

27th Annual Food & Fitness Conference

Thursday, June 9, 2011

They Can Do It, We Can Help:
Mother-led Support, Baby-led Feeding

Foxcare Center
Conference Room
Route 7, Oneonta, NY



PROGRAM SCHEDULE

- 4:30 pm - 5:00 pm Registration and Beverages, Sandwiches and Fruit
- 4:45 pm - 5:15 pm Welcome and Introductions at Foxcare Center
- 5:15 pm - 7:15 pm Conference Presentation: ***The Can Do It, We Can Help: Mother-led Support, Baby-led Feeding*** - Diane Wiessinger, MS, IBCLC
- 7:15 pm - 7:30 pm Evaluation



Credits: Two (2) Continuing Education Recognition Points (CERPS) from the International Board of Lactation Consultant Examiners will be available at the conference

Fees: \$10 Fee includes Registration and Beverages, Sandwiches and Fruit
Checks payable to CCE Delaware, with Registration Due by June 2, 2011

Sponsored By: Cornell Cooperative Extension of Delaware County and Delaware County Rural Healthcare Alliance

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Free Childcare during Workshop!



Cornell University
Cooperative Extension
of Delaware County

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Speaker & Presentations

They Can Do It, We Can Help: Mother-led Support, Baby-led Feeding

Diane Wiessinger, MS, IBCLC—The trend in breastfeeding guidance today is away from professional-directed instruction and mother-directed feeding, toward a simpler, more instinct-based approach for both mother and baby. Biological Nurturing, mother-to-mother support, and baby-led solids as well as baby-led breastfeeding all represent areas in which we are re-learning that basic parenting skills are neither complex nor rule-bound. From the mother who instinctively strokes and assists her nursing to the baby who reaches for solids on his own and deals with them in his own way, helpers are finding the hands-off approach to be more satisfying to helper, mother, and baby.

Diane Wiessinger holds Bachelor's and Master's degrees from Cornell University. She became a La Leche League Leader in 1985 and an International Board Certified Lactation Consultant in 1990. She has a private practice in Ithaca, NY, has written many breastfeeding resources, most recently co-authoring La Leche League International's 8th edition of the Womanly Art of Breastfeeding and has spoken across the English-speaking world.



Conference Objectives

- To have healthcare professionals and the public understand the value of breastfeeding children to impact the health of infant and mother.
- To learn how breastfeeding can be led by baby and supported by mom.
- To describe how dads and professionals can support nursing moms to breastfeed successfully.
- To discuss how mother-to-mother networks can support breastfeeding in their own communities.

Registration Fees:

\$10 Fee includes Registration & Beverages, Sandwiches and Fruit

NO REFUNDS WILL BE MADE

Make Checks Payable to:

Cornell Cooperative Ext. of Delaware Co.

Return to:

CCE-DC, PO Box 184, Hamden, NY 13782
or email: nc225@cornell.edu

Pre-Registration Form

FREE CHILDCARE!

FOOD & FITNESS CONFERENCE

Return by June 2, 2011

Name: _____

Address: _____

Email: _____

Phone: _____ Number of People: _____ Amount Paid: _____

Ages of Children needing Childcare: _____ Affiliation: _____