

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, 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: 1-410-274-6903. In case of emergency, friends and family can get a message to conference attendees through this number.

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



Heart  2  Heart

Annual Breastfeeding and Parenting Conference



Saturday
November 7, 2015

New Franklin School
1 Franklin Drive
Portsmouth, NH 03801

Kathy Drury has led Series Meetings in various towns in southern NH for the past 22 years. She has served LLL of ME/NH in the Continuing Education and Leader Departments, and currently serves as the Communication Skills Department Administrator (CSDA) of the LLL Alliance for Breastfeeding Education. Kathy and her husband, Bob, are parents to two adult children.

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 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).

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 a quarter 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.

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.



Come Join Us!



LLL REPRESENTATIVE

Kathy Drury

CSD Administrator

LLL Alliance for Breastfeeding Education

SPEAKERS

Abigail Masterman, DO

Adrienne Sturtevant, LCSW, LICSW

Amy Wood, PsyD

Karen Veit

Mallory Adams

Stacey Veevers-Carter

And LLL Leaders

CONFERENCE SCHEDULE

8:00-9:00 a.m.	Registration
8:45 a.m.-4:30 p.m.	Exhibits Open
8:45 a.m.-3:00 p.m.	Silent Auction 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.	Groove & Grow / Leader Dessert
1:30-2:45 p.m.	Session 3
3:00-4:15 p.m.	Session 4
4:15-4:30 p.m.	Silent Auction Pick-up

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 & Alvarado salad can also be made vegan or gluten free per special request.

- * Bean Burrito \$6.50
- * Chicken Burrito \$8.00
- * Portobello Mushroom Burrito \$8.00
- * Steak Burrito \$9.00

The Alvarado salad contains romaine lettuce, jicama slaw, corn salsa, black beans, avocado, roasted red pepper, cheddar-jack cheese, and a side of cilantro-lime dressing.

- * Alvarado salad \$8.00
- * Alvarado salad w/chicken \$10.50

Vegan chili (contains gluten).

- * 8 oz. cup \$4.00
- * 16 oz. bowl \$6.00

Children: All child lunches come with a juice box.

- * Children's Burrito- Rice, black beans, cheese, and beans wrapped in a whole-wheat flour tortilla. \$4.00
- * Quesadilla- Monterey jack cheese melted inside a crispy whole-wheat tortilla. \$3.50

Luncheon orders must be received by October 31, 2015.

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

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

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!

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

101 - Teas, Oils, Herbs and Cookies

There are an abundance of products being touted as helpful or even necessary for increasing milk supply. Come learn about how the new "Breastfeeding Grocery List" influences lactation.

Traci Meiler, LLL Leader, IBCLC

102 - Your Birth Story

Many of us feel compelled to tell or write our birth stories. Come ready to listen and share stories about those most memorable moments.

Melanie Kollman

103 - Life Your Way

The world can be distracting, demanding, and noisy at times. Come and hear how to cultivate your inner world so you feel energized, connected, and confident in your own inner wisdom. These approaches to internal balance are likely to leave you feeling more fully alive.

Amy Wood, PsyD

104 - The Application

Become familiar with the Leader Applicant Resource Kit (LARK) and the resources available online for Leaders, Leader Applicants, and anyone interested in leadership.

Allison Eddyblouin

105 - Sweet Sleep

"How is your little one sleeping?" This quintessential question elicits many different responses. Explore how to make safe and sane sleep choices that will benefit the whole family.

Jennifer Baker

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

201 - Exploring the Gentle Cesarean

We will evaluate what it is and how is it different from standard practice. We'll review evidence of the benefits and any risks, and brainstorm barriers and solutions for change in our local communities.

Abigail Masterman, DO

202 - When You Really Want to Scream and Leave!

Toddlers aren't the only ones who feel tantrum energy! Most of us spend a lot of time trying to control or banish our anger and frustration. This session proposes to help you safely listen to, befriend - and maybe even fall in love - with yours. We'll discuss strategies for speaking for your anger rather than from it - and ways to repair when anger takes over. In doing so, you can help your children to appreciate their own angry parts, too.

Julie Allen

203 - Then and Now

Cultural views of breastfeeding have changed dramatically since the beginning of La Leche League in 1956. Learn about how what used to be thought of as LLL's radical ideas have now become mainstream.

Melanie Kollman

204 - Separating the Wheat from the Chaff

Finding shoes, volunteering, packing for a family trip, and getting to a soccer game all on the same afternoon? Parenting, priorities, and some practical ideas on how to manage life without going crazy.

Rosalie Ainsworth and Jodi Lucci

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

301 - Nursing a Baby with Special Needs

A conversation hosted by mothers experienced in nursing children with cleft palate and Down Syndrome. We'll discuss the challenges mothers and babies face.

Stacy Veevers-Carter and Mallory Adams

302 - Millennial Meetings

Breastfeeding support is at the heart of LLL meetings. Come learn about some new ways to reach mothers with that support, including breastfeeding cafes and online meetings. We will also share creative ideas for Series Meetings.

Kate Pennington

303 - Parenting Your Adolescent-The Relationship You Want Through Loving Communication, Limit Setting, and Boundaries

Parenting through adolescence is hard work! Come receive support and explore options for developing the relationship you want with your teen; how to set limits and appropriate boundaries that work for your family. This session will focus on learning to listen to your teen and solve reoccurring issues you are having while maintaining a feeling of connection with your teen.

Adrienne Sturtevant, LCSW, LICSW

304 - Toddler Discipline in a Positive Framework

Our discussion will include fostering toddler brain development, creating an environment of freedom within a structure, and ways to fill the parents' cups so they can provide loving guidance.

Keelin Kistner

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

401 - How Milk is Produced and Maintained

A basic biological review of how milk is made by the human body followed by an interactive discussion of low, normal, and overabundant supply.

Traci Meiler, LLL Leader, IBCLC

402 - Helping Mothers One to One

There are more ways than ever to connect with a new generation of breastfeeding women. Tips for communicating through social media, texts, and e-mail.

Kathy Drury

403 - Growing Your Own Food

A discussion of square foot gardening and tips of the trade to provide your family with nourishing organic food from your own yard.

Karen Veit

404 - FOR PARTNERS: What Does She Do at Meetings Anyway?

Attend an LLL meeting just for you, the spouse or partner of a breastfeeding mother. Fun conversation starters to spur discussion of your shared experiences as supporters of the woman and child(ren) closest to you.

Allison Eddyblouin

Join Marissa Ruffini from The Sonatina Center at 12:35 for "Groove & Grow," an early childhood family music experience. Participants will sing, play instruments, and move to music.

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 Night:** 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).

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 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.

REGISTRATION FEES

To avoid a late fee, registrations must be postmarked by: October 26, 2015.

LLL Leader/Leader Applicant/Retired Leader	\$40.00
LLL Member	\$45.00
Non-member	\$55.00
Second adult attending sessions (spouse, partner, or grandparent)	\$10.00
<i>Late Fee (after 10/26/15)</i>	<i>\$10.00</i>

ONLINE REGISTRATION

Registration is available online at
www.llofmenh.org/2015-area-conference.html

MARK YOUR CALENDAR

On time registration deadline:	10/26/15
Meal order deadline:	10/31/15
Online registration ends:	11/5/15
Do not mail after this date:	10/31/15

DAY OF CONFERENCE REGISTRATION

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

REFUND POLICY

Requests for a registration refund must be received in writing (e-mail or postal mail) and are subject to a \$5 handling fee. No refunds will be made for requests postmarked or e-mailed after November 7, 2015. No refunds for lunch may be made after October 31, 2015. 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.

ADDITIONAL FORMS

If you copy this brochure for others, please copy all pages to provide full information. For additional Registration Brochures, please contact: Aimee Gerbi at 207-889-9030 or llofmenh@gmail.com. You may also download a copy from the website at www.llofmenh.org/2015-area-conference.html.

SCHOLARSHIPS

A limited amount of assistance is available to those with a financial hardship. Please contact llofmenh@gmail.com for more information.

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 (must be received by 10/26/15). 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 two facilities within walking distance (0.2 miles) of the conference facility. Contact hotel for current rates. There are also numerous other facilities in the Portsmouth area that are not within walking distance.

The Anchorage Inn & Suites

417 Woodbury Avenue
Portsmouth, NH 03901
603-431-8111 phone
www.anchorageinns.com
The hotel offers expanded continental breakfast, an indoor pool, and a jacuzzi.

America's Best Inn Portsmouth

383 Woodbury Avenue
Portsmouth, New Hampshire 03801
603-431-4400 phone
www.americasbestinnportsmouth.com
The hotel offers continental breakfast.

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.

