Conference Description:
This two day workshop describes current research and evidence based strategies to support relationships, neurobehavioral organization, and the biomechanical and sensory processing aspects of breast feeding. The presentation includes in depth review of current literature on gastroesophageal reflux, torticollis and tongue tie as they influence the mother-infant dyad and successful infant feeding. Methods to evaluate and support oral motor skills and swallowing from both the lactation consultant and feeding therapist perspective will be presented.

Course Objectives:
- Identify tongue movements and breastfeeding management that impact milk production and infant intake.
- Describe anterior and mid-tongue movement and identify differences between tongue movements in tongue tied infants before frenotomy and those of normal infants.
- Describe how sensory integration affects attention, arousal, affect, and adaptive behavior and how senses are used during breastfeeding.
- Describe positioning modifications that improve infant hand use to facilitate latch and identify strategies infants use to find, move, and shape the breast.
- Describe the importance of symmetry, balance, alignment and supportive techniques in biomechanics.
- Identify components of parental education for uncomplicated infant reflux. Identify feeding, anatomical and/or regulatory difficulties that exacerbate reflux.
- Detail effects of tongue-tie on the mother and infant during breastfeeding and identify strategies to help tongue-tied infants breastfeed more effectively.
- Detail ways torticollis impacts breastfeeding and design positioning and feeding modifications for infants with torticollis.

About the speaker:
Catherine Watson Genna BS, IBCLC is an International Board Certified Lactation Consultant in private practice in New York City. Certified in 1992, Catherine is particularly interested in helping moms and babies breastfeed when they have medical challenges. She speaks to healthcare professionals around the world on assisting breastfeeding babies with anatomical, genetic or neurological problems. Her presentations and her writing feature her clinical photographs, which have also been published widely. Her team has just wrapped up a research project using ultrasound to examine tongue movements of babies with tongue-tie before and after frenotomy (office treatment) and is preparing to publish. Her current project looks at coordination of swallowing and breathing in babies with posterior tongue-tie. She is the author of Selecting and Using Breastfeeding Tools: Improving Care and Outcomes (Hale 2009) and Supporting Sucking Skills in Breastfeeding Infants (Jones and Bartlett Publishers 2008, 2nd edition Jones and Bartlett Publishers 2013) as well as professional journal articles. Catherine is still an active La Leche League Leader and runs a monthly toddler meeting in Queens as well as an online group. Catherine currently serves as Associate Editor for the United States Lactation Consultant Association Journal Clinical Lactation.

Speaker disclosure:
Financial: Catherine Watson is the author of two books (listed above) for which she receives royalty payments. Nonfinancial: No relevant nonfinancial relationship exists.

This workshop is sponsored in part by Nourish
“Evidence Based Breastfeeding Support: Tongue-tie, Torticollis and Reflux”

Day One:
8:30  Evidence Based Lactation Support
10:15 Break
10:30 Research Update: Ultrasound Visualization of Tongue Movements in Tongue-tied Infants Before and After Frenotomy
12:00 Lunch (On your own)
1:30 Introduction to Sensory Integration and Breastfeeding
3:00 Break
3:15 Infant Hand Use during Latch
4:30 End of Session/Sign-Out

Day Two:
8:30  Supportive Techniques for Biomechanical Breastfeeding Problems
10:00 Break
10:15 Reflux, GERD and Breastfeeding
11:45 Lunch (On your own)
1:15 Helping tongue-tied Babies to Breastfeed
2:45 Break
3:00 Torticollis and Breastfeeding
4:30 End of Session/Sign-Out

Workshop Details:
Audience includes, but not limited to: Lactation consultants, feeding specialists, physicians, nurses, and others interested in early infant feeding. COST: $220.00 when registration and payment is received prior to August 1st, 2015. Fee increases to $260.00 thereafter. Group discounts available, call for information. To cancel your registration, please notify us 7 days prior to workshop start date. A refund minus $35 administrative fee will be given. No-shows or cancellations received less than 7 days prior to the course are ineligible for refund.

Registration available online at www.mealtimeconnections.com.
Mail-in Registration: CW Genna Workshop, September 18th and 19th, 2015, Tucson, AZ

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Phone(s) _____________________________________________________________________
Profession _____________________________________________________________________
Agency ________________________________________________________________________

May we contact you with announcements of future workshops? ___yes ___ no

Please enclose check for $220, [or $260 after August 1st, 2015]
payable to Mealtime Connections, LLC. Credit cards accepted with online registrations.

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