



Most Requested Topics: 2016

Survey Results Show This Is What You Want to Know

Thursday, June 16, 2016

8:30 a.m. to 4:00 p.m.

at The Public Health
Training Center

1725 W.17th Street

Building 1729 E

Santa Ana, CA 92706

Registration Fees:

Early Bird \$80 (up to 06/10)

Regular: \$90 (06/11-06/16)

Hard Copy Handouts \$20/Packet

LUNCH IS ON YOUR OWN

Light refreshments provided throughout

Refunds will be made for non-attendance upon request

[Register online directly from our website:](http://www.ocbreastfeedingcoalition.org)

www.ocbreastfeedingcoalition.org

Application for CERPs has been submitted to the IBCLE

Approval pending by the California

**Board of Registered Nursing, Provider No. CEP 5694
for 5 contact hours. Provider: County of Orange**

Health Care Agency.

Featured Speakers and Topics

◆ **Melanie Silverman, MS, RD, IBCLC**

Chief Clinical Officer, Pacify

*Starting Solid Foods and Preventing Picky
Eating...What Every Lactation Professional Must
Know*

◆ **Laura Glynn, PhD**

Professor and Chair, Department of Psychology,
Chapman University

*Maternal and Child Health in the Perinatal Period:
The Influences of Lactation, Milk Hormones and
Post Partum Depression*

◆ **Reka Morvay, MA, IBCLC**

Lactation Consultant, BreastfeedLA, Inland
Empire Breastfeeding Coalition

Breastfeeding Research Round Up

This event has been brought to you by the generous
contributions of the following organizations:



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Featured Speakers and Preliminary Agenda

- 8:30 to 8:45 Registration and Light Breakfast
- 8:45 to 9:00 Welcome Message
- 9:00 to 10:00 Starting Solid Foods and Preventing Picky Eating...What Every Lactation Professional Must Know
- Melanie Silverman, MS, RD, IBCLC**
- 10:15 to 12:15 Maternal and Child Health in the Perinatal Period: The Influences of Lactation, Milk Hormones and Post Partum Depression
- Laura Glynn, PhD**
- 12:15-1:30 Lunch
- 1:30-1:45 Announcements
- 1:45 to 3:45 Breastfeeding Research Round Up
- Reka Morvay, MA IBCLC**
- 3:45-4:00** Evaluations and Continuing Education certificates and CERP information

This program is intended for Health Care Providers including MDs, RNs, IBCLCs and other interested community members.

Educational Objectives

By the end of this event, participants will:

- Be able to provide 2 guidelines to parents/caregivers on when, what, and how to introduce solid foods to infants
- Explain the division of responsibility in feeding as it relates to parents/caregivers and children
- Outline 3 techniques on how parents/caregivers can significantly reduce the chance that children become picky eaters
- Describe 2 current best practice recommendations from relevant professional associations such as ABM, AAP, ACOG
- Describe 2 differences among levels of evidence
- Identify 3 sources of information that synthesize the highest available level of evidence concerning breastfeeding research
- List 3 new research initiatives in Southern California
- Name 2 effects of milk hormones on the maternal brain
- List 2 effects of maternal anxiety on the fetus and newborn
- Identify 3 ways the newborn influences the mother-child bonding relationship

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