



**La Leche League of Florida
presents**

24th Annual Breastfeeding & Parenting Conference

for Parents, LLL Leaders,
Lactation Consultants, Nurses & Dietitians



**October 14-16, 2004
The Radisson Barceló,
Orlando, Florida**

CONFERENCE FEATURES

Thursday night from 7:00 to 9:00 pm, La Leche League of Florida is proud to host Family Fun Night. Enjoy games, crafts and light hors' d'oeuvres, all available to you for just \$3 per person, \$5 per family. Reserve your family's spot on the registration form.

"HELPING MOTHERS OVERCOME AMBIVALENCE ABOUT BREASTFEEDING" - DINNER WITH DIANA WEST
This year's keynote address, offered by Diana West will be presented at a very special evening. Join us as we celebrate your family and the greater La Leche League family on Friday evening beginning with a meet 'n greet at 5:30 pm poolside.

LEADER APPRECIATION CEREMONY
Please join us Saturday morning at 8:00 am as we honor new Leaders, longtime Leaders and Area Council members. It's a chance for Leaders to renew their commitment to La Leche League.

CHILDREN'S SESSIONS
Children's sessions run concurrently with adult sessions. The program is open to children three years and older who are ready to be separated from their parents. Children under three years of age may attend the sessions but **must** be accompanied by a responsible caregiver. As class sizes are limited, parents should register their children on the registration form. There may not be space if you wait until the conference. Children must be collected by a parent between sessions. **There are no refunds given for Children's Activities, but you may sell your tickets to other parents.**

LLL LEADER CEUS
La Leche League Continuing Education Units (LLL CEUs) will be available free of charge for Leaders. CEU guidelines allow the Leader to sign in with a monitor at each topic and leave their event with her certificate in hand. Leaders can document their breastfeeding education [BE], organization and management training [OM], and communication skills education [CS] with a certificate that states the topic title and hours credited. All Leaders will receive a CEU worksheet in their registration packets in order to track credits while taking sessions.

COMMUNICATION SKILLS ENRICHMENT
The Communication Skills Enrichment (formerly Human Relations Enrichment) Program is a comprehensive course that promotes communication skills useful in personal and professional relationships. Basic principles of good communication include genuineness, respect and empathy. The program is structured in three-hour practice sessions with CSE I a prerequisite for CSE II and CSE II for CSE III. Maggie Geraci, CSI, will be facilitating these sessions. Participants are expected to attend all three sessions.

While the training is intensive, nursing babies are welcome as the group will work around mother-baby needs. For more information, contact **Maggie Geraci, 850-877-6301, mjwillawyer@directway.com, 3014 Gill Way, Tallahassee, FL 32317.**

Conference Features

More Conference Features

Conference Schedule

Thursday, October 14

9:00 am to 12:00 pm	CSE I
12:00 to 1:00 pm	Lunch Break
1:00 to 4:00 pm	CSE II
6:00 to 8:00 pm	Registration Open
6:30 to 7:00 pm	World Walk for Breastfeeding
7:00 to 9:00 pm	Family Fun Night
7:00 to 9:00 pm	Bookstore Open

Friday, October 15

8:45 am to 12:00 pm	Registration Open
9:00 am to 9:30 am	Opening Ceremonies
9:30 am to 5:00 pm	Exhibits Open
9:45 am to 11:00 am	Session 1
9:45 am to 12:30 pm	CSE III
11:15 am to 12:30 am	Session 2
12:30 pm to 1:45 pm	Bookstore Open
12:30 pm to 1:45 pm	Lunch Break
1:45 pm to 3:00 pm	Session 3
3:15 pm to 4:30 pm	Session 4
4:30 pm to 5:30 pm	Bookstore Open
5:30 pm to 6:30 pm	Area Council Meet 'n Greet
6:30 pm to 9:00 pm	Dinner with session by Diana West

Saturday, October 16

8:00 am to 9:15 am	Leader Appreciation Breakfast
8:45 am to 12:00 pm	Registration Open
9:00 am to 4:30 pm	Exhibits Open
9:30 am to 10:45 am	Session 5
9:30 am to 12:15 pm	HPS double session
11:00am to 12:15 pm	Session 6
12:15 pm to 1:45 pm	Bookstore Open
12:15 pm to 1:45 pm	Lunch Break
1:40 pm	Silent Auction closes
1:45 pm to 3:00 pm	Session 7
3:00 pm to 4:30 pm	Bookstore Open
3:15pm to 3:45 pm	Closing Ceremonies

The information in this brochure may be copied and shared. For additional registration brochures, send name, address and 37¢ postage for each brochure requested to: **Jenny Maddox, ACS 3225 Pioneer Road Tallahassee, FL 32309, 850-877-9410, jamaddox@comcast.net .**

Lynne Swoope, RN, IBCLC, LCCE is the Associate Director of LLLI's Medical Associates Program. She has been a Leader since 1974 and became one of the first IBCLCs in 1985. Currently Lynne is a hospital-based lactation consultant. Two grown sons still call her "Mom."

Sandy Davis, IBCLC, is Southern Regional Administrator, La Leche League, Eastern United States Division. The mother of six breastfed children, grandmother of two, and a Leader for 30 years, she has served in various Area and Division positions and on the LLLI Board of Directors. She leads a Group in Martin TN.

Diana West, IBCLC, is a Leader, an instructor of breastfeeding classes to new mothers, and a website designer and developer. Diana mothers her three charming, breastfed sons in partnership with her husband Brad in their home in Gaithersburg, Maryland. She is the author of "DEFINING YOUR OWN SUCCESS: BREASTFEEDING AFTER BREAST REDUCTION SURGERY".

Jean Moneyhon joined La Leche League in 1979, became a Leader in 1988, and has served on the LLLI Board since 2000. She also continues to serve as a volunteer on many local and regional health advisory committees in her community. Jean and her husband of 33 years have six children (three daughters and three sons) and three grandchildren.



La Leche League of Florida
3225 Pioneer Road
Tallahassee, FL 32309

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DATED MATERIAL

Lend a Helping Hand!
Help is needed with registration, bookstore, raffle, children's activities and special events. For each two hours donated, volunteers receive 10 raffle tickets. Service hours can also be awarded. To volunteer yourself or your teen, contact: **Michelle Serda 954-792-4131 mserda@yahoo.com 2601 Woodside Dr, Ft. Lauderdale, FL 33312**

Hints for Having Fun
Listening to your child is the single most important thing you will do at this conference. Unhappy babies and toddlers often will enjoy a stroll, some down time at the Rock 'n Rest or a visit to the Romp 'n Roar. No one will be offended if you leave a session to comfort your little one and you will be allowed to return to all sessions.

Things to do in and around Orlando
The Radisson Barceló is on International Drive, which has a variety of fun family activities from restaurants to shopping to science centers. The onsite YMCA is also available to meet your fitness needs.

Strollers
Due to safety precautions, no strollers will be allowed in the conference area unless a mother is bringing twins, or she or her child is in some way physically challenged. Stroller permits will be issued under those circumstances only.

Bookstore
Current materials from LLLI, books on parenting and breastfeeding topics, children's selections and books recommended by conference speakers will be available for sale in the bookstore. Conference T-shirts and other memorabilia will also be available. Cash, credit cards and personal and Group checks will be accepted. Leaders and LLL members will receive a membership card to receive your discount. For information on the bookstore contact: **Pamela Williams-Smith, pallas@side-door.org 850-580-2765, 1373 Burgess Dr., Tallahassee, FL 32304-2718**

EXHIBITS, RAFFLE & SILENT AUCTION
The exhibits include commercial, distributor, educational and cottage industries. The Raffle and Silent Auction Committee needs items such as new toys, gift certificates, plants, crafts and Hawaiian vacations. Additionally, again this year we are proud to feature baskets prepared by LLL Groups throughout the Area. For information on how to become an exhibitor or to donate an item, please contact: **Christy Proctor, carp80490@juno.com 239-283-8301, 2202 SW 2nd Terrace, Cape Coral, FL 33991**

... and many others

Conference Program

Early registration is recommended as seating capacity in sessions is limited. Select your first, second and third topic choice for each session. Children will be present at all sessions; please be aware of the unique atmosphere and tone this creates. Speakers are subject to change and topics are subject to cancellation without notice.

Session Key	
FO: Fathers Only	CA: Children's Activities
CSE: Communication Skills Enrichment	
HPS: Healthcare Provider Seminar Sessions	
LLL Leader CEUs:	
CS: Communication Skills	
OM: Organization & Management	
BE: Breastfeeding Education	

Thursday, October 14

9:00 am to 12:00 pm

CSE I Listening from Your Heart
Identifying feelings and the rationale behind them. [CS]
Maggie Geraci, Jerami Pack

1:00 to 4:00 pm

CSE II Offering Information for Change
Recognizing deeper meanings. Offering information to enable responsible decision-making. [CS]
Maggie Geraci, Jerami Pack

Friday, October 15	
9:00 to 9:30 am: Opening Ceremonies with LLLI representative Jean Moneyhon	

Double Session: 9:45 to 12:30 pm

CSE III Developing Skills for Harmony
Teaches how to set limits and confront others in non-threatening ways. [CS]
Maggie Geraci, Jerami Pack

Session 1: 9:45 to 11:00 am

HPS 1 Obesity and Breastfeeding
Insight and information about maternal obesity and related conditions as applied to a mother-baby dyad and lactation. [CERP]
Denise Pickett-Bernard, PhD, RD, LD/N

103 Breastfeeding and Natural Child Spacing
Using breastfeeding to delay or avoid pregnancy. [BE]
Dawn Widener & Suzette Carder

104 Difficult Meeting Situations: Tactfully Handling Group Challenges
Dealing with mothers who dominate the discussion, topics outside of LLL expertise, and comments in opposition to LLLI philosophy. [OM]
Natalie Rawlings

105 Birth and Its Effects on Breastfeeding
How many routine procedures in labor affect breastfeeding. [BE]
Dianne Veatch

106 Siblings—the Joys, the Challenges: Working to Promote Positive Sibling Relationships
Tips for a harmonious family while respecting each child's differences.
Sandy Davis

107 Lets Eat In!
Delicious, nutritious fare when money and time are tight.
Tina Chambers, Kecia Strock

CA1 Games, Games, Games

Session 2: 11:15 to 12:30 pm

HPS 2 Culture Change in Institutions
Promoting multi-level breastfeeding support in a medical setting. Enhancing networking and communication with doctors, nurses and other healthcare personnel to positively impact professional interaction. [CERP]
Lynne Swoope, RN, IBCLC, LCCE

203 "I've Told You a Thousand Times:" Communication Skills when Dealing with a Child's Behavior
Skills to increase credibility and effectiveness when dealing with children's behavior issues.
Michelle Leifur

204 Who Ever Heard of Too Much Milk?
Too much milk can get a mother and baby into breastfeeding trouble. [BE]
Barbara Kelley

205 Becoming a Leader
Find out what you have always wanted to know about being a Leader. Includes the prerequisites for Leader accreditation. [OM]
Tammy Veatch

206 I Can Do It Myself: Enjoying the Three- to Five-Year-Old
Ways to foster independence while maintaining parental responsibilities.
TBA

207 Roots and Wings: Parenting the Pre- or Young Adolescent and Living to Tell About it
Enjoy & understand your 'tween while maintaining mutual respect; ways to deal with peer pressure and adolescent changes; testing family rules and values.
Sandy Davis

CA2 Make a Japanese Hanging Koi

Session 3: 1:45 to 3 pm

HPS 3 The Fussing Baby Clinic
Innovative program to recognize and assist families at risk of breastfeeding failure by fostering realistic expectations and appropriate attachment behavior while helping with breastfeeding. [CERP]
Kimberly Shaw, PhD

302 Tandem Nursing—Twice the Pleasure, Twice the Tribulation
Tips for dealing with mother's feelings, toddler's actions, and the reactions of healthcare providers and others. [BE]
Jean Moneyhon

303 Life with an Allergic Child: Making Adjustments when your Child has Special Needs Due to Allergies
Tips for living life with an allergic child—cooking, shopping and eating out.
Delainey Casey

304 Caaarry mel Parenting the Older High Need Child
Helpful hints for coping with a demanding older child and ways to deal with criticism.
Christy Proctor

305 The Healthcare Provider-Parent Partnership: Finding a Supportive Healthcare Provider
Tips and questions to ask a potential healthcare provider to make sure they are the best for you and your baby.
Michelle Angeletti

306 Group Finances , Fundraisers, Taxes and New World Walk Guidelines
Talk to the Area Finance Coordinator to learn the ins and outs of the new tax rules and the new World Walk guidelines. [OM]
Robin Stanford

307 Try it, You'll Like It: Nutritious, Whole Food Snacks for Busy Families
What to reach for instead of empty calories.
Racheli Vidal

CA 3 Make a Totem Pole

Session 4: 3:15 to 4:30 pm

HPS 4 The Marketing of Breastfeeding
Changing educational materials to meet the needs of a changing audience. A panel discussion to share adaptations used by those working in various areas of breastfeeding education, including WIC, private practice, hospitals, and the field of psychology. [CERP]
Lou Boyes, IBCLC, Kimberly Shaw, PhD, Pat Lindsey, IBCLC

402 Vitamin & Mineral Supplementation of the Breastfed Baby
Current findings on adding vitamins or minerals to baby's diet. [BE]
Tracy Johnson

403 Using Leader Skills to Build Your Resume
Examine personal and professional growth through leadership and how to reflect this on your resumé. [OM]
Maggie Geraci

404 Old Fashioned Family in the New Millennium: Ideas for a Family-Centered Life in a High Tech, Fast-Paced Society
Simplify, slow down and reclaim family, neighborhood and community. Includes suggestions for familial closeness and bonding.
Melissa Hessert

405 Discipline Does Not Mean Punishment: The Limitations of Punishment and Rewards and Why they Do Not Work
Suggestions for things to say and do, and attitudes to cultivate that make punishment and rewards unnecessary.
Barbara Kelley

406 What's in Breastmilk?
Identifying the components of human milk and their purposes. [BE]
Alicia Rudin

407 LLL's Future Begins Today
Using the new Preview guidelines, Breastfeeding Resource Guide, THE LEADERS HANDBOOK and other resources to help prepare Leader Applicants for leadership. [OM]
Tammy Veatch

CA 4 Make Foot Pictures

Saturday, October 16	
Session 5: 9:30 to 10:45 am	

HPS 5 Breastfeeding After Augmentation and Reduction Breast Part I Surgery (double session) Part I
Breastfeeding after Breast Augmentation Surgery: A comprehensive examination of breast augmentation surgery and its impact upon lactation.
Diana West, IBCLC

502 Fathers: Our Special Role: The Importance of Fathers in their Children's Lives
Getting involved with your children from birth on; the bond between a father and his children, laying the groundwork for a lifetime of love and understanding. [FO]
Michael Maddox

503 Keeping Children Safe
Learn appropriate ways to teach your children to be safe outside the home. Balancing fear, freedom and safety.
Christine Smith

504 Having a Baby Your Way: An Interactive Session
Share with one another and discover options for the choices you'll face, including caregivers, birthplace, birth assistants, and alternative care during pregnancy.
Rae Davies

505 Intimacy During Parenthood
Tips for preserving the romance while being parents.
Elaine & David Ziska

506 The Politics of Breastfeeding: An Interactive Workshop that Promotes Positive Breastfeeding Experiences
Exploring the cultural biases which discourage breastfeeding in public and what mothers can do to feel proud to breastfeed wherever and whenever their babies are hungry. Bring your stories to share!
Lynne Swoope

507 Nighttime Parenting: Parenting Doesn't Stop After Dark
Meeting the nighttime needs of your child ages one to five while respecting your needs. Breastfeeding and night weaning, sleep arrangements and night discipline: needs and wants.
Sandy Davis

CA 5 Make a Twirling Monkey

Session 6: 11:00 am to 12:15 pm

HPS 6 Breastfeeding After Augmentation and Reduction Breast Part II Surgery (double session) Part II
Breastfeeding after Breast Reduction Surgery
A comprehensive examination of breast reduction surgery and its impact upon lactation.
Diana West, IBCLC

602 Beyond the Basics: An Indepth look at Latch and Physiology, and Their Importance in Breastfeeding.
Assessment of effective breastfeeding in the early weeks. [BE]
Alicia Rudin

603 Toddler Nursing, Nighttime Parenting, Setting Limits and More
Respecting the needs of your toddler while respecting yourself.
Laurie Stewart-Mai

604 When Two Leaders Become Five
An interactive session for Leaders and Leader Applicants to explore the joys of co-leadership. Suggestions on how to change as your Group does and work with various personalities and Leaders' styles. [OM]
Tammy Veatch & Kecia Strock

605 Up Against a Wall: Limit Setting, Problem Solving and Empathetic Confrontation
Learning to handle difficult situations well.
TBA

606 Basic Breastfeeding and Common Concerns for Fathers
Answers to common question fathers ask "Will my child ever leave our bed", "What happened to my lover" and more! [FO]
Brian Veatch

607 Living with Teens: A Panel Discussion
An open discussion with a panel of experienced parents of teens; topics include driving, dating, jobs and dealing with your teen's sexuality. Simple survival tips will be offered.
Sandy Davis, Joan Peloso, Kathy Wallace

CA 6 Make Handprint Paper Flowers & Sunflower Spinners

Session 7: 1:45 to 3:00 pm

HPS 7 Using the Tools of the Trade for Near-Term Infants
Teaching and follow-up for breastfeeding management techniques and devices as they apply to infants induced or born by caesarean section prior to due date. Observations from the trenches of a city hospital. [CERP]
Lynn Swoope, RN, IBCLC, LCCE

702 Putting Away the Baby Clothes: Discussing Family Size and the Emotions of Having the "Last" Baby
Ways to foster open communication about family size.
Chris Berning

703 Image and Outreach: The How-to's of Doing Outreach and Introducing LLL to the Public
Presenting LLL in a positive light, introducing yourself to the community.
Jean Moneyhon

704 New Horizons: Beyond the First Year of Breastfeeding
The benefits and joys of extended nursing. [BE]
Kelly Bonyata

705 Helping Mothers and Babies During Supplementation
Ways to help preserve the breastfeeding relationship when supplementation is necessary. [BE]
Tina Chambers

706 Critical Thinking for Parents: Creative Skills to Clarify your Ideas
Suggestions to deal more effectively with advice and information.
Jennie Thompson

707 Baby Talk: The Language of Babies
Reading newborn behavioral cues. Physical characteristics and behavior; normal and abnormal.
Suzann Corral

CA 7 Make a Hooty Owl

Registration Information

- ◆ Please fill out the registration form completely. You may include a self-addressed stamped envelope (SASE) with your registration form to receive confirmation. Full payment for all activities must accompany the registration. Please add all fees carefully. You will be notified if there is an incomplete or partial payment. Your registration will not be processed and topics will not be assigned until full payment is received.
- ◆ Walk-in registration and one-day attendance is possible. Topics will be assigned based on space availability and will be closed when seating capacity is reached.
- ◆ Registrations must be received by 9/21/2004 to be processed without late fees. Registrations received after the deadline will be handled as an incomplete payment.
- ◆ To register at the members' price you may pay your membership dues to your Group or enclose it with your registration fee. Please include your LLL Group's name.
- ◆ Refund policy: For a full refund less \$5 handling fee, requests must be received by 10/8/2004. Requests received after 10/8/2004 will be entitled to a 50% refund less \$5 handling fee. No refund requests will be accepted after 11/2/2004. Mail your request to the registrar with a SASE. Only registration fees are refundable; no refunds will be given on meals, pre-ordered merchandise or other fees. Refunds will be mailed approximately 30 days after the conference.

Accommodations

The Radisson Barceló
8444 International Drive
Orlando, Florida 32819
407-345-0505 or 888-390-9696

La Leche League of Florida rate: \$65 per night plus tax for single/double occupancy, or \$85 per night plus tax for a deluxe room with interior corridors.
To receive these rates, make reservations by September 17 and mention that you are with La Leche League.

Roll-aways and cribs are available for a nominal charge and must be reserved in advance.

What to bring with you

Casual wear is appropriate for our conferences. The weather should be warm, but the conference area is well air-conditioned. A sweater or cover is suggested for you and your baby. Bring: Baby carriers or backpacks • Diapers • Small quiet toys that your child won't mind sharing or losing • Small blankets for your baby to play on the floor • This registration brochure • Group and personal checkbook

What to leave at home

The hotel phone numbers: 888-390-9696 or 407-345-0505