

2008



**La Leche League
of Michigan
Breastfeeding
and Parenting
Conference**

Breastfeeding



Prince Conference Center
Grand Rapids, Michigan
April 4–5, 2008

Registration Booklet

Please accept our invitation to the 40th annual La Leche League of Michigan Breastfeeding and Parenting Conference — **Breastfeeding: Changing the World One Baby at a Time**. Come and share the power of families joining together to celebrate breastfeeding and parenting. Each family that chooses to parent through breastfeeding is making a positive change that will be felt by their child(ren) and by society. Our speakers are knowledgeable and excited to share information about lactation, healthcare, parenting, childbirth, communication skills, and child development. We hope the conference will be fun for people of all ages with all of our family-friendly activities and our lively children's activity room — a place for fathers or caregivers and children throughout the day. Please join us at the serene Prince Conference Center in Grand Rapids as we endeavor to change the world — one family at a time!

— 2008 Conference Committee

Conference Schedule

Friday, April 4, 2008 LEADER DAY

9:00 a.m.–12:00 p.m.	Communication Skills Enrichment 1
11:00 a.m.–12:30 p.m.	Registration/Information Desk Open
12:30–1:30 p.m.	Keynote Luncheon: Leading Another 45 Years of LLLM!
1:45–4:30 p.m.	Communication Skills Enrichment 2
1:45–3:00 p.m.	Session A (choice of topics)
3:15–4:30 p.m.	Session B (choice of topics)
4:45–5:30 p.m.	Leader Day Closing Session: Strategic Plan Update
6:30–7:30 p.m.	Leader Applicant Working Session
7:30 p.m.	Games from Around the World
8:00 p.m.	Celebration Tea

Saturday, April 5, 2007 PARENTING CONFERENCE

8:00 a.m.–3:00 p.m.	Registration/Information Desk Open
8:00 a.m.–5:30 p.m.	LLL Marketplace and Exhibits Open
8:30 a.m.–4:00 p.m.	Imagination Station Open
8:30–9:15 a.m.	Opening Session: Changing the World One Baby at a Time
9:30–10:45 a.m.	Session I (choice of topics)
11:00 a.m.–12:15 p.m.	Session II (choice of topics)
12:30–1:30 p.m.	Lunch
1:45–4:45 p.m.	Communication Skills Enrichment 3
2:00–3:15 p.m.	Session III (choice of topics)
3:25 p.m.	<i>Silent Auction and Theme Basket Area CLOSSES</i>
3:30–4:45 p.m.	Session IV (choice of topics)
5:00 p.m.	Celebrating 45 Years of LLL of Michigan
	<i>Why What We Do Matters!</i>
	<i>New Leader Ceremony and Leader Recognition</i>
	<i>Theme Basket Drawings</i>
	<i>Silent Auction Pick Up</i>
6:15 p.m.	



General Information

LLL Membership

Membership is \$40 a year and includes a subscription to *NEW BEGINNINGS*. Membership in LLL ensures it will be here for another 50 years! Join now and register for the conference with a special discount of \$10.

The mission of La Leche League International is to help mothers worldwide 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.

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

Children at the Conference

Babies and children interacting with their parents are an LLL conference's most distinctive and heartwarming sight. Families are responsible for considering and meeting their children's needs. If during a session your child becomes disruptive or needs comforting, everyone appreciates your reason for leaving the room and returning when your child is ready. Caregivers must be at least 12 years old and have your complete schedule.

Strollers

Due to fire and insurance regulations, strollers are not permitted in the conference area. Exceptions are made for an individual bringing multiples or if she or her child is physically challenged. To request a stroller permit, contact Suzanne Weeldreyer at 269-789-1537 or sweeldreyer@att.net. Protect your little one's safety in your arms or in a baby carrier or backpack.

Imagination Station— Children's Activity Room

All children are welcome to enjoy playing, exploring, creating, and having fun in the Imagination Station! There are crafts, toys, games, and lots more. This room is open to registered guests at all times throughout the conference. If you wish to enter at any time, you must register each child at \$3 per child for the weekend. All children should be accompanied by a parent or caregiver at all times while in the activity room. If your child is only accompanying you to the adult sessions, no fee is required. The Imagination Station is tailored to children ages 2–10.

Credit Cards

We accept Visa, MasterCard, Discover, and American Express cards for your registration and shopping at the conference. You must have valid ID to make a credit card purchase.

SMOKING AND ALCOHOL ARE NOT PERMITTED INSIDE PRINCE CONFERENCE CENTER AND ALL LLL CONFERENCE AREAS. PRINCE CONFERENCE CENTER IS A HANDICAPPED ACCESSIBLE FACILITY.

Help Wanted

We are looking for parent and teen volunteers to help with the Silent Auction and at the Information/ Registration desk. Volunteers will be scheduled for one or two sessions and will be entitled to \$5 in Theme Basket tickets. To volunteer, please fill in the appropriate spaces on the registration form.



Scholarships

La Leche League of Michigan is pleased to offer scholarships for registration to assist Leaders, Leader Applicants, and members with financial need. All recipients are required to volunteer during one session. Leaders may be asked to write an article for the next issue of *Great Lakes Grapevine*. To apply, please contact Suzanne Weeldreyer, Area Conference Supervisor, at sweeldreyer@att.net or 269-789-1537 for a scholarship form. Submissions should be received no later than February 5, and notification will be made prior to the conference registration deadline. Applicants who have not received a scholarship in the last two years will receive a higher priority for this year. *Scholarships cover the cost of registration only and do not include meals, lodging, or other incidentals.*

Group Discount

Send five or more registrations in the same envelope and receive \$5 off each! Gather forms from your friends, co-Leaders, and Group members and save a few dollars.

Spouses and Caregivers

A perk for the spouse or caregiver of a paid attendee of the Area Conference is the ability to attend sessions for FREE! Spouses and caregivers may purchase meals by filling out the appropriate sections on the registration form.

Guest Speakers

La Leche League International Guests

Mary Ann Cahill

Founder

Edwina Froehlich

Founder

Melissa Fairweather

LLL Eastern United States Regional Administrator

Janet Jendron

LLL Leader, South Carolina



LLL Marketplace

Bookstore

Come browse the bookstore section of the LLL Marketplace to find books by your favorite authors about parenting and breastfeeding. Payment for books can be made using checks or cash; credit cards are welcome with valid ID.

La Leche League of Michigan Sales Table

Take the time to visit the La Leche League of Michigan table where you will find LLL memorabilia including logo stickers. Children's books are available for purchase.

Silent Auction and Theme Baskets

There will be a fabulous Silent Auction and Theme Basket area. The Silent Auction will feature a collection of donated items that will tempt and delight you! Bid on a variety of products and services useful to parents and children. Also, enter the drawings for Theme Baskets for everyone in the family. Tickets are ten for \$5 or one for \$1. Additional items are always needed for the Silent Auction and Groups are encouraged to donate a Theme Basket. Silent Auction payments can be made with cash, check, or credit card. Please contact Jennifer Kelly at kelfam1@comcast.net or 313-821-9196 for Silent Auction donations. Contact Amity Pothoff at gregory.d.pothoff@netzero.net or 269-751-8727 for Theme Basket donations.

LLL Group Boutique

Handcrafted items, unique offerings, and children's gifts are a few of the many finds prepared by Michigan Area La Leche League Groups. LLL Groups interested in participating may send a check payable to LLL of Michigan for \$6 for a half table, the Group name and a contact person's name, address, and phone number. Please include a self-addressed, stamped envelope and a description of the items you intend to stock. LLL of Michigan reserves the right to refuse inappropriate items or those that compete with other vendors. Mail all information no later than March 19, 2008, to Lynn Huber, 1115 Longfellow Ave., Royal Oak, MI 48067.

Exhibitors

Be sure to visit our exhibits offering helpful products and services to families. Previous exhibits have included children's toys and clothes, nursing fashions, breast pumps, and educational materials.

T-shirts and Tote Bags

T-shirts and tote bags are available for purchase. All feature the butterfly logo from the front of this booklet.

- 100% cotton unisex t-shirts in pale yellow with butterfly logo in purple, \$10/adult (S, M, L, XL, XXL) and \$8/child (2-4, 6-8, 10-12).
- Cotton canvas tote bag in natural with contrasting pale yellow handles and bottom, inside zip pocket and key fob, butterfly logo in purple, \$15 each (11x17 inches).

Place your order on the registration form by February 15 for pickup at the Registration/Information Desk.



Friday Highlights

Leader Applicant Working Session

Join members of the Leader Accreditation Department for a working session. Bring your Breastfeeding Resource Guide and your questions. Meet your Area Coordinator of Leader Accreditation in person!

Celebration Tea

Mingle with the Founders, have books autographed, and chat with Area administrators and

guest speakers. Celebrate the 45th anniversary of La Leche League of Michigan with friends of LLL!

Games From Around the World

Roam the world and play games that other families around the world enjoy. Try origami, piñata, Chinese checkers, and lots more! Play as much as you like and take part in other activities throughout the evening. Cost per family is \$3. Indicate number participating on the registration form.

Leader Day Sessions, April 4

Leaders and Leader Applicants only.

Communication Skills, 9:00 a.m.–12:00 p.m.

CSE 1 LISTENING FROM YOUR HEART

Attending behavior, reading body language, identifying feelings and reasons for feelings, and understanding various styles of responses. *3 hours.*

Communication Skills, 1:45–4:30 p.m.

CSE 2 OFFERING INFORMATION FOR CHANGE

PREREQUISITE: CSE 1. Summary statements, rating responses, asking and answering questions, and imparting information. *3 hours.*

Session A, 1:45–3:00 p.m.

A1 FINDING FUNDING

Sue Stuever Battel

Groups need money to exist, but how do you go about getting that money? Basics of grant writing and ideas for fundraising.

A2 DIFFICULT HELPING SITUATIONS

Anne Cook and Linda Wieser

When a situation goes beyond our expertise, we can help and empower a woman to work with her healthcare provider. Suggestions and strategies to help a mother dialogue with her healthcare provider.

A3 MIXING CAUSES

Melissa Fairweather

How does one successfully separate outside work and interests from work as a LLL Leader? Case studies to help a Leader understand LLL's policy about mixing causes.

A4 RISK FACTORS FOR DISCONTINUATION OF BREASTFEEDING: HOW TO KEEP IT GOING

Mary Kay Smith

Assessment of situations that may reduce breastfeeding success. Birth intervention effects on mother and baby.

Session B, 3:15–4:30 p.m.

B1 FROM THE HEART

Laura Probst and Melissa Fairweather

Whether you are a brand new Leader, or have been in LLL for years, leadership is more than just facts and paperwork. Join this discussion of the importance of keeping heart in your work.

B2 THE TEN CONCEPTS

Sonja Becker-Boelter

This hands-on workshop will help you understand if an interested mother meets the qualifications to become a Leader.

B3 TEACHING EFFECTIVE BREASTFEEDING CLASSES

Mary Kay Smith

Communicating breastfeeding information effectively. Addressing differences in learning style in order to inform and support breastfeeding.

B4 ONLINE TOOLS FOR LEADERS

Elizabeth Campion and Rhonda Harris

The Internet offers many sources of information. Learn about the LLL Community Network, LatchOn.org, podcasts, blogs, and using online tools such as Google and Microsoft Word editing.



Saturday Highlights

Opening Session

Breastfeeding: Changing the World One Baby at a Time

For 45 years, LLLM has been reaching out to mothers and babies and changing the world as we go. Join us as we open our 40th annual Area Conference and celebrate the power of breastfeeding to change lives.

Closing Session

Join us to close the conference. This time will include the drawing for Theme Baskets and the following special events:

- **New Leader Ceremony:** All those who have been accredited between May 2007 and April 2008 will be honored with a new Leader recognition ceremony during the Closing Session. Please plan on attending to congratulate our Area's newest Leaders.
- **Leader Recognition:** All Leaders who have reached milestone years will be recognized at the Closing Session with a special gift. Join us to acknowledge the many years of service and to honor these very special Leaders.
- **Former Administrator Recognition**

Conference Sessions, April 5

Session I, 9:30–10:45 a.m.

101 HOMESCHOOLING OPTIONS

Pam Ahearn, Ann McGaffey, and Jennifer Kelly

Schooling at home is an increasingly popular option for many families. Panel will present different perspectives on methods of home education. Discussion will focus on preparing to home educate and challenges faced by families educating their children at home.

102 BIRTH AND BREASTFEEDING

Courtenay Grabowski

A mother's active involvement in the birth of her baby gets breastfeeding off to a great start. But what about those times when interventions are needed? Discussion of the effects of childbirth events and interventions on a mother's ability to breastfeed her baby.

103 NON-VIOLENT COMMUNICATION

Ann McKnight

Based on Marshall Rosenberg's approach to Non-violent Communication (NVC), this practical approach is helpful in exploring everyday questions, pointing to solutions for everyday conflicts, and offers the promise of everyday peace. We will look at the basics of NVC as well as exploring the far-reaching applications of this way of living.

104 FINE-TUNING THE LATCH

Teresa Pitman

How to identify an ineffective latch and assess the problem. Strategies will be shared for improving the latch, including changing positioning at the breast, using a baby-led latch approach, and dealing with anatomic difficulties such as tongue tie, unusually large nipples, and more. *Leaders and Leader Applicants only.*

105 HELPING YOUR CHILD SOAR AT SCHOOL

Melissa Fairweather

Discussion about ways to work with your child's school to enhance, support, and improve the education experience.

106 COOKING WITH THE FAMILY

Rebecca Feldpausch and Cathy Worthington

Too busy to cook? Wondering what to do with garden bounty? Just need some new life in your family's meals? Hear tips and ideas for using a crock pot to meet your family's dietary needs. Discussion will include tips, ideas, and some delicious recipes to cook with your family.



Session II, 11:00 a.m.–12:15 p.m.**201 LET'S TALK ABOUT TODDLERS**

Discuss toddler nursing, nighttime parenting, setting limits, and more.

202 KEEPING IT ALL STRAIGHT

Rebecca Feldpausch

Organization for the busy Leader! Keep your home a place of peace while managing LLL work and family commitments. *Leaders and Leader Applicants only.*

203 DEALING WITH DIFFICULT PEOPLE

Pam Ahearn

Difficult people in our lives can be *difficult!* Learn some ways to handle difficult people and turn negative situations toward a positive direction.

204 THE MAGIC OF MILK SUPPLY

Ann McGaffey

A look at how mothers make milk. Strategies to increase, decrease, and maintain milk supply based on current research. *Leaders and Leader Applicants only.*

205 COLLABORATION WITH OUTSIDE ORGANIZATIONS

Linda Wieser and Karen Koss

A short presentation of the breastfeeding coalitions in Michigan followed by a discussion about why Leaders should consider being members of breastfeeding coalitions. How Leaders can work together with lactation consultants, WIC, MSU Extension breastfeeding peer counselors, hospitals, and the medical community. Practical tips and ideas will be offered. *Leaders only.*

206 EAT LOCALLY

Lori Evesque

The food we eat often comes from continents away. Reasons to choose locally grown food and getting started finding local resources right here in Michigan.

Communication Skills, 1:45–4:45 p.m.**CSE 3 DEVELOPING SKILLS FOR HARMONY**

PREREQUISITE: CSE 1 AND CSE 2. Limit setting, problem solving, and empathetic confrontation.
3 hours.

Session III, 2:00–3:15 p.m.**301 EAT WELL, LOSE WEIGHT WHILE BREASTFEEDING**

Anne Cook

Lactating women can eat well and still lose the weight of pregnancy. Discussion will focus on the influence and importance of diet on mother and baby.

302 BREASTFEEDING: THE NORM FOR INFANT FEEDING

Linda Wieser

Breastfeeding is the norm for human babies and their growth and development thrives when breastfed. Discussion of the role human milk and breastfeeding plays in the growth and development of human infants.

303 OVERCOMING THE NEGATIVE BIRTH EXPERIENCE

Carrie Mularoni

When our births don't meet our expectations we are often left with feelings of loss, anger, and sadness. How to resolve these feelings and move on to the birth you truly want with your next pregnancy.

304 THE SANDWICH GENERATION

Laura Probst

Staying sane during that time of life when your parents need more of your time and your children are not yet totally on their own. Join us for discussion and ideas. Bring resources you have found helpful.

305 TODAY'S FATHER

Bob Battel

From diapers to dishes — how do you handle this ever-changing role in the family? An interactive discussion of the rewards and challenges of fathering children of various ages.

306 GOOD NIGHT, EVERYONE

A discussion of the normal sleep/wake patterns of the breastfed baby and child, including information about co-sleeping and other sleeping arrangements to maximize the hours of sleep for the whole family.



Session IV, 3:30–4:45 p.m.

401 FOUNDER'S HOUR

Mary Ann Cahill and Edwina Froehlich

Bring your questions and curiosity to a special hour with a Founder of La Leche League. Perspectives will be shared on LLL then and now.

402 CHILDHOOD IS A JOURNEY, NOT A RACE

An examination of the normal developmental patterns of children age seven through the early teens. Discussion about the changing needs of our growing children and how society rushes them along.

403 GENERATION GAPS AND OPPORTUNITIES

Sue Stuever Battel and Bob Battel

While Leaders value the one-on-one communication that an in-person visit or phone call allows, some mothers do better with other types of communication. What does our knowledge of generational differences teach us about helping mothers? Explore the differences between the World War II generation, Baby Boomers, Gen Xers, and the Millennials. *Leaders only.*

404 CLOSE TO YOU

Jessica Rokos

Explore the importance of touch and attachment for babies and toddlers. Ways to incorporate principles of touch and attachment research in your own parenting style including massage, babywearing, and skin-to-skin contact. Great session for mothers and fathers, please bring your baby or child.

405 FATHERING: GETTING OFF TO A GOOD START

Carrie and Jay Mularoni

Ways to support your partner and bond with your baby. The joys and challenges of fathering and your role in the breastfeeding family. Discuss ways fathers can join in their children's lives, such as bedtime rituals, bath time, and play time.

406 STAYING HEALTHY AS WE AGE

Come talk about diet, nutrition, vitamins, mental activity, and emotional health with other women who are beyond the childbearing years.

Registration Information and Donation Opportunities

Fees Summary

Leader or Leader Applicant	\$55
Member	\$65
Special conference and membership rate	\$100
Non-member	\$110
Caregivers/Spouse	FREE
Imagination Station Fee	\$3/child
Games from Around the World fee ...	\$3/family
Late Fee (after February 15)	\$15
Children of La Leche League	\$1/name
Tributes	\$.25/word

Friday Leader Luncheon

- **Bruschetta Chicken** adults \$13, children (ages 4–10) \$7, three and younger FREE
Rustic Italian grilled chicken breast topped with Balsamic marinated tomatoes, basil, and parmesan accompanied by flavorful brown rice.

- **Portabella Mushroom Ravioli** adults \$12, children (ages 4–10) \$7, three and younger FREE
Ravioli filled with a unique blend of peppers, onions, and mushrooms drizzled with a light olive oil and lemon sauce, garnished with arugula and roasted pine nuts.

Luncheon options are served with house salad, bakery fresh rolls, chef's fresh vegetables and assorted beverages.

Saturday Lunch

- **Asian Buffet** adults \$17, children \$7, three and younger FREE
Napa cabbage salad with Oriental dressing, ginger fruit salad, steamed rice, rice noodle vegetable stir-fry, Thai sesame pork, sweet and sour chicken. Served with cookies/bars and beverages.



Conference Sponsors

Your contributions to the conference and to the scholarship fund are greatly needed and appreciated. Please give as you are able. Suggested contributions are \$25, \$50, \$75, \$100, or more. Acknowledgments will be made in the Program Booklet to those who contribute in excess of \$10. Thank you.

Tributes

For just 25 cents a word you can thank the Leader who accredited you or show your appreciation to a special Leader or Group member, recognize the important mothers in your life, or just say "Hi!" to a friend or loved one. Write your personal message on the registration form in the space provided or on a separate sheet of paper.

Children of La Leche League

Your children will be delighted to see their name in the Program Booklet for just \$1 per name. Please include your contributions with your registration. All donations are greatly appreciated, but must be mailed by February 15 to be acknowledged in the Program Booklet.

Registration Information

To avoid a late fee, mail your registration by February 15. If it is postmarked after February 15, please add a late fee of \$15. Do not mail after February 20. Walk-in registration will be available on site. Registration is complete and will be processed when all fees have been paid in full. All participants, including speakers, exhibitors,

guests, and children must be registered. Send completed registrations to: La Leche League of Michigan, c/o Nora-Lee Luttrell, 2064 Dexter Rd., Auburn Hills, MI 48326. For questions regarding registration call Nora-Lee at 248-340-9721 or NLL@troymighty.com. Please make checks payable to **LLL of Michigan**. Every effort is made to assign participants their first choice of sessions, but some topics fill up quickly. Register early for best selection.

Extra Registration Forms

Please copy this entire brochure to share with your friends, or request additional brochures by sending address and 80¢ in stamps to: La Leche League of Michigan, c/o Nora-Lee Luttrell, 2064 Dexter Rd., Auburn Hills, MI 48326. Print information from the web site at:

www.lalecheleague.org/Area/AreaMI.html.

Refund Policy

Requests for refunds must be made in writing. *Meals, donations, t-shirts, and totes are non-refundable.* Full refunds (less a \$5 handling fee) will be given for registration and activity fees, if the request is made prior to February 15, 2008. Half of the registration fee will be refunded on requests postmarked between March 20 and April 20, 2008. No refund requests will be honored after April 20. Send a self-addressed, stamped envelope to Marsha Pettinger, 868 S. Waverly Rd., Eaton Rapids, MI 48827. All refunds will be made after the conference.



Hotel

Stay the weekend and enjoy the beautiful setting of the Prince Conference Center on the campus of Calvin College. The conference center offers a limited number of guest rooms with king- or queen-size beds, cable television, free local calling, access to fitness facilities, and deluxe continental breakfast. There is no pool.

Reservations

Make reservations by calling the conference center at 866-526-7200 and telling them you are with the La Leche League conference or by visiting their home page at www.princecc.com. Click on "Request a Room" toward the bottom of the page and mention that you are with the La Leche League conference. Hotel reservations must be made no later than Monday, March 3, to guarantee the rate of \$79 per night.

Directions

The Prince Conference Center, on the campus of Calvin College, is 7 miles from the I-196/I-96 interchange.

From the North (Cadillac/Big Rapids)

Take US-131 South to I-96. Take I-96 East toward Lansing to the East Beltline (exit 38). The exit will be immediately after I-196 merges with I-96. Take a right at the traffic light and go south on the East Beltline for 3 miles (four traffic lights). Exit to the right onto the Calvin College campus (just before the bridge walkway). Follow the signs to the conference center.

From the Northwest (Muskegon)

Take I-96 East toward Lansing to the East Beltline (exit 38). The exit will be immediately after I-196 merges with I-96. Take a right at the traffic light and go south on the East Beltline for 3 miles (four traffic lights). Exit to the right onto the Calvin College campus (just before the bridge walkway). Follow the signs to the conference center.

From the West (Holland/South Haven)

Take I-196 East toward Grand Rapids to the East Beltline (exit 38). The exit will be immediately after I-196 merges with I-96. Take a right at the traffic light and go south on the East Beltline for 3 miles (four traffic lights). Exit to the right onto the Calvin College campus (just before the bridge walkway). Follow the signs to the conference center.

From the South (Kalamazoo/Battle Creek)

Take US-131 North to Burton Street (exit 82). Go east on Burton Street about 4 miles to just before the East Beltline (10 traffic lights from the expressway). You will see the Calvin College entrance sign on your left. Follow the signs to the conference center.

From the East (Lansing/Detroit)

Take I-96 West to 28th Street (exit 43A). Go west on 28th Street about 3 miles to the East Beltline. Take a right on the East Beltline and go north about a mile (four traffic lights). Exit to the right (after the bridge walkway) for Calvin College and follow the signs to the conference center.

EMERGENCIES:

REACH THE FRONT DESK AT 866-526-7200. PLEASE LEAVE THIS NUMBER WITH YOUR FAMILY.





La Leche League of Michigan
c/o Nancy Stehno
1800 Lochmoor
Jackson, MI 49201

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February 1, 2008

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Breastfeeding **Changing the World** **One Baby at a Time**

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April 4–5, 2008