	\$10

Discounts	(please circle)
Area Council/Conference Committee	-\$20
Speaker Discount (\$10 per session)	-\$10 -\$20
Exhibitor	-\$10
Volunteer (not session monitors, sign-up on right)	-\$5
Second Adult Volunteer (sign-up on right)	-\$5
First Time LLL Conference Attendee	-\$20

Lunch (postmark by 10/27)	Dairy Free?	Quantity	Price	Extended
Steak Burrito			\$12	
Chicken Burrito			\$12	
Bean Burrito			\$11	
Mushroom Burrito			\$12	
Vegetarian Salad			\$12	
Salad w/chicken			\$13	
Child's Quesadilla			\$6	

Memberships & Donations	(please circle)
LLL of ME/NH Membership	\$40
CERPs (\$10 each up to \$30 max)	\$10 \$20 \$30
Friends of LLL Message(s)	Quantity ___ x \$3=\$
Donation to LLL of ME/NH	\$
TOTAL	\$

Friends of LLL Message: (80 characters max):



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AVAILABLE AT:
[www.llofmenh.org/
2017-area-conference.html](http://www.llofmenh.org/2017-area-conference.html)**

- For each session, please write in session number for your 1st, 2nd, and 3rd choice.
- If you are a **SPEAKER**, please write in your session number, leaving your 2nd and 3rd choices blank.
- **CIRCLE** session number if you desire CERPs

You	1st choice	2nd choice	3rd choice
Session 1			
Session 2			
Session 3			
Session 4			

2nd Adult	1st choice	2nd choice	3rd choice
Session 1			
Session 2			
Session 3			
Session 4			

Yes! I (we) would like to volunteer at the Area Conference. Please indicate name(s) of volunteer(s): _____

- Set-up Friday (1:00-3:00pm)
- Snack Table (morning)
- Snack Table (afternoon)
- Registration Table (8:00-9:00 a.m.)
- Greeter & General Assistance (8:00-9:00 a.m.)
- General Assistance (Session 1, 2, 3, or 4)
- Children's Activity Center (Session 1, 2, 3, or 4)
- Area Sales/Silent Auction (Session 1, 2, 3, or 4)
- Lunch - help distribute (12:00-12:30 p.m.)
- Lunch - help clean up (12:30-1:00 p.m.)
- Clean up (after 4:30 p.m.)

**DO NOT MAIL after November 3, 2017.
Online registration available through
November 8, 2017.**