30th Annual Alaska Breastfeeding Coalition Conference

"Lactation Communication – Little Things Mean a Lot"

(as of 1.5.2023)

Monday, May 1

8:30 am	Doors Open	
8:45 am	Zoom opens	
8:50-9:00am	Land Acknowledgement & Opening	10 minutes
9:00-10:30am	1. How to Talk so Mothers will Listen and Listen so Mothers will talk ~ Linda Smith, MPH, IBCLC, Bright Future Lactation Resource Center	90 minutes
10:30-10:45am	Break	15 minutes
10:45am-12:15pm	2. Leave 'Em Wanting More: Active-learning Principles and Strategies for Breastfeeding Education ~ Linda Smith, MPH, IBCLC, Bright Future Lactation Resource Center	90 minutes
12:15-1:00pm	Lunch Break – (light lunch for those on-site)	45 minutes
1:00-1:30pm	– General Membership Meeting and Networking Time	30 minutes
1:30-3:00pm	3. Prenatal and preconception education: Teaching or Preaching? Reframing the "Breast is Best" message ~ Linda Smith, MPH, IBCLC, Bright Future Lactation Resource Center	90 minutes
3:00-3:15pm	Break	15 minutes
3:15-4:30pm	4. TBD – AKNBW – Abra Patkotak	75 minutes
4:30-4:45pm	Wrap-up & Evaluation	15 minutes
	Networking and meet new friends to go find dinner with!	

Tuesday, May 2

8:30 am	Doors Open at the BP Energy Center	
8:45 am	Zoom opens/online attendees	
8:50-9:00am	Brief Announcements	10 minutes
9:00-10:30am	5. Impact of Birth Practices on Breastfeeding: the critical first 2 hours ~ Linda Smith, MPH, IBCLC, Bright Future Lactation Resource Center	90 minutes
10:30-10:45am	Break	15 minutes
10:45-12:15pm	6. Coordination of Care and Interdisciplinary Support for vulnerable mother-baby dyads ~ Linda Smith, MPH, IBCLC, Bright Future Lactation Resource Center	90 minutes
12:15-12:45pm	Lunch Break and Networking Time – (light lunch for those on-site)	30 minutes
12:45-2:15pm	7. Safe Sleep: Controversies, Scientific Evidence, and expectations of infant sleep ~ Linda Smith, MPH, IBCLC, Bright Future Lactation Resource Center	90 minutes
215-225	Break	10 minutes
2:25-3:25pm	8. Advocating and Autonomy in the Lactation Consultation ~ Jennifer Lynn Allison, LPN, IBCLC, CCBE, CD	60 minutes
3:25-3:35pm	Break	10 minutes

3:35-4:35pm	9. Body Shaming, Bias & Breastfeeding ~ Jasmine Esmay, BSN, RNC-OB, IBCLC, CLC	60 minutes
4:35-4:45 pm	Wrap-up & Evaluation	15 minutes

Wednesday, May 3 – Skills Day

- On-site attendees only – will not be recorded

9:00-10:00 am	Gadgets, Gizmos … or Tools? ~ Heidi Koslo, DNP, APRN, IBCLC & Ada Scott, RN, IBCLC Use of nipple shields, supplementation devices, and topical applications	60 minutes
10:00-10:15 am	BREAK	
10:15-11:15 am	"NO TOUCHIE!" - Hands-Free Helping ~ Jasmine Esmay, BSN, RNC-OB, IBCLC, CLC	60 minutes
11:15-11:30 am	BREAK	
11:30-12:30 pm	Pumping it Up! ~ Abigail Ash, BFPC & Terriann Shell, BS, RN, IBCLC, FILCA Suction testing/pressure, flange fitting, pump demos	60 minutes
12:30-1:30 pm	LUNCH BREAK	
1:30-3:00 pm	Trauma Coping Skills for Healthcare Providers ~ Jocelyn Reilly, LCSW, PM-C & Meghan Yarmak, LPC, PMH-C	90 minutes