

ATTEND ONE OR BOTH DAYS!

35TH ANNUAL

Art of Breastfeeding CONFERENCE



THE

Legacy



CONTINUES



WEDNESDAY & THURSDAY
NOVEMBER 5 & 6, 2025

NOVEMBER 5

REGISTRATION & LUNCH 12:00 pm
PROGRAM 12:45 - 4:30 pm

NOVEMBER 6

REGISTRATION & BREAKFAST 7:45 am
PROGRAM 8:15 am - 4:35 pm

**McKimmon Conference
and Training Center**

1101 Gorman Street, Raleigh, NC 27606

Target Audience

Lactation consultants, nurses, nurse practitioners, nurse midwives, nutritionists, dietitians, health educators, doulas, public health practitioners, peer counselors, breastfeeding support volunteers and healthcare profession students

Taking your practice to the next level

Join us for the 35th Annual Art of Breastfeeding* Conference. This two-day, skill-building conference will take your clinical lactation practice to the next level through evidence-based education, immersive case studies, and interdisciplinary collaboration.

This year's theme continues the legacy of excellence, while focusing on updated clinical skills, inclusive practices, and real-world strategies to address the evolving landscape of lactation care.



Scan for details
or to register

WAKE AHEC
PART OF NC AHEC



* For brevity, the term "breastfeeding" will be used in written materials and by speakers, however, it is understood to include all possible ways of providing human milk to infants.

Learning Objectives

At the conclusion of this educational activity, the participant will gain a broader understanding of the many evidence-based factors influencing breastfeeding success across all stages of feeding.

- Identify best practices for promoting and supporting lactation prenatally through weaning.
- Identify and manage ankyloglossia and its effect on breastfeeding.
- Apply the WHO code to an outpatient lactation practice setting.
- Describe Dysphoric Milk Ejection Reflex (D-MER).
- Summarize best practices for supporting all families in their lactation journeys.



Speakers

Mattea Alexander, MPH, IBCLC

For the past six years, Mattea has worked as a lactation consultant in private practice, supporting prenatal and postpartum parents with compassionate, evidence-based care. Mattea strives to create safe, affirming spaces where every parent and baby can thrive.

Kelly Black, RN, IBCLC

Kelly is a registered nurse of 20 years and has 9 years' experience as an International Board Certified Lactation Consultant. She has served families in the hospital and out-patient settings. Her passion is working with breastfeeding families while using creativity and strong analytical skills to connect and improve feeding outcomes for families.

Tonya Daniel, MHL, LCCE, FACCE, CD/BDT(DONA), IBCLC

Tonya is the owner of Enjoy The Baby, LLC in Creedmoor, NC, is a mother of five, and a public health leader with over 20 years of experience in maternal and child health. In addition to being an experienced IBCLC and teaching lactation consulting training courses, she is also a Lamaze Certified Childbirth Educator, DONA-certified birth doula, and doula trainer.

Kerrie Gottschall, MSN, RN, RNC-NIC, PCQI

Kerrie currently manages the WakeMed Mothers' Milk Bank, which celebrates its 40th year! It is the only accredited milk bank in North Carolina and serves NICU's along the southeast region of the United States. Kerrie's background is in NICU nursing, starting at UNC-Chapel Hill and WakeMed North's special care nursery.

Alia Macrina Heise, IBCLC Retired

Alia is a leading authority on Dysphoric Milk Ejection Reflex (D-MER), having pioneered the identification and exploration of this condition since 2007. Alia is an accomplished speaker and lactation consultant and in 2024 published a second edition of her comprehensive book on D-MER. Alia is a retired IBCLC and continues her focus on supporting 6500 mothers worldwide with D-MER.

T'Errah Jessup, MPH, IBCLC

T'Errah is the owner of Wildflower Lactation & Postpartum Care, LLC in High Point, NC. She began her career in the neonatal intensive care unit, served as an on-boarding trainer and preceptor to future IBCLCs, and innovated many projects. She currently ensures all families receive evidence-based, supportive, and realistic feeding care plans and guidance as a lactation consultant through in-home and in-office settings.

Elaina Lee, MD, NABBLM-C

Elaina is a Family Medicine physician and Breastfeeding/Lactation Medicine physician at Family Care, PA in Durham, NC. Dr. Lee's interest in lactation work developed as she breastfed her three children (now adults in their 20s) and volunteered with Nursing Mothers of Raleigh for 24 years, helping other families on their breastfeeding journeys. For the past 5 years, she has been volunteering with the LGBTQ+ Human Milk Feeding Committee of Breastfeed Durham, helping develop resources and education for queer families.

Speakers

Lillian Gray Scott, MS, CCC-SLP, IBCLC

Lillian is a Speech-language Pathologist (SLP) and International Board Certified Lactation Consultant (IBCLC). She enjoys working with parents and infants who desire to offer human milk through direct breastfeeding, chestfeeding, exclusive pumping, artificial nipples, nasogastric/gastric tubes, or a combination of various safe infant feeding methods.

Catherine Sullivan, MPH, RD, LDN, IBCLC, FAND

Catherine is the Director and Assistant Professor at the Carolina Global Breastfeeding Institute in Chapel Hill, NC. Catherine leads CGBI programmatic efforts in the areas of breastfeeding friendly healthcare, childcare, communities, and in lactation training and is a CGBI member representative to the US Breastfeeding Committee and is course coordinator for the Mary Rose Tully Training Initiative, a CAAHEP accredited Pathway 2 Lactation Training Program.

Jenny Thomas, MD, MPH, NABBLM-C, FAAP, FABM

Jenny is a pediatrician and breastfeeding medicine specialist in Milwaukee, Wisconsin with Advocate Children's Health. Dr. Thomas serves on the American Academy of Pediatrics (AAP) Section on Breastfeeding Leadership Team and serves as the Chapter Breastfeeding Champion for the Wisconsin Chapter of the AAP. She is a member of the American Academy of Pediatric Dentistry Frenectomy Workgroup and is the lead author of the AAP Clinical Report on "Identification and Management of Ankyloglossia and its Effect on Breastfeeding in Infants."

Amanda Watkins, PhD, RDN, LDN, IBCLC

Amanda is an Assistant Professor, Food & Nutrition at Meredith College in Raleigh NC and runs a private practice in Cary, NC providing personalized care to mothers and infants. Dr. Watkins is a researcher, educator, and clinician with over 25 years of experience supporting breastfeeding families as a registered dietitian nutritionist and a lactation consultant.

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Planning Committee

Emma Burress, MPH, IBCLC

Clinical Coordinator, NC A&T State University
Pathway II Human Lactation Training Program
Greensboro, NC

Tonya Daniel, MHL, LCCE, FACCE, CD/BDT(DONA), IBCLC

Owner, Enjoy The Baby, LLC
Creedmoor, NC

Hannah Edens, MPH, RD, LDN, IBCLC, RLCNC

WIC LATCH Director,
Lead Regional Lactation Trainer, Region 2
Greenville, NC

Ellie Hunt, DNP, RN, ACHIP™, CNE, NI-BC

Associate Director, Nursing
Wake AHEC
Raleigh, NC

T'Errah Jessup, MPH, IBCLC

Owner, Wildflower Lactation & Postpartum Care, LLC
High Point, NC

Elaina Lee, MD, NABBLM-C

Family Care, PA
Breastfeed Durham
Durham, NC

Mary Overfield, MN, RN

Art of Breastfeeding Planning Committee
Raleigh, NC

Sharri Oxendine, MBA

Project Coordinator, Nursing
Wake AHEC
Raleigh, NC

Nilu Wieties, MPH, RN

Director, Continuing Professional Development
Wake AHEC
Raleigh, NC

AGENDA



WEDNESDAY, NOVEMBER 5

12:00 pm	REGISTRATION AND LUNCH	
12:45 pm	Getting Lactation Started	Mattea Alexander, MPH, IBCLC
1:30 pm	Supporting Lactation	Kelly Black, RN, IBCLC
2:15 pm	BREAK	
2:30 pm	Keeping Lactation Going	Elaina Lee, MD, NABBLM-C
3:15 pm	Solids and Beyond	Mattea Alexander, MPH, IBCLC
4:00 pm	Answers from the Experts (panel)	Mattea Alexander, MPH, IBCLC Kelly Black, RN, IBCLC Elaina Lee, MD, NABBLM-C
4:30 pm	ADJOURN	

THURSDAY, NOVEMBER 6

7:45 am	REGISTRATION AND CONTINENTAL BREAKFAST, VISIT EXHIBITS	
8:15 am	History, Present, and Future State of Breastfeeding	Catherine Sullivan, MPH, RD, LDN, IBCLC, FAND
9:15 am	All Tied Up-Ankyloglossia and Breastfeeding	Jenny Thomas, MD, MPH, NABBLM-C, FAAP, FABM
10:30 am	BREAK AND EXHIBITORS	
11:00 am	WHO Code & Outpatient Lactation Practice (panel)	Catherine Sullivan, MPH, RD, LDN, IBCLC, FAND T'Errah Jessup, MPH, IBCLC Kelly Black, RN, IBCLC
12:00 pm	LUNCH AND EXHIBITORS	
1:00 pm	Before the Letdown: Understanding Dysphoric Milk Ejection Reflex (D-MER), and the Breastfeeding Mother	Alia Macrina Heise, IBCLC Retired
2:00 pm	Collaborating with Doulas and the Full Care Team	Tonya Daniel, MHL, LCCE, FACCE, CD/BDT(DONA), IBCLC
2:30 pm	BREAK AND EXHIBITORS	
2:50 pm	Tube Feeding to Oral Feeding with Human Milk	Lillian Gray Scott, MS, CCC-SLP, IBCLC Amanda Watkins, PhD, RDN, LDN, IBCLC
3:35 pm	Supporting All Families in their Human Milk Feeding Journeys (panel)	Mattea Alexander, MPH, IBCLC Kerrie Gottschall, MSN, RN, RNC-NIC, PCQI Elaina Lee, MD, NABBLM-C
4:35 pm	ADJOURN	

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Credit

ANCC Credit: Nursing Contact Hours

Both Days 10.0 hours

Day 1: 3.5 hours, Day 2: 6.5 hours

Wake Area Health Education Center (AHEC) Nursing Education is approved as a provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

IBCLC Credit:

Both Days: L CERPS 9.0, E CERPS 1.0

Day 1 L CERPS 3.5

Day 2 L CERPS 5.5 E CERPS 1.0

Wake Area Health Education Center has been accepted by International Board of Lactation Consultant Examiners® (IBLCE®) as a CERP Provider for the listed Continuing Education Recognition Points (CERPs) program. Determination of CERPs eligibility or CERPs Provider status does not imply IBLCE®'s endorsement or assessment of education quality. INTERNATIONAL BOARD OF LACTATION CONSULTANT EXAMINERS®, IBLCE®, INTERNATIONAL BOARD-CERTIFIED LACTATION CONSULTANT®, and last revised January 28, 2022, IBCLC®, are registered marks of the International Board of Lactation Consultant Examiners.

Dietitian Credit: Both Days: 10.00 CPEU hours. Day 1: 3.5 CPEU hours. Day 2: 6.5 CPEU hours.

Contact Hours: Wake AHEC will provide participants 10.0 Contact Hours for both days and 3.5 hours for Day 1 and 6.5 hours for Day 2.

A participant must attend 100% of each day in order to receive specialty credit for that day. No partial credit will be awarded.

Hotel Arrangements

Holiday Inn Express & Suites

Raleigh SW NC State

(2 miles from the McKimmon Center)

3741 Thistledown Drive Raleigh, NC 27606

919.854.0001

\$135 per night for double or king bed, plus tax.

Hotel reservations must be made by October 15, 2025 to receive the discounted rate.

When making a phone reservation, use the reference code "ABC or Wake AHEC ABC Conference"

Click [here](#) to make your reservation.

Registration

- **Both days: early fee** - \$235; after Oct 14 - \$260
- **Day 1 only:** \$100
- **Day 2 only:** \$170
- Vouchers will be accepted.
- Reduced registration rates are available for students and groups of 10 or more. Contact Sharri Oxendine, (soxendine@wakeahec.org) for details.
- Fee will include online handouts and online certificate of completion.
- Day 1: Lunch will be provided; Day 2: Continental Breakfast and Lunch will be provided.
- Nursing babies may attend.
- Call 919-350-8547 for our Inclement Weather Updates.

Cancellations and Refunds

Registrants cancelling between two weeks and five full business days prior to the first day of the event are refunded at 70% of the registration fee (minimum \$25 cancellation fee). No refunds or credits will be given for cancellations received after five full business days prior to the event.

Photo Policy

Attendance at this activity grants permission for Wake AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify an AHEC staff member if you have concerns.

ADA Statement

Visit www.wakeahec.org for our ADA statement.

Questions?

Contact Sharri Oxendine at 919-350-0461 or soxendine@wakeahec.org.



**Scan for details
or to register**