

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

Sea Road School
29 Sea Rd
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

La Leche League of ME/NH



Now and Tomorrow: LLL Annual Breastfeeding and Parenting Conference

Saturday
November 12, 2016

Sea Road School
29 Sea Rd
Kennebunk, ME 04043

Diane Thompson has been a Leader for over 30 years in Connecticut and is now Director of LLL Alliance - but really is just a Mom, like you. She has three daughters and seven grandchildren ranging in age from nine years to six weeks (as of 9/1/16). This is a big adjustment for someone who grew up with one sister and no cousins.

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: AlyssaTuininga <alyssatuininga@yahoo.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.



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.

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

Come Join Us!



LLL REPRESENTATIVE
Diane Thompson
Director, LLL Alliance for Breastfeeding Education

SPEAKERS
Crystal Berg
Abigail Masterman, DO
Katy Sparda-Cloutier, LMSW-CC
Karen Veit
Brian Walsh, MOT, OTR/L
Amy Wentworth
Amy Wood, PsyD
LLL Leaders

2016 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.	Music Together@/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

LUNCH Catered by Las Olas Taqueria in Wells, ME
Adults: All adult lunches come with a bottle of water, and chips with salsa. 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. All 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
- Vegetarian Burrito \$11.00
- Vegetarian Salad \$12.00 (gluten free)
- Salad w/chicken \$13.00 (gluten free)

Children: All child lunches come with a juice box and chips with salsa.

- Rice & Bean Quesadilla \$6.00

Lunch orders must be postmarked by October 24, 2016.

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

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!

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

101-Risky Behaviors and Breastfeeding

**CERPs have been applied for*

Sometimes breastfeeding parents choose 'risky' behaviors, such as informal milk sharing, use of alcohol, medications, or street drugs. A parent may disclose STD/STIs, including HIV, or the mental health status of themselves or a loved one. Discussion will include general information of these risky behaviors in relation to breastfeeding, and how to navigate these difficult topics when they arise.

Traci Meiler, LLL Leader, IBCLC

102-60 Years of Parenting

Times have changed, though babies and children haven't. A look at parenting trends and how our view of our young children has changed since the beginning of La Leche League.

Diane Thompson

103-Weaning Ways

Explore the joys and sadness of weaning. Discuss how to deal with negative feelings, when mother, baby, and family are really ready to wean and tips for weaning.

TBA

104-You Know You Make Me Want To Shout!

Anger: a wasted emotion? Actually, it's one of the most misunderstood emotions. Come to this session for a different perspective on your anger. Learn to listen more closely to the messages about justice, fairness, protection, and courage that inspire it. Discover new ways to speak for anger (without the shouting). This session will introduce new ways to help our partners and our children manage their angry feelings. We'll also address ways to repair relationships when anger takes over.

Julie Allen, LLL Leader, LCPC

**ONLINE REGISTRATION
AVAILABLE AT:**

**[www.llofmenh.org/
2016-area-conference.html](http://www.llofmenh.org/2016-area-conference.html)**

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

201-Gadgets and Gizmos

**CERPs have been applied for*

A discussion of a variety of breastfeeding tools and how to manage the various devices and work toward long-term breastfeeding success.
Yvonne Maalouf, LLL Leader, IBCLC

202-Future Leaders

New ways of communicating, new interpretations of prerequisites and concepts, and new Leaders make Leader Accreditation a dynamic process!! This session is for all Leaders who want to understand more about helping women become Leaders, for current Applicants, and for those who might be interested in leadership.

Allison Eddyblouin and Melanie Kollman

203-The Goober Dad's Toolkit: Helping Your Child Meet Developmental Milestones Through Play

In this session parents will get an overview of the seven (yes, seven) senses and learn the importance of challenging your baby with a variety of different 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

204-Nighttime Breastfeeding

This session will help parents sort out the facts and fictions of bedsharing and SIDS, learn about normal sleep at every age and stage, from newborn to new parent, and help you direct your baby toward longer sleep when he's ready. Learn how to tailor your approach to your baby's temperament, and discuss the hidden costs of sleep training and "cry it out" techniques.

Jessica McNeil

205-Parenting Teens - Normal or Needs Attention?

What is normal angst and what requires mental health treatment/family support? We will explore parenting strategies and factors that affect the family structure.

Katy Sparda-Cloutier, LMSW-CC

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

301-Birth: Giving Breastfeeding the Optimal Start

**CERPs have been applied for*

Learn about the different experiences that a woman may encounter, either desired or unforeseen, that synthesize her birth, the effect that each of these have on breastfeeding success, and identify post-birth choices that can help improve breastfeeding success after delivery.

Abigail Masterman, DO

302-Diversity and Inclusion: Reaching Out and Opening Doors

Come hear about and discuss various strategies for welcoming, supporting, and building relationships with breastfeeding families regardless of race, ethnicity, creed, age, sexual orientation, gender identity, family structure, primary language, ability, or socio-economic status.

Kate Pennington

303-Life Your Way

Work/life balance is an over-used term that isn't possible — unless we know what work/life balance really means. This session highlights how we cause stress by aspiring to false definitions of work/life balance. Participants learn what work/life balance really is, how to achieve it, and, most importantly, how to sustain it for greater productivity and satisfaction.

Amy Wood, PsyD

304-Preschoolers Are People, Too!

Letting your two to five-year-old have the freedom to experiment and discover their world, and how to enjoy them as individuals.

Kristen Walsh

305-Schooling Options

Public, Private, Charter, Alternative, Curriculum-based Homeschooling, Unschooling. Explore your schooling options and gain some personal insight to the pros and cons of the different educational choices for your family. Bring your questions. A panel presentation followed by discussion.

Zariah Eisenberg, Jennifer Hewson, Alyson Hobbs, Sarah Russell, and Amy Wentworth

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

401-Lactation News You Can Use

**CERPs have been applied for*

Explore recently published lactation research. Special focus will be placed on maternal mental health, cancer, obesity, allergies, feeding cues, environmental contaminants, cultural impacts, IQ, and working mothers.

Traci Meiler, LLL Leader, IBCLC

Wendy Beals, LLL Leader, IBCLC

Jennifer Hewson

402-Communication Across the Generations

How devices, social media, and fast-paced communications have and have not changed how we can best connect with friends and family.

Kathy Drury

403-Small Spaces and Small People

Small families often live in limited spaces, while desiring to have fresh veggies for everyone's enjoyment. Container gardening can be a pleasure for preschoolers. A way to participate, engage, and have real power in their world.

Karen Veit

404-Keeping the ME in MomME

When your life detours into motherhood, how in the world do you take care of yourself? Come to this session for a light-hearted look at creative strategies different mothers use to care for themselves while raising tiny, fragile, and needy human beings. (Self-care is an imperfect science and embarrassing, bumbling failures will also be shared.)

Julie Allen, LLL Leader, LCPC

Crystal Berg, Estée Daniels-Campbell

AFTER LUNCH ACTIVITY

Music Together®: Music and singing fun for children ages birth to five years! Come join Olga Fain for singing, moving, and exploring at the Music Together class. Olga Fain is a certified Music Together teacher and a licensed Director of Music Together at Fain Music Studio. This activity is limited due to space. **Registration required.** If you did not register your children in advance, there may be space available; please check with us on the day of the conference. Children must be accompanied by a parent or qualified caregiver at this activity.

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).

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.

New This Year: Pins! A special La Leche League 60th anniversary pin has been designed and produced by the LLL Alumnae Association, as requested by LLLI. The colors reflect the LLLI 60th anniversary logo. Pins are ¾ inch. A 3mm clear stone is embedded in the cloisonné pin. **Also available:** LLL Leader Pins with "Dedicated La Leche League Leader for X Years." See our website for complete list of available years. www.llofmenh.org/2016-area-conference.html. Pins available for pickup at the conference. All styles of pins, \$6 each.

ALL PIN ORDERS MUST BE POSTMARKED BY OCTOBER 24.

REGISTRATION FEES

Adult (not an LLL member)
\$35 through September 30
\$50 through October 28
\$60 through November 9

LLL Member with current membership
\$35 through September 30
\$45 through October 28
\$55 through November 9

LLL Leader/Leader Applicant/Retired Leader
\$35 through September 30
\$40 through October 28
\$50 through November 9

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)

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 12, 2016. No refunds for lunch may be made after October 28, 2016. 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 www.llofmenh.org/2016-area-conference.html.

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.

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 10/28/16). 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 28 will be listed in the Program Book. If you prefer to contribute anonymously, please indicate on the registration form.

ACCOMMODATIONS Varied accommodations are available in the Kennebunks. These hotels have offered special rates as follows (mention you are with La Leche League):

Port Inn-Closest to conference site (2 mi., 7-minute drive)
55 York St. Kennebunk
\$119/night + tax for 2 Queen Beds
Book by October 11 for special rates.
Pet friendly with additional fee, continental breakfast included.

The Lodge at Kennebunk-near turnpike (3.5 mi., 9-min. drive)
95 Alewife Rd. Kennebunk
\$59/night + tax for 1 King Bed
\$69/night + tax for 1 King Bed & a Pull-Out Couch
\$69/night + tax for 2 Queen Beds
\$99/night + tax for a 2 Room Suite. (1 King & 1 Double)
Book by October 28 for special rates.
Continental breakfast included.

Rhumb Line-off the beaten path (5.4 mi., 15-minute drive)
41 Turbats Creek Rd. Kennebunkport
\$99/night + tax for 2 Queen Beds
Book by October 11 for special rates.
Indoor pool and hot tub, outdoor hot tub, fitness center,
continental breakfast included.

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.

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
- Healthcare 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 _____

2016 LLL of ME/NH Area Conference Paper Registration Form

Conference Fees (please circle)	Postmark By Sep 30	Postmark By Oct 28	Postmark By Nov 4
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
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 10/24)	Dairy Free?	Quantity	Price	Extended
Steak Burrito			\$12	
Chicken Burrito			\$12	
Vegetarian Burrito			\$11	
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
LLL 60th Anniversary Pin	Quantity___ x \$6=\$
LLL Leader Pin(s) specify year(s)_____	Quantity___ x \$6=\$
Friends of LLL Message(s)	Quantity___ x \$3=\$
Donation to LLL of ME/NH	\$
TOTAL	\$

Friends of LLL Message: (80 characters max): _____



**ONLINE REGISTRATION
AVAILABLE AT:
[www.llofmenh.org/
2016-area-conference.html](http://www.llofmenh.org/2016-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			

Music Together®	List participating children's names & ages

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

- Set-up Friday (4:00pm until done)
- 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 4, 2016.
 Online registration available through November 9, 2016.