

## **Insights into Milk Production—*NEW in 2021***

***90 minutes***

This talk is suited for audiences of both breastfeeding specialists and nursing families and covers:

- Recently develop concepts for teaching families how milk production works
- The impact of early nursing on engorgement and oversupply
- How basic milk-production dynamics can be tailored to families with multiples, employed nursing parents, and those who are exclusively pumping, relactating, and inducing lactation

The #1 cause of early weaning and formula supplementation is worries about milk production. This session describes insights and teaching tools (some newly developed) that lactation supporters can use to help more families better understand milk production and the impact of their choices on their ability to meet their long-term feeding goals. Includes basic milk production dynamics, their impact on engorgement and oversupply, special considerations for families with multiples and employed parents, as well as those exclusively pumping, relactating, and inducing lactation.

## **Breast, Bottle & Childhood Obesity**

***90 minutes***

This talk is suited for audiences of both breastfeeding specialists and covers:

- The controversy over whether nursing decreases risk of childhood obesity
- How feeding method affects the volume of milk baby consumes
- How type of milk (human milk or formula) affects baby's metabolism, nutrient use, and appetite
- What parents of exclusively nursing babies who are gaining weight rapidly need to know



This talk provides an overview of the research on the association between infant feeding during the first year and the risk of childhood obesity. Discover what we've learned about the effects of feeding method on milk intake and feeding dynamics (nursing versus bottle-feeding), how milk composition affects body function and appetite (human milk versus infant formula), and whether what's in the bottle makes a difference. Learn also about the other factors that may affect the risk of obesity during childhood and beyond.

### **What's New in Lactation**

***90 minutes***

- How viewing gender on a spectrum rather than as a binary concept improves communication and lactation outcomes when helping nursing LGBTQ families.
- The results of selected studies on a variety of topics that have the potential to improve lactation practice.
- How practicing hand expression during the last month of a low-risk pregnancy can improve early lactation outcomes.

Of the thousands of lactation studies published during the last decade, some have the potential to make us more effective as we help nursing families. This talk provides an overview of the cutting-edge knowledge and skills supported by recent evidence. It includes new science on the impact of early formula use on allergy, the dynamics of mammary dysbiosis, the effects of parental obesity on lactation, new approaches to preventing jaundice and excess weight loss after birth, novel treatments for mastitis and hypoglycemia, LGBTQ nursing and language, new ways of understanding and explaining early positioning and milk production, picture-based tongue-tie assessment tools, nursing the early term baby, and more.

### **Concerns About Low Milk Production**

***90 minutes***

- Why so many nursing parents give formula supplements and how to address this
- Strategies for establishing healthy milk production while pumping exclusively for babies in special care

- The latest thinking on medications and herbs that boost milk production

This session offers a high-level discussion of milk production at different stages of lactation and in different situations. It offers a primer on assessing milk adequacy during the first week of life, the need for supplements, and when supplements are needed, feeding volumes and methods. A review of up to date, the reasons nursing parents use formula supplements and some strategies for addressing this. It also includes a brief overview of the latest thinking on herbs and medications that boost milk production.