

## About Our Speaker



Alyssa has been helping parents and babies with breastfeeding for the past 17 years and she has been accredited as an International Board Certified Lactation Consultant (IBCLC) since 2009. Her private practice, Sweet Pea Breastfeeding Support, provides individual lactation consultations either in person or by phone or videoconference for parents throughout the United States and beyond. Alyssa is also the co-host of the *Breastfeeding Outside the Box* podcast devoted to families breastfeeding in extraordinary situations.

Alyssa enjoys working with all parents and babies, but she has an extra special place in her heart for helping non-birthing parents to breastfeed their babies. She is the author of *Breastfeeding Without Birthing: A Breastfeeding Guide for Mothers Through Adoption, Surrogacy, and Other Special Circumstances* and is an international speaker on the topics of inducing lactation, relactation, and other related topics. Alyssa is the proud mother of three breastfed children, two by birth and one by adoption.

## Agenda

8:00 - 8:30	Breakfast and Registration
8:30 - 8:45	Opening Remarks
8:45 - 10:00	The Unique Needs of Parents Initiating Breastfeeding without Birthing
10:00 - 10:15	Break & Door Prize
10:15 - 12:00	An Individualized Approach to Inducing Lactation or Relactation
12:00 - 1:00	Lunch & Door Prize KLIC Business Meeting
1:00 - 2:45	ReLATCHtation: Transitioning from Bottlefeeding to Breastfeeding/Chestfeeding
2:45 - 3:00	Break & Door Prize Silent Auction Closes
3:00 - 4:00	Successfully Combining Breastfeeding with Work or School
4:00 - 4:30	Closing Remarks, Questions, Evaluations, & Door Prizes

## Continuing Education

RN's: 7.2 hours of continuing education for nurses have been requested. (KBN Provider #5-0033)

RD's: 6 hours for dietitians have been requested from CDR.

IBCLC's: 6 L-CERPs for lactation consultants have been requested from IBLCE.

\*KBN, IBLCE, or CDR approval of an individual continuing education provider or offering does not constitute endorsement of program. Participant must complete entire program for credit.

Laura Serke  
1705 Tyler Parkway  
Louisville, KY 40204



## Key Topics in Lactation

- **Induced Lactation**
- **Re-Lactation**
- **Alternative Feeding Methods & More**

**Featuring Alyssa Schnell,  
author of "Breastfeeding  
without Birthing"**

**Friday  
September 13th, 2019**

**UL Library Commons  
500 South Preston  
Louisville, KY**

## Program Objectives

The conference will be presented in lecture format with question and answer sessions. At the completion of the conference the learner should be able to achieve the objectives presented with each topic.

### The Unique Needs of Parents Initiating Breastfeeding without Birthing

- Describe the unique needs of birthing parents, adoptive parents, intended parents, foster parents, the partner of the birthing parent, trans female parents, cis-male parents, and adult nursing relationships
- Review vocabulary for adoption, surrogacy, LGBTQ+
- Discuss reasons for relactating, inducing lactation, alternative feeding, and nursing for comfort

### Individualized Approach to Induced Lactation

- Compare relactation and inducing lactation with lactation immediately following pregnancy/birth
- Review physiology of milk production
- Describe the three basic steps for inducing lactation
- Discuss generic protocols and how to choose steps to customize protocols
- Review tools and techniques for preparing the breasts/chest, making milk, and feeding baby

### ReLATCHtation: Transitioning from Bottle-feeding to Breastfeeding/Chestfeeding

- Describe circumstances when a parent may transition from bottle to breast/chest
- Identify challenges faced by parent and baby including institutionalized care, history of abuse/neglect, physical issues, and emotional issues.
- Describe successful breastfeeding/chestfeeding
- Apply knowledge by using the Building Blocks to Breastfeeding/Chestfeeding

### Successfully Combining Breastfeeding with Work or School

- Review reasons why a parent would continue to breastfeed after returning to work or school
- Identify strategies for breastfeeding parents as they plan to transition outside of the home including learning to use a handpump, hand expression, milk storage, and introducing a bottle.
- Discuss trouble shooting for common problems such as determining how much milk is needed, increasing milk supply, and comfort with pumping

## Lodging

**The Galt House Hotel**  
140 N Fourth Street  
Louisville, KY 40202

502-589-5200  
[galthouse.com/](http://galthouse.com/)

Rooms are available for \$174 per night for a double room.

**Bring cash, check, or card  
to shop our bookstore,  
silent auction and our vendors!**

## Cancellation and Refund Policy

Pre-registration is required. No refunds will be given for cancellations **after September 5**. In case of severe weather, KLIC reserves the right to cancel the presentation.

## Target Audience

Lactation Consultants, Physicians, Nurses, Dietitians, Doulas, Childbirth Educators, Certified Lactation Counselors, HANDS staff, Breastfeeding Peer Counselors, and LLL Leaders. Any healthcare professional working with moms and babies.

## Questions?

Email [registrar@klicbreastfeeding.org](mailto:registrar@klicbreastfeeding.org) or visit [klicbreastfeeding.org](http://klicbreastfeeding.org). You may also phone Bonnie Logsdon at (270) 202-9545.



**Contact us if you need assistance with childcare or other accommodations.**

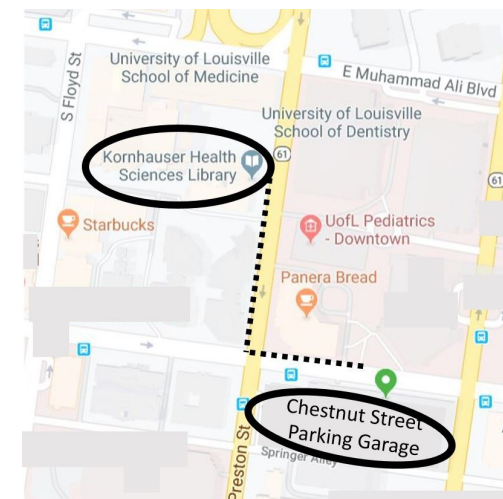
## Location

### UL Library Commons Auditorium

500 South Preston  
Louisville, KY 40202

### \*\*\*Parking\*\*\*

Will validate parking for UL Parking Garage located at: 418 E Chestnut Street



## Financial Assistance

KLIC is offering two scholarships for both a member and non-member currently working with breastfeeding dyads. You may *not* have received the scholarship in the past 3 years. All complete applications will be reviewed by the KLIC Executive Board, and the recipient will be notified by September 10th.

**Deadline to receive applications: September 5th.**

Further information and the application form for financial assistance can be found on the conference page of the KLIC website.

[klicbreastfeeding.org](http://klicbreastfeeding.org)

## Registration

Online at: [klicbreastfeeding.org](http://klicbreastfeeding.org)

**OR** by mail (see below)

**Space is limited,  
reserve your seat now!**

Name: \_\_\_\_\_

Credentials: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### PLEASE SELECT APPLICABLE FEES:

- \_\_\_ \$125 Non-KLIC Member
- \_\_\_ \$85 KLIC Member
- \_\_\_ \$50 Non-CEU Attendee

### Lite breakfast and Panera box lunch included, PLEASE SELECT ONE:

- \_\_\_ Chicken Salad Sandwich
- \_\_\_ Chicken Cobb Salad
- \_\_\_ Strawberry Poppy Salad

Dietary Restrictions: \_\_\_\_\_

**Make Check Payable To: KLIC**

**MAIL TO:** Laura Serke  
c/o KLIC  
1705 Tyler Parkway  
Louisville, KY 40204

**Please contact us if you need assistance with childcare or any other accommodations.**