

WHAT TO BRING

For you: A map, this Registration Brochure, your Group and personal checkbooks, address labels for your bids in the Silent Auction, a snack to share for the Snack Table, 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. Diapers will not be supplied.

WHAT TO LEAVE AT HOME

Leave your schedule with this phone number: 603-834-3262. In case of emergency, friends and family can get a message to conference attendees through this number.

Strollers will NOT be permitted due to fire and insurance regulations. Exceptions will be made only for mothers with twins, pregnant mothers with toddlers, and handicapped mothers or children. Instead, you may wish to use a baby carrier or backpack.

LOCATION

New Franklin School
1 Franklin Dr.
Portsmouth, NH 03801

Distance from:

Boston, MA-60 min	Manchester, NH-45 min
Concord, NH-60 min	Portland, ME-60 min

From the Dover, NH Area: Travel route NH-16 South toward Portsmouth/Boston. At the Portsmouth traffic circle, take US-1 North Bypass exit, then IMMEDIATELY exit right on the Woodbury Ave. exit. Turn left on Woodbury Ave., and then the first right onto Franklin Drive. The school is at the end of the street, past the hotels.

From the Concord, NH Area: Take Rt. 101 East toward Seacoast/Portsmouth. Exit to 95 North to exit 5 in Portsmouth, NH (head towards the Portsmouth Traffic Circle). At the Portsmouth traffic circle, take US-1 North Bypass exit, then IMMEDIATELY exit right on the Woodbury Ave. exit. Turn left on Woodbury Ave., and then the first right onto Franklin Drive. The school is at the end of the street, past the hotels.

From the Portland, ME Area: Take 295 South and then merge onto 95 South. Take exit 5 in Portsmouth, NH (head towards the Portsmouth Traffic Circle). At the Portsmouth traffic circle, take US-1 North Bypass exit, then IMMEDIATELY exit right on the Woodbury Ave. exit. Turn left on Woodbury Ave., and then the first right onto Franklin Drive. The school is at the end of the street, past the hotels.

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

Address



Annual Breastfeeding and Parenting Conference



Saturday
November 8, 2014

New Franklin School
1 Franklin Drive
Portsmouth, NH 03801

Amy Shaw is currently serving as the Director for LLL Alliance for Breastfeeding Education. In addition, she is a delegate to the LLL USA Council, and on the advisory council for the LLL Breastfeeding Helpline-US. Amy held various positions in the Leader Accreditation Department over the course of 21 years. She has been an active Group Leader for 30 years. Amy and her husband Chuck are the proud parents of three grown sons, have welcomed three daughters-in-law to the family, and are grandparents to 3-year-old Brady and 4-month-old Leah.

Kathleen Kendall-Tackett, Ph.D., IBCLC, FAPA is a health psychologist and an International Board Certified Lactation Consultant. She is the Owner and Editor-in-Chief of Praeclarus Press, a new small press focusing on women's health, and has academic appointments at both the Department of Pediatrics at Texas Tech University School of Medicine in Amarillo, Texas, and the Crimes against Children Research Center at the University of New Hampshire. She is currently Editor-in-Chief of Clinical Lactation.

GENERAL SESSION

Everyone is welcome to enjoy lunch during the General Session, and then stay to celebrate and support our newest LLL Leaders at the New Leader Ceremony.

EXHIBITS

Exhibits by commercial entities, nonprofit organizations, and cottage industries will be open from 8:30 a.m. to 4:45 p.m. Our exhibitors help support our 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: Melanie Kollman (M_Kollman@hotmail.com).

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.

Come Join Us!



LLLI REPRESENTATIVE

Amy Shaw

Director, LLL Alliance for Breastfeeding Education

GUEST SPEAKER

Kathleen Kendall-Tackett, Ph.D., IBCLC, FAPA

SPEAKERS

Kimberly Bell

Julie Brill, CCCE, CLD

Dr. Roy Brewster, DDS, CST

Jason Brodeur

Jan Andrea Heitzler

Kristi Hayes-Devlin

Dr. Emily Miller, N.D.

And Leaders of LLL Maine/New Hampshire

LUNCH

Catered by Dos Amigos Burritos in Portsmouth, NH.

Adults: All adult lunches come with a bottle of water. Burritos come with rice, black beans, lettuce, salsa fresca, monterey jack cheese, sour cream, and choice of main ingredient wrapped in a whole-wheat tortilla. Burritos can also be made vegan or gluten free per special request.

- * Bean Burrito \$6.50
- * Chicken Burrito \$8.00
- * Portabello Mushroom Burrito \$8.25
- * Steak Burrito \$9.00
- * Tofu Burrito \$7.50

Children: All child lunches come with a juice box.

*Children's Burrito- Rice, black beans, cheese, and choice of main ingredient wrapped in a whole-wheat flour tortilla.

- *Bean Burrito \$4.00
- *Chicken Burrito \$5.50
- *Steak Burrito \$6.50

* Quesadilla- Monterey jack cheese melted inside a crispy whole-wheat tortilla. \$3.50

Luncheon orders must be postmarked by November 1, 2014.

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-D: Baked Goods (pre-cut into individual servings)
- E-L: Fruit, vegetable (washed and pre-sliced)
- M-Z: 1/2 gallon juice or bottled water

LEADER DESSERT DISCUSSION

LLL of ME/NH is asking **all** Leaders and Leader Applicants to join us for a Leader Dessert Discussion from 12:45-1:30 p.m. We will update you on important LLLI information, Area Agreements, 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!

CONFERENCE SCHEDULE

7:45-8:45 a.m.	Registration
8:30 a.m.-4:45 p.m.	Exhibits Open
8:45 a.m.-3:15 p.m.	Silent Auction
8:45-10:00 a.m.	Session 1
10:15-11:30 a.m.	Session 2
11:45 a.m.-12:45 p.m.	Lunch/General Session/ New Leader Ceremony
12:45-1:30 p.m.	Leader Dessert Discussion
1:45-3:00 p.m.	Session 3
3:15-4:30 p.m.	Session 4
4:30-4:45 p.m.	Silent Auction Pick-up

LLLI 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.



101 - Hot Topics in Lactation

CERPS have been applied for.

Explore recently published research in peer-reviewed journals. Special focus will be placed on D-MER, weaning, tandem nursing, skin-to-skin contact, maternal mental health, partner support, and risks associated with breastfeeding. *Traci Meiler, LLL Leader IBCLC*

102 - Pumping: Why Do They Do That?

A discussion of the many reasons a mother might end up exclusively pumping. We will explore support, which "rules" to break and why, and tips for trouble-shooting common pumping problems. *Sarah Russell*

103 - You Don't Need a Degree in Accounting: Group Finances in Plain English

Tips on promoting memberships, raising funds, and keeping track of the behind-the-scenes financial details. Bring your questions and concerns about finances and Group management. If numbers make you nervous, this session is for you! *Kate Pennington*

104 - I Love You, But You're Wrong

Making parenting decisions is often difficult; it's even harder when your partner decides something else. We'll discuss some of the reasons for those differences, and learn skills for working together as a team. *Kathy Drury*

105 - Keeping the Flame Alive

Led by Amy Shaw, Director, LLL Alliance for Breastfeeding Education and LLL USA Council representative, we will discuss the benefits of long-term Leadership, what skills we learn from being a Leader, and how LLL made us the mother and woman we are today. *Amy Shaw*

Continuing Education

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. Qualifying topics are designated "CERP." CERPs will be charged \$10/session up to 3 sessions; for attendees wishing to take all four CERP sessions, the 4th will be free (maximum charge will be \$30).

201 - A New Paradigm for Depression in New Mothers

CERPS have been applied for.

Recent research has revealed a surprising link between inflammation and depression. Although inflammation was first identified as a risk factor for postpartum depression in the late 1990s, researchers have recently learned that it underlies all the other risk factors. All other known causes of depression, such as pain, psychological trauma, lack of social support, or sleep problems, trigger the inflammatory response. This research tells us why women are vulnerable to depression in the last trimester of pregnancy and postpartum. It also explains the link between depression in pregnancy and preterm birth, and why breastfeeding protects maternal mood because it downregulates the stress and inflammatory response. *Kathleen Kendall-Tackett, Ph.D. IBCLC, RLC*

202 - Loving Guidance for Tweens, Teens, and for Their Parents

There is good news! The teen years are much better than the myths would have you believe! Come to this session and explore the challenges facing our 12-year-old and older children, the challenges we face as their parents, and how their development (and our own) affects these last few years "in the nest." All questions will be welcome! *Julie Allen*

203 - Feeding the Infant and Toddler: How to Introduce Foods for Optimal Health

Good nutrition is a balancing act. Share concerns, ideas and tips for infant and toddler nutrition. *Dr. Emily Miller, N.D.*

204 - When Others Criticize

We want the people in our lives to respect our parenting choices. In this session, we'll discuss tips and practice skills for those times when they don't. *Kathy Drury*

301 - Tongue Tie & Bodywork

CERPS have been applied for.

What is bodywork? And what does it have to do with breastfeeding and tongue ties? In this session we will connect the dots between oral structure, restrictions of the tongue and the lip, effects of the birth process on latching and suckling and the different methods of bodywork that can enhance breastfeeding support. We will share, more specifically, how Craniosacral Therapy (CST) can allow a baby to suckle more effectively, especially when there are oral restrictions, and how bodywork, when incorporated into a baby's overall breastfeeding support post frenectomy, will help make the most of this procedure. *Celina Dykstra, LLL Leader, IBCLC, RLC & Dr. Roy Brewster, DDS, CST*

302 - The Impact of Birthing Options on Breastfeeding

Pregnancy, labor, birth and breastfeeding exist on a continuum. In labor, frequently one intervention leads to another, increasing the breastfeeding learning curve for mother and baby in the early days and weeks postpartum. What decisions can mothers make before and during labor to optimize their early breastfeeding experiences? Explore how popular labor medications and procedures contribute to common breastfeeding problems and how we can help minimize their effects. *Julie Brill, CCCE, CLD, CAPPA Faculty*

303 - Family Babywearing

Come meet with two industry leaders in the babywearing world as they instruct on the basics of babywearing safety and discuss ways that babywearing enhances family life. *Jan Andrea Heirtzler & Kristi Hayes-Devlin*

304 - Returning Home to Where You Live

Do the spaces in your home reflect your priorities and values? Are they functioning well and fulfilling their purpose? What if the space you occupy every day is a limiting factor in your family's well-being and success? In this interactive session, Jason Brodeur shares some organizing concepts and practical strategies for (re)making space in your home so you and your family can thrive. Please come with your questions and a current challenge you are facing in your home. *Jason Brodeur*

305 - Becoming an LLL Leader

A conversation for Leader Applicants, supporting Leaders, and anyone interested in LLL leadership. *Allison Eddyblouin*

401 - Neuropsychological Effects of Sleep Training and Its Implications for Breastfeeding

CERPS have been applied for.

Sleep training continues to be a popular parenting philosophy with its roots in American Behaviorism. The idea behind this approach is that if you want to stop a behavior, don't "reinforce" it, which increases its likelihood that it reoccur. Under this school of thought, if you pick up a crying baby, you are just reinforcing the likelihood that the baby will cry more often—especially at night. Recent research has suggested that there is "no apparent harm" to this approach. But is that true? This presentation will describe recent research in neuroscience on the importance of responsive early parenting on brain development, and harmful effects of leaving babies to cry. Non-responsive parenting raises babies' cortisol levels. Cortisol is toxic to brain cells, particularly in the hippocampus. This research is also put in the context of current AAP recommendations to keep babies in the parents' room during the first six months, and how solitary sleep increases the babies' risk of SIDS. *Kathleen Kendall-Tackett, Ph.D. IBCLC, RLC*

402 - Hello Moon: The Return of Fertility During Breastfeeding

Most women today have never been taught the basics of their own fertility. Come explore how the postpartum return to fertility works and the rules of how to use breastfeeding to avoid pregnancy (The Lactational Amenorrhea Method). Leave with some basic tools for observing your own return of fertility. Couples are encouraged to attend together if possible. *Allison Eddyblouin*

403 - Celebrating Fatherhood

Meet other dads and share the joys and challenges of supporting and loving our families. Weather permitting, this will be held at the outside playground. *Dads Panel*

404 - Loving Guidance for Toddlers: Precious and Precarious

Our toddlers are growing a sense of themselves while staying closely connected. How are their minds and bodies changing? What's typical of their behavior for this stage? What do they need to learn from us, their parents? We'll talk about the joys and challenges of the toddler years, including nursing - or weaning - at this age. *Julie Allen and Kimberly Bell*

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. Fathers and teens are welcome to be volunteers. Please indicate your willingness to help on your registration form, and accept the \$5 discount as our "Thank You!" (One discount per person, please.)

For more information about volunteering write to lllofmenh@gmail.com.

VOLUNTEER OPPORTUNITIES

- * **Set up Friday night:** Ten people to set up chairs and 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:** Five 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 folks to assist the setup and sales/bidding operations of these activities.
- * **Lunch:** Three folks to help distribute lunches with the lunch team.
- * **After Lunch:** Three people to tidy up after lunch.
- * **Clean up:** Ten folks who can stay after the sessions to return chairs and tables to their original locations. (A janitor is hired for cleaning).

*LLL Leaders, Leader Applicants, and those who volunteer to help set up on Friday night are invited to stay for an informal ice cream social. Setup will begin at 6:00 p.m., November 7.

SESSION MONITORS

LLL Leaders only: A Session Monitor is needed at each session to help speakers begin and end on time and to help with handouts. Please indicate on your registration form if you are willing to be a Session Monitor.

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 Discussion from 12:45-1:30 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 is offering current Area Council members conference registration discounts. (Applicable to registration fee only - \$20.00 discount for Area Council Leaders and LLL Members.) We request that all Area Council members attend the Leader Dessert Discussion from 12:45-1:30 p.m. Please take the discount on the registration form or online.

REGISTRATION FEES

To avoid a late fee, registrations must be postmarked by: October 25, 2014.

LLL Leader/Leader Applicant	\$40.00
LLL Member	\$45.00
Non-member	\$55.00
Second adult	\$10.00 (parent, grandparent, or caregiver)
<i>Late Fee</i>	<i>\$10 (after 10/25/14)</i>

ONLINE REGISTRATION

Registration is available online at www.lllofmenh.org/2014-area-conference.html

MARK YOUR CALENDAR

On time registration deadline:	10/25/14
Meal order deadline:	11/1/14
Online registration ends:	11/6/14
Do not mail after this date:	11/1/14

DAY OF CONFERENCE REGISTRATION

Day of conference registration will be available for an additional \$15.00. Luncheon tickets will not be available, and session selection will be limited.

REFUND POLICY

Requests for a full refund must be received in writing by October 25, 2014 and are subject to a \$3.00 handling fee. Half of the registration fee will be refunded for requests postmarked or emailed between October 25 and November 5, 2014. No refunds will be made for requests postmarked or e-mailed after November 5, 2014. No refunds for lunch may be made after November 1, 2014. To request a refund, please contact: Kate Pennington at 123 Academy Hill, Newcastle ME 04553 or lllofmenh@gmail.com. Refunds will be processed after the conference.

ADDITIONAL FORMS

If you copy this brochure for others, please copy all pages to provide full information. For additional Registration Brochures, please contact: Alyssa Tuininga at 603-834-3262 or lllofmenh@gmail.com. You may also download a copy from the website at www.lllofmenh.org/2014-area-conference.html.

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

FRIENDS OF LLL

Be a friend! For only \$3.00, you can print a message in the Program Booklet for all to see. 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

Honor a friend or loved one, and show your support for LLL of ME/NH and the Area Conference by becoming a listed donor. Your cash donation will be used to buy office supplies, cover postage and phone costs, and help with other Area expenses.

Donor categories are:

Jewel:	\$5.00
Friend:	\$10.00
Star:	\$15.00
Patron:	\$25.00

The names of all donors will be listed in the Program Booklet. Please use the Registration Form to indicate your donation amount.

ACCOMMODATIONS

Rooms are available at: Anchorage Inns & Suites
417 Woodbury Ave
Portsmouth, NH 03801
(603) 431-8111
www.anchorageinns.com

If a room is booked at the Anchorage Inns by Friday, 10/24/14, there is a special rate of \$72 per night plus tax. Be sure to mention La Leche League to get this special rate. The hotel is within walking distance of the conference facility (0.2 miles) and offers expanded continental breakfast, indoor pool, and jacuzzi.

Room are also available at:

America's Best Inn Portsmouth
383 Woodbury Avenue
Portsmouth, New Hampshire 03801
603-431-3952 phone
www.americasbestinnportsmouth.com

America's Best Inn is within walking distance of the conference facility (0.2 miles) and offers expanded continental breakfast. Please call for current rates.

OUT AND ABOUT

To receive additional information about activities in the Portsmouth area, please contact: Alyssa Tuininga at 603-834-3262 or lllofmenh@gmail.com.

If you have a disability and need special assistance on the day of the conference, please indicate your needs on the registration form. We want you to enjoy the conference as much as possible.



Smoking is not permitted in any public area.



2014 ME/NH Area Conference Registration Form

Name: _____

Address: _____

Telephone (day): _____ (evening) _____

Email: _____

2nd adult (parent, grandparent, or caregiver) 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):

Check all that apply:

- LLL Member
 LLL Leader
 LLL Leader Applicant
 Guest Speaker
 Healthcare Provider
 Other: _____
 Yes! I'd like to be a Session Monitor for Session # ____
 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 # _____ Expiration Date _____

Signature _____

Conference Fees	Amount	Price	Cost
LLL Leader/Leader Applicant		\$40.00	
LLL Member		\$45.00	
Non-Member		\$55.00	
2nd Adult (parent, grandparent, or caregiver) attending sessions		\$10.00	
CERP (per session; buy 3, get 4th free)		\$10.00	
Discounts			
Conference Committee		-\$20.00	
Area Council		-\$20.00	
Speaker Discount (per session)		-\$10.00	
Volunteer Discount (sign up on right)		-\$5.00	
Lunch Choices			
Bean Burrito		\$6.50	
Tofu Burrito		\$7.50	
Chicken Burrito		\$8.00	
Steak Burrito		\$9.00	
Portabello Mushroom Burrito		\$8.25	
Child's Bean Burrito		\$4.00	
Child's Chicken Burrito		\$5.50	
Child's Steak Burrito		\$6.50	
Child's Quesadilla		\$3.50	
Gluten Free <input type="checkbox"/> Vegan <input type="checkbox"/>			
Membership & Donations			
LLL ME/NH Membership		\$40.00	
Friends of LLL Message (maximum 80 characters):		\$3.00	
Donation to LLL ME/NH			
Late Fee (if mailed after 10/25/14)		\$10.00	

Total

Register Online at
www.llofmenh.org/2014-area-conference.html
 until 11/6/14.

* For each session, please write in your 1st, 2nd, and 3rd choice.
 * If you are a SPEAKER, please write in your session leaving your 2nd and 3rd choices blank.

	Yourself		
	<i>1st Choice</i>	<i>2nd Choice</i>	<i>3rd Choice</i>
Session 1			
Session 2			
Session 3			
Session 4			
	Second Adult		
	<i>1st Choice</i>	<i>2nd Choice</i>	<i>3rd Choice</i>
Session 1			
Session 2			
Session 3			
Session 4			

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

- Setup Friday night
- Snack Table (morning)
- Snack Table (afternoon)
- Registration Table (7:45-8:45 a.m.)
- Greeter & General Assistance (7:45-8:45 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 (11:45 a.m.-12:45 p.m.)
- Lunch - help clean up (12:45-1:30 p.m.)
- Clean up (after 4:45 p.m.)

To avoid a late fee,
 registration must be postmarked by 10/25/14.
 Do not mail after 11/1/14.