

34TH ANNUAL

Art of Breastfeeding CONFERENCE

Beginnings, babies, AND bodies

Supporting Feeding at all Stages

WEDNESDAY,
NOVEMBER 6, 2024

REGISTRATION AND BREAKFAST 8:00 am

PROGRAM 8:30 am – 4:00 pm

McKimmon Conference and Training Center
1101 Gorman Street, Raleigh, NC 27606

The purpose of this conference is to provide practical, evidence-based approaches to improve the practice of healthcare professionals supporting lactating families.

This one-day conference focuses on the essential role of prenatal education on breastfeeding* success, provides updates to the Ready, Set, Baby program, and shares strategies for managing food sensitivities and breastfeeding. Topics include learning practical guidance to support the introduction of solids while breastfeeding, learning the connection of infant posture and position to feeding and understanding the effects of endocrinopathies on lactation. Learners will leave with a broader understanding of the many evidence-based factors influencing breastfeeding success across all stages of feeding.



Scan for details or to register

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

CELEBRATING 50 YEARS
WAKE AHEC
PART OF NC AHEC

Target Audience

Lactation consultants, nurses, nurse practitioners, nurse midwives, pediatric occupational therapists, pediatric physical therapists, speech pathologists, nutritionists, dietitians, health educators, doulas, public health practitioners, peer counselors, breastfeeding support volunteers and healthcare profession students.

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.

- Describe the essential role of prenatal education on breastfeeding success.
- Articulate updates to the Ready, Set, Baby program.
- Discuss strategies for managing food sensitivities and breastfeeding.
- Explain the practical guidance for introducing solids while breastfeeding.
- Recognize the connection of infant posture and position to feeding.
- Describe effects of endocrinopathies on lactation.

Featured Speaker

Emerald Rice, BSW, MA, IBCLC

Owner, Cornerstone Lactation, LLC
Raleigh, NC



Emerald Hill Rice, BSW, MA, IBCLC is a mother of five with a Bachelor's in Social Work, a Masters in Counseling, and is a certified lactation consultant. She specializes in facilitating peer support groups and in-home lactation support. Emerald has worked with North Carolina State University's MILK program (Mother

and Infant Lactation Knowledge) for six years and has a private practice, Cornerstone Lactation, LLC, that allows her to meet families where they are.

Speakers

Linels Higuera Ancidey, BS, IBCLC, CHI

Ready Set Baby bilingual facilitator
Carolina Global Breastfeeding Institute
Chapel Hill, NC

Andrew Brackins, DO, PGY2

Family Medicine Resident
Novant Health Family Medicine Program
Charlotte, NC

Paula A. DiBiasio, PT, DPT, MS

Associate Professor
Department of Physical Therapy Education
Elon University
Elon, NC

Kim Grenawitzke, OTD, OTR/L, CFES, IBCLC, CNT

Managing Director, Content & Editorial
Solid Starts, Inc.
Brooklyn, NY

T'Errah Jessup, MPH, IBCLC

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

Kelley Lawrence, MD, NABBLM-C, FAAFP, FABM

Associate Program Director, Novant Health
Family Medicine Residency Program
Assistant Dean and Campus Director, UNC
School of Medicine Charlotte Campus
Charlotte, NC

Kathy Parry, MPH, IBCLC, LMBT

Project Director
Carolina Global Breastfeeding Institute
Chapel Hill, NC

Kary Rappaport, OTR/L, MS, SCFES, IBCLC

Managing Director, Solid Starts PRO
Solid Starts, Inc.
Brooklyn, NY

Amanda Watkins, PhD, RDN, LDN, IBCLC

Assistant Professor, Food & Nutrition
Meredith College
Raleigh, NC

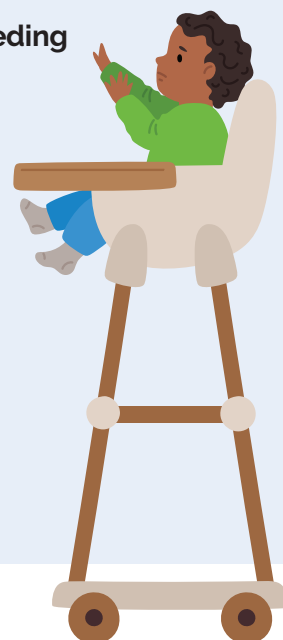


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AGENDA

WEDNESDAY, NOVEMBER 6

- 8:00 am **Registration, Continental Breakfast and Exhibitors**
- 8:30 am **The Essential Role of Prenatal Breastfeeding Education to Optimize Outcomes**
Emerald Rice, BSW, MA, IBCLC
- 9:45 am **Break and Exhibitors**
- 10:00 am **What's New with Ready, Set, Baby**
Kathy Parry, MPH, IBCLC, LMBT and Linels Higuera Ancidey, BS, IBCLC, CHI
- 10:45 am **Nurturing Breastfeeding Success with Babies with Special Needs**
T'Errah Jessup, MPH, IBCLC
- 11:30 am **Lunch and Exhibitors**
- 12:30 pm **Supporting Breastfeeding Families: Case Studies in Navigating Infant Food Sensitivities**
Amanda Watkins, PhD, RDN, LDN, IBCLC
- 1:15 pm **Supporting the Progression of Feeding: Introducing Solids while Breastfeeding**
Kim Grenawitzke, OTD, OTR/L, SCFES, IBCLC, CNT and Kary Rappaport, OTR/L, MS, SCFES, IBCLC
- 2:15 pm **Break and Exhibitors**
- 2:30 pm **Infant Posture, Position, and the Connection to Feeding**
Paula A. DiBiasio, PT, DPT, MS
- 3:15 pm **Endocrinopathies and their Effects on Lactation**
Kelley Lawrence, MD, NABBLM-C, FAAFP, FABM and Andrew Brackins, DO, PGY2
- 4:00 pm **Adjournment**



Planning Committee

Emma Burrell, MPH, IBCLC
Clinical Coordinator
N.C. 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**
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Nursing Mothers of Raleigh
Breastfeed Durham
Durham, NC

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Raleigh, NC

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**Nilu Wieties, MPH, RN,
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Director, Continuing
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**Christina Williams, BSN,
RN, IBCLC, CLC**
Birth and Family Education
WakeMed Health &
Hospitals
Raleigh, NC



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Credit

ANCC Credit: 6.0 Nursing Contact 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.

6.0 International Board-Certified Lactation Consultants (IBCLC)

6.0 L CERPS

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: (Pending Approval) 6.0 CPEU hours.

Contact Hours: Wake AHEC will provide up to 6.0 Contact Hours to participants.

A participant must attend 100% of the program to receive credit. Partial credit will not 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

\$131 per night for double or king bed, plus tax.

Hotel reservations must be made by October 15, 2024 to receive the discounted rate. When making a phone reservation, use the reference code "Wake AHEC ABC Group." Click [here](#) to make your reservation.

35th annual ART OF BREASTFEEDING

November 5 & 6 2025



Registration

- **Early fee** - \$150; after Oct 15, 2024 - \$165. Vouchers will be accepted.
- Reduced registration rates are available for students and groups of 11 or more. Contact Sharri Oxendine, (soxendine@wakeahec.org) for details.
- Fee will include online handouts and online certificate of completion.
- 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 October 15 and October 31, 2024 will incur a 30% cancellation fee (\$25 minimum). No refunds or credits will be given for cancellations received after October 31, 2024.

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.



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