



Agenda at a Glance (5.5 hours total)

Welcome: (15 min)

Agenda/Continuing Education Overview & Disclosures - Terry Miller, IBCLC, RLC, CLC

Overall Conference Evaluation: (15 min)

Session 1: (1.5 hrs)

Nipple Knowledge - Diana West BA, IBCLC

Evaluation: (5 min)

Session 2: (1.5 hrs)

Up In Smoke: Using evidence to inform our practice with cannabis and human milk feeding - Laurel Wilson, IBCLC, CLE, BSc, RLC, CLD, CCCE
Evaluation: (5 min)

Session 3: (45 min)

Nitty Gritty of Breastfeeding Tools - Amy Queen, IBCLC, CLC

Evaluation: (5 min)

Session 4: (55 min)

The Virtual Baby-Bistro: Increasing Rural Access to Breastfeeding Support - Sara Nestor, BSN, CLC & Cassie Craft, CNA, CLC Clark Fork Valley Hospital

Evaluation: (5 min)

Session Descriptions & Speaker Bios

Welcome: Agenda/Continuing Education Overview & Requirements (15 minutes) - Terry Miller, IBCLC, RLC, CLC

Terry will welcome the group and briefly discuss the virtual sessions, evaluations and how to obtain continuing education credit.



Terry Miller IBCLC, RLC, CLC is the Senior Breastfeeding Consultant with the Montana Nutrition & Physical Activity Program (NAPA). In this role, Terry works to promote best practices in breastfeeding and infant nutrition with stakeholders across Montana. She facilitates the Montana Baby-Friendly Hospital Initiative (MTBFHI) providing technical support and resources for Montana birthing hospitals seeking WHO/ UNICEF Baby-Friendly Designation. Terry is the co-facilitator of the Annual MT Breastfeeding Learning Collaborative and lead facilitator of the MT Mother-Friendly Worksites that Support Breastfeeding and the MT Rural Breastfeeding Support Initiative. As the Lead for the Montana Breastfeeding Coalition, Terry works to increase breastfeeding rates and access to breastfeeding support services in Montana communities as well as efforts to increase number and diversity of lactation consultants across the state.

Nipple Knowledge (1.5 hours) - Diana West BA, IBCLC

This session will explore normal & potentially problematic anatomical nipple variations, nipple surgeries, conditions, and effects on milk production, milk removal & breastfeeding.



Diana West BA, IBCLC is an international board certified lactation consultant (IBCLC) in New Jersey and La Leche League Leader. She has published many books, including *"The Breastfeeding Mother's Guide to Making More Milk"* (second edition released in November 2019!), *"Sweet Sleep: Nighttime and Naptime Strategies for the Breastfeeding Family,"* the 8th edition of *"The Womanly Art of Breastfeeding,"* *"Breastfeeding after Breast and Nipple Procedures,"* *"Defining Your Own Success: Breastfeeding after Breast Reduction Surgery,"* and ILCA's popular *"Clinician's Breastfeeding Triage Tool."* Diana has also co-authored a research article with a team led by Trevor MacDonald and Joy Noel-Weiss about trans men's experiences with lactation and gender identity.

Up In Smoke: Using evidence to inform our practice with cannabis and human milk feeding (1.5 hours)

- Laurel Wilson, IBCLC, CLE, BSc, RLC, CLD, CCCE

As the recreational and medicinal use of marijuana increases around the world, the potential for babies to be impacted by this herb during breastfeeding increases exponentially. In the United States, several states have recently legalized or are on the path to legalizing the consumption of marijuana (cannabis). This trend has led to more lactation consultants and healthcare professionals being faced with the question, "Is it safe for me to use marijuana while I breastfeed?" The answers given vary widely and this is due largely to myth, bias, and poorly conducted and accessed research. This presentation looks at the most recent research and policies surrounding this controversial herb.



Laurel Wilson, IBCLC, CLE, BSc, RLC, CLD, CCCE is an author, international keynote, speaker, and pregnancy and lactation specialist. She served as the Executive Director of Lactation Programs for CAPPA, the Childbirth and Postpartum Professional Association for 16 years. She is on the Board of Directors for the United States Breastfeeding Committee and also on the Advisory Board for InJoy Birth and Parenting. She owns MotherJourney and has her degree in Maternal Child Health: Lactation Consulting. She is an international board certified lactation consultant. Wilson is the co-author of two books, *"The Attachment Pregnancy and The Greatest Pregnancy Ever"* and contributing author to *"Round the Circle: Doula's Talk About Themselves"*.

Nitty Gritty of Breastfeeding Tools (45 minutes) - Amy Queen, IBCLC, CLC

When maternal discomfort, infant separation or other lactation concerns arise, certain interventions may be necessary to remedy the problem. This session will address effective strategies to choosing appropriate breastfeeding aids that support milk production and mother's breastfeeding goals.



Amy Queen, IBCLC, CLC is the Breastfeeding Services Coordinator and IBCLC for RiverStone Health WIC. She is the 2019 recipient of the MT Mother-Baby Breastfeeding Advocacy award. With a BA in Anthropology, she is especially interested in the cultural differences found in lactation traditions. When not supporting breastfeeding families, she can be found juggling her three children who she affectionately refers to as her 3-ring circus.

The Virtual Baby-Bistro: Increasing Rural Access to Breastfeeding Support (55 minutes) - Sara Nestor, BSN, CLC & Cassie Craft, CNA, CLC - Clark Fork Valley Hospital (CFVH)

During CFVH Baby Friendly Journey Cassie and Sara came across their biggest obstacle: Step Ten Community Outreach. They realized right away that providing breastfeeding support in a large, low-income, rural area was not easy and that they would need to think outside the box. Creating a Virtual Baby Bistro, through a social media platform, to reach as many moms as possible became more successful than they anticipated.



Sara Nestor, BSN, CLC chose nursing as her second degree later on in life, completing her education while raising her two small children. She accepted a position at CFVH as a critical access nurse, later taking the OB coordinator position. With this role she accepted the responsibilities of completing the hospital's Baby Friendly Journey.



Cassie Craft, CNA, CLC has been a CNA at CFVH for 11 years, taking coordinator position 7 years ago. She has been passionate about providing the highest level of care for moms and babies in a rural community. She was one of the first to become a CLC and started a program of this new service to the facility.

Disclosures - Criteria for Completion - Certificates

Joint Providership:

The MT Virtual Breastfeeding Conference is provided by the MT DPHHS Chronic Disease Prevention and Health Promotion Bureau, Baby-Friendly Hospital Initiative Program (BFHI), and jointly provided with the Montana Special Supplemental Nutrition Program for Women, Infants and Children (WIC). This premier conference on infant nutrition and lactation support provides the attendee with professional development opportunities and current clinical and practical lactation support knowledge.

Disclosure Statement:

There is no conflict of interest for anyone with the ability to control the content of this activity except for Diana West, IBCLC, who is an independent contractor for Pumpin' Pals.

Criteria for Successful Completion & Certificates:

Contact hours awarded based on viewing all the conference videos during the month of August and completing the corresponding evaluations. Attendees must also complete the overall conference evaluation to receive a certificates of completion. Certificates will be emailed after the course closure (September 1, 2020).

The Montana Virtual Breastfeeding Conference has received approval for CEs to the following entities:

- This nursing continuing professional development activity was approved by **Montana Nurses Association**, an accredited approver with distinction by the American Nurses Credentialing Center's Commission on Accreditation. Awarded contact hours - 5.5
- The **Commission on Dietetic Registration** has approved 5.5 Continuing Professional Education hours (CPE) for Seminar hours.
- **International Board of Lactation Consultant Examiners** - IBCLE CEU approval information pending.

We hope to see you at the 2021 Montana Breastfeeding Learning Collaborative!
Continue to visit www.umt.edu/ces/conferences/blc for upcoming conference information.