

Hotel Amenities

All conference attendees will have access to the heated indoor pool, health and fitness center, and free wireless internet throughout the hotel.

Special Hotel Rates

The All-Inclusive Weekend Package includes two nights in the Crowne Plaza Monroe. Additional rooms can also be reserved on the registration form. We have negotiated a special rate that includes breakfast for up to four persons per room. LLL of the Garden State receives credit for rooms only when you reserve through conference registration. This credit reduces the facility fees we must pay the hotel and helps us to keep conference costs low for all participants. Thank you for making your hotel arrangements through LLL of the Garden State.

Directions

The Crowne Plaza Monroe is centrally located off exit 8A on the New Jersey Turnpike. Detailed directions are available on the hotel website, www.crowneplaza.com/monroenj.

Meals

Saturday Luncheon: \$35 adult; \$16 child 4-10

Sliced Fresh Fruit, Eggplant Layered with Spinach and Roasted Peppers, Chicken with Pineapple Salsa, Salmon with Honey Mustard Sauce, Grilled Vegetable Platter, Field Green Salad with Balsamic Vinaigrette and Ranch Dressing options, Hummus Platter with Flat Breads, Cookies and Brownies.

Saturday Italian Dinner: \$40 adult; \$20 child 4-10

Peppercorn Caesar Salad, Penne Primavera, Chicken Piccata, Tilapia in White Wine Sauce, Large Stuffed Portabella Mushrooms, Plum Tomatoes and Mozzarella Salad, Red Beans and Rice, String Beans Almondine, Rolls and Butter, Cakes, Pies, and Fruit Tart.

Sunday Soup and Salad Luncheon: \$35 adult; \$16 child 4-10

Sliced Meats (Turkey, Ham, Roast Beef) and Cheeses, Roasted Vegetables, Guacamole Spread, Lettuce, Tomatoes, Pickles, Onions, Quinoa salad, Cold Gazpacho with Toppings on the side, Tossed Garden Salad with Assorted Dressings, Tuna Salad, Egg Salad, Breads, Rolls, and Wraps, Cookies and Brownies.

All meals are served buffet style and include regular and decaffeinated coffee, assorted teas, iced tea, and water. Meal packages available - \$105 adult, \$50 child.

La Leche League of the Garden State



Mother Nature's
FINEST

**Annual Breastfeeding
and Parenting Conference**
Friday, Saturday, Sunday
April 11-13, 2014

Crowne Plaza Monroe
390 Forsgate Drive, Jamesburg, New Jersey 08831
New Jersey Turnpike Exit 8A

Featuring
Henci Goer

Author of
The Thinking Woman's Guide to a Better Birth

www.LLLGardenState.org
GSANConference@gmail.com



LLL of the Garden State
One Birch Ridge Drive
Great Meadows, NJ 07838



LLL USA Mission Statement

The mission of La Leche League USA is to help mothers 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.

Non-Profit Statement

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

Friday, April 11, 2014

2:30-9:00 PM Registration Open
3:00-5:30 PM Communication Skills
5:30-7:00 PM Dinner on your own
7:00-8:15 PM General session
7:00-9:00 PM Mom's Pampering Party,
Activities for Dads & Kids

Saturday, April 12, 2014

8:00 AM Registration opens
8:00 AM-6:00 PM Visit the Exhibit Hall
8:15-8:45 AM Family Activity
9:00-10:15 AM Session 1
10:30-11:45 AM Session 2
12:00-1:30 PM Lunch Buffet
1:00-1:30 PM Family Activity
1:30-2:15 PM Potpourri Sessions
2:30-3:45 PM Session 3
4:00-5:15 PM Session 4
6:00 8:00 PM Dinner Buffet
7:00-7:45 PM Family Sing Along
8:00 9:15 PM General Session
9:30-11:00 PM Saturday Night Chat

Sunday, April 13, 2014

8:00-11:45 AM Registration open
8:00 AM-1:00 PM Visit the Exhibit Hall
9:00-10:15 AM Session 5
9:15-10:15 AM Family Activity
10:30-11:45 AM Session 6
12:00-1:00 PM Lunch Buffet
1:00-1:30 PM Leader Recognition
1:30-1:45 PM Slide Show
2:00-4:00 PM Leader Workshop
2:00-4:00 PM Activities for Dads & Kids

An Invitation

Please join us for a fabulous weekend celebrating breastfeeding, one of mother's *finest* gifts to her babies. We hope that you will be educated and inspired, and that you will find the conference a special time to bond with family and friends.

Mother Nature's Finest has some great new features while improving on all your favorite conference elements.

We have carefully planned conference sessions with topics for couples, breastfeeding helpers, professionals and, most importantly, *mothers*.

Friday begins with a Communication Skills Workshop in the afternoon. Mom's Pampering Party will treat *mothers* and their nursing babes to some of life's *finest* fun. *Naturally*, we have planned activities for dads and kids throughout the weekend, beginning with Friday evening fun.

Saturday and Sunday are packed with the *finest* sessions, a lively exhibit hall, and a Children's Activity Room staffed by KinderCare of West Windsor.

Sunday starts with exciting morning sessions and continues with Leader recognitions and a slide show of our weekend together after lunch. Then we've planned a special social and learning afternoon just for Leaders and Leader Applicants.

We're looking forward to seeing you at this very special weekend in Jamesburg, New Jersey. Plan to bring your family or room with friends!

Warmly,

The Garden State Events Department
Conference Workgroup

Exhibit Hall

Garden State Gift Shop (*Saturday & Sunday*) Pick up your pre-ordered items with the *Mother Nature's Finest* logo. Limited quantities of clothing items, grocery totes, and mugs may be available for sale at the conference. Visit www.LLLGardenState.org to see all items with the conference logo. Questions? Contact **Judith** at 856-803-7042 or judithmom24@yahoo.com.

Exhibitors (*Saturday and Sunday*) Find a wide variety of items for sale in just one place. Browse children's books and toys, doula services, clothing, jewelry, baby carriers, nursing fashions, and more. For information about exhibiting, contact **Colleen** at 609-324-0501 or cmbwhite@gmail.com.

Silent Auction (*Saturday only*) Place bids on items donated by businesses, exhibitors, LLL Groups, and individuals from throughout the Garden State. To contribute to the Silent Auction, contact **Georgette** at 201-857-2689 or georgetteosting@gmail.com.

Tricky Tray Theme Baskets (*Saturday only*) Take a chance at winning beautiful baskets donated by Garden State LLL Groups. Receive ten tickets for each \$5 donation. Winners are drawn at the end of the day on Saturday. To enter a basket, contact **Anmarie** at 267-566-5424 or a_vollberg@hotmail.com.

For information about placing **advertisements** in the Conference Program Booklet, contact **Colleen** at 609-324-0501 or cmbwhite@gmail.com. The deadline for ad copy is March 29.

Activities for Children and Families

To assure the security of your children, please supervise them at all times. Caregivers must be of an appropriate age, bearing in mind the public atmosphere at our conference facility.

Strollers are not permitted except for multiples or a parent or child with a disability. A stroller permit can be requested by writing to GSANregistrar@gmail.com.

Family Activities are planned throughout the weekend, including the Friday evening social, Saturday evening musical program, and activities in the Exhibit Hall.

Children's Activity Room (*Saturday*) will be staffed by KinderCare of West Windsor from 8 AM to Noon and 1:30 to 5:30 PM with scheduled activities throughout the day. One child \$15; family maximum \$30; each child will receive a free T-shirt with the conference logo. Children under two must be accompanied by a caregiver who is 12 or older. A parent or caregiver must sign each child in to each session and be available via cell phone during sessions.

Sunday Activities for Dads and Kids will take place in the Exhibit Hall from 9 AM to noon and 2 to 4 PM at no charge. Children five and under must be accompanied by a caregiver who is 12 or older.

Rock and Change A room near the conference sessions will be designated for diaper changes and tending to your child's needs in a quiet area where babies can also nurse and nap. Attentive caregivers must be 12 or older.

CERP Faculty

Carmen Baker-Clark, BA, IBCLC, RLC
Alicia Dermer, MD, FABM, IBCLC
Alla Gordina, MD, IBCLC, FAAP
Zee Ifan, MPA, IBCLC
Nikki Lee, BSN, MS, IBCLC, CIMI, ANLC
Beth Myler, BS, BSN, RN, IBCLC
Rose St. Fleur, MD, FAAP, IBCLC

Additional Guests

Linda Anderson, LLLI Board of Directors
Sarah Appleby-Wineberg, MSN, CNM
Stacey Bentz, retired LLL Leader
Jeff Dey, LLL Father
Maura Dey, RN, Mediator, retired LLL Leader
Kathy Morelli, LPC
Gina Riley, PhD, retired LLL Leader
Jill Wodnick, MA, LCCE, CLC

Featured Guest

Henci Goer, an award-winning medical writer and internationally known speaker, will be our special guest for the conference weekend. Henci is an acknowledged expert on evidence-based maternity care, and has written several books including *Obstetric Myths Versus Research Realities*, *Optimal Care in Pregnancy and Childbirth: The Case for a Physiologic Approach*, and *The Thinking Woman's Guide to a Better Birth*. Her topics at our conference will include "Obtaining Optimal Care: Ten Questions to Ask" and "Rx for an Ailing Maternity Care System."

Find us on Facebook at
<http://tinyurl.com/GSAN2014>

Twitter: @LLLGardenState

www.LLLGardenState.org

La Leche League is not necessarily in agreement with or responsible for the statements made by speakers at this conference. Unforeseen circumstances may require the replacement of a speaker or the cancellation of a topic. We apologize in advance for any inconvenience this may cause.

Registration Information

All conference participants must register including speakers, exhibitors, mothers, fathers, caregivers, and children.

New this year: the registrar will review your registration request and send you an invoice via email when all details are confirmed. Registration forms can be submitted via email or postal mail. Payment can be made by check or debit or credit card.

Questions can be addressed to GSANregistrar@gmail.com or call **Diane** at 908-637-9994.

Scholarships for the conference are available to Garden State Area Network Leaders with financial need. To apply, please contact an Area Representative by March 15.

Discounts: if registration is postmarked or submitted via email on or before March 8, LLL Leaders and members will receive a \$10 discount; LLL Garden State Leaders will receive an additional \$5 discount. A **late fee** of \$15 will be assessed on registrations postmarked or submitted via email after March 22. No pre-registrations will be accepted after March 29. A fee of \$20 will be added to **on-site registrations**. Meals and hotel rooms may not be available for onsite purchase and topic selections may be limited.

Checks returned for insufficient funds will require full payment plus a \$25 processing fee by cash or certified check to complete registration. A request for a **refund** must be received by April 5; a processing fee of \$25 will be deducted. Contributions will not be refunded. Send refund requests to the Conference Treasurer at canapole@comcast.net or 15 Two Penny Run West, Pilesgrove, NJ 08098. Refunds will be processed after the conference.

Conference Fees

Sessions & Meals Weekend Package

Friday, Saturday, Sunday - \$150 *Save \$45*. Includes all conference events (General Sessions, choice of topics for sessions 1-6, Family Activities), meal tickets for primary registrant (lunch and dinner on Saturday, and lunch on Sunday).

All-Inclusive Weekend Package

Friday, Saturday, Sunday - \$360 *Save \$75*. Includes everything in the Sessions & Meals Package plus two nights in the hotel and up to four breakfast tickets each morning.

Additional Meals Packages

Saturday lunch and dinner and Sunday lunch
Adult - \$105; Child - \$50

Additional Hotel Rooms

Each night with up to 4 breakfasts - \$120

Registration Fees

Father/Children/Caregiver - free

Friday evening session - \$15

Friday Evening Social - free for all registrants

Saturday sessions - \$50

Sunday sessions - \$25

Sunday sessions and lunch - \$45

Leader Workshop - free for Leaders & Applicants

Meals See back cover for details

Continuing Education

CERPs - \$10 per session

CEUs - free for Garden State Leaders & Applicants

Leaders & Applicants from other Area Networks

can purchase all CEUs for \$10

Basic Attendance Certificate - \$20

Donations

Children of La Leche League - \$1 each

Tributes - \$5 each, limit 30 words

Other Donations of any amount will be acknowledged in the Program Booklet.

Tickets for Tricky Tray theme baskets may be preordered; ten tickets per \$5 donation.

Conference Volunteers

All conference attendees are invited to **volunteer** during the conference weekend. Volunteers receive either ten Tricky Tray tickets or a coupon to use at the Garden State Gift Shop.

Teens are eligible to accrue volunteer hours required for graduation from NJ public schools. Leaders volunteering to be a **monitor** in sessions for which they are registered are usually assured their first choice of topics.

Garden State Leader Speakers

Robbi Albert-Jones

Gertrude Arora

Carmen Baker-Clark

Barbara Cincilla

Lourdes Cruz

Sandy Doyle

Lindy Fisher

Ronnie Ann LaSpina

Michelle Marlow

Beth Myler

Milli Schaeffer

Michelle Wiecek

Friday, April 11

Communications Skills Enrichment

Stacey Bentz, Barbara

Cincilla Learn about attending behavior, reading body language, identifying feelings and reasons for feelings, and understanding various styles of responses. This workshop is free for Leaders and Leader Applicants. All other conference participants are welcome to attend for a \$10 fee. CEU

Mother Nature's Finest Evening Session

Alicia Dermer

Explore the latest research findings on the nutritional and immunologic composition of human milk, as well as the factors influencing its variability among women and throughout lactation. CERP/CEU

Evening Activities for the Whole Family

Moms and nurlslings can enjoy being pampered and styled by a team of make-up artists and hairdressers. A photographer will be on hand to capture the finished look. Simultaneous activities for dads and kids will include story time and musical play.

Saturday, April 12

101 Art History of Breastfeeding

Beth Myler

Back by popular demand! A visual history of breastfeeding from ancient artifacts to modern digital photographs. Inspiring images that span the globe and its many different cultures.

103 The B's of PPD

Robbi Albert-Jones, Sarah Appleby-Wineberg

Recognize what feelings are natural in the months after birth and when a mom needs to receive some help to feel better. Discover coping strategies for postpartum depression. CEU

104 Every Tongue Has a Story

Carmen Baker-Clark

Consider implications of tongue and lip tie for breastfeeding and beyond. Develop tongue tie assessment skills and understand treatment options and complementary post-release therapies. Discuss the role of the IBCLC in the development of resources within one's own community. CERP/CEU

201 Mindfully Managing the Emotions of Parenting

Kathy Morelli

A discussion about the stress "triggers" that many parents experience. Explore techniques that may help you manage frustration and sadness.

202 Sibling Harmony

RonnieAnn LaSpina, Michelle Marlow

From bringing a new sibling home through the pre-teen years, an in depth discussion about helping siblings to generate solutions to solve their differences successfully. Working towards creating sibling relationships filled with appreciation, value, and peace together for a lifetime.

203 From Neurons to Neighborhoods

Jill Wodnick

Examine the role of breastfeeding initiation and duration in supporting healthier communities. Discuss the use of research in interpersonal neurobiology and the science of early childhood experiences as ways to reduce disparities in breastfeeding as a critical public health issue. CEU

204 Complementary and Alternative Medicine (CAM) in Breastfeeding Therapy

Nikki Lee

Explore the history of the schism between conventional medicine and CAM, the importance of energy in healing, and the evidence supporting CAM. Case histories illustrate ways to help the breastfeeding dyad using aromatherapy, homeopathy, massage (infant and maternal), and craniosacral therapy (CST). CERP/CEU

Saturday, April 12

Potpourri Sessions *Drop in to one or more of these mini sessions*

Cloth Diapering *See what is new in cloth diapering and share tips with other parents.*

Fathers' Lounge *Meet other LLL dads and chat about whatever comes up.*

Baby Wearing *A chance to experiment with a variety of baby carriers.*

Yoga with Jane Silane *An introduction to the benefits of yoga for the whole family.*

301 Obtaining Optimal Care: Ten Questions to Ask

Henci Goer

Examine the latest research in optimal care in childbirth, refute common beliefs about practices and policies that are not supported by the research evidence, and determine whether a prospective doctor or midwife provides optimal care. CEU

302 Natural Sleep

Lindy Fisher

Understand normal sleep in infants and why mothers who breastfeed their babies get more rest than mothers who formula feed. Strategies to help the whole family optimize their sleep naturally during baby's first year.

303 L.E.A.N. Essentials

Milli Schaeffer

This fun, interactive workshop directed towards parents of 3-12 year olds covers key nutrition and exercise topics. A Health Coach certified by the Dr. Sears Wellness Institute will introduce Lifestyle, Exercise, Attitude, and Nutrition (L.E.A.N.) - how we live, move, think, and eat.

304 Assessment of the Breastfeeding Dyad

Beth Myler

Examine methods to diagnose the nursing mother and child using detailed history, physical examination, feeding observations, and diagnostic tests. Review ways to assess milk production, intake, and breastfeeding capability. CERP/CEU

401 Connected Couples

Maura and Jeff Dey

Blending a parenting philosophy and couple communication to create a strong family bond. Continuing a solid couple connection through the challenges and phases of life.

402 Communicating with Children

Barbara Cincilla

Ways to converse through the ages and stages of childhood that promote openness while conveying mutual respect.

403 Staying Attached

Lourdes Cruz, Michelle Wiecek

Explore ways that the breastfeeding mother and her child can stay connected when the nursing couple is separated, whether regularly or occasionally. Experienced nursing mothers will share hints to preserve both breastfeeding and a strong attachment. CEU

404 Racial and Cultural Disparities

Zee Ifan

Discuss strategies for addressing breastfeeding needs among African American and Latina populations. Gain knowledge of ways to provide culturally-appropriate assistance and increase peer support. CERP/CEU

Family Sing Along

Enjoy family time after dinner with a sing along led by Lynne Rubin of Music Together.

Rx for an Ailing Maternity System Evening Session

Henci Goer

A provocative look at the problems of today's maternity care system and its medical-model management. In an interactive format, consider strategies for implementing improvements in the birth experience. CERP/CEU

Sunday, April 13

502 Ask Henci

Henci Goer

This question and answer forum will provide you with guidance based on the latest research and evidence-based information available to help you make informed decisions. Your questions are addressed by an expert on maternity care practices in the US.

503 Love and Guidance

Barbara Cincilla

The principles of loving guidance can be applied to children of all ages. Explore discipline options that are neither permissive nor authoritarian. CEU

504 Adaptive Nursing

Alla Gordina

Discuss adoptive breastfeeding and the concept of Adaptive Nursing™ as a continuum of attachment and development-promoting interventions ranging from holding and skin-to-skin contact to the pinnacle of partial or exclusive breastfeeding. Special emphasis will be made on emotional, social, and ethnic aspects of adoptive nursing. CERP/CEU

602 Love, Play, and the Brain

Gina Riley

Discover how intrinsic motivation, learning, and neuropsychology intersect. In doing what they love, children can and do learn more deeply than when extrinsically reinforced. Discuss ways to nurture your child's intrinsic motivation effectively.

603 Natural Weaning

Gertrude Arora, Sandy Doyle

Explore natural weaning from "how to" to "do I have to." Accepting and managing various feelings about weaning. Ways to respond to changes occurring in the mother's body and adjust to the child's needs. CEU

604 How One Hospital Transformed Evidence into Practice

Rose St. Fleur

Discuss what the Baby-Friendly Hospital Initiative is, the medical literature that supports it, and how it can be implemented in hospitals and birthing centers. A detailed account of the experiences of one hospital, Jersey Shore University Medical Center, and its journey toward becoming Baby-Friendly. CERP/CEU

Leader Recognition Ceremony and Weekend Slide Show

All are invited to attend the Leader Recognition Ceremony after lunch. We will welcome our newest Leaders and honor those who are celebrating a milestone in 2014. After the ceremony, we'll share a slide show of our weekend together.

Workshop for Leaders and Leader Applicants

Leaders and Leader Applicants will socialize in our interactive speed learning workshop. Learn what you need to know to become the *finest* Leader! The LLL Garden State Council is planning this educational and fun event. Bring your questions and ideas to share while you network with other Leaders in a casual and enriching atmosphere.

Activities for Fathers and Children

Dads and kids can enjoy the hotel pool or take part in activities and amusements in the Exhibit Hall during the workshop.

Continuing Education Topics

Application for Continuing Education Recognition Points has been submitted to the International Board of Lactation Consultant Examiners. Topics applied for are designated "CERP."

Continuing Education Units for LLL Leaders and Leader Applicants will be available from LLL Garden State. CEUs allow Leaders to document their breastfeeding and Leader education. Qualifying topics are designated "CEU."

Family-friendly LLL conferences provide a unique opportunity for professionals to interact with breastfeeding families. The highly technical nature of CERP topics requires both participant and speaker concentration. While quiet children are welcome, we ask mothers to promptly address any situation that may be distracting to others in the session. Professionals should be aware that the CERP experience here may differ significantly from purely professional conferences.