

Sessions Schedule: *Breastfed is Normal-fed* Conference, Saturday, April 29th

Welcome to the conference!
8:15 a.m. to 8:30 a.m.

Session I
8:45 a.m. to 10:00 a.m.

101 BREASTFED IS NORMAL-FED— Lessons learned about breastfeeding from animal behavior. *Diane Wiessinger*

102 PARENTING THE SPIRITED CHILD— Discovering the factors that make children spirited, and positive strategies and resources for coping as your child grows and his/her needs change. Discussion on sharing a sense of appreciation for the joys of life with a spirited child. *Melissa Fairweather*

103 EDUCATING YOUR PRESCHOOLER— Knowing when and if to enroll your child in a formal preschool. *Cynthia Massey*

104 EVERYONE'S A CRITIC! -Wise and witty ways to avoid, deflect, and respond to criticism. *Norma Ritter*

105 SAFE SLEEP: REDUCING THE RISK OF SUDDEN INFANT DEATH —The latest on how to help families protect their babies by discussing safe sleep options for the many times and places that babies sleep. *Anne Andrianos **

Session II
10:30 a.m. to 11:45 a.m.

201 WHAT'S OLD IS NEW AGAIN —Taking a look at breastfeeding basics in light of new research and information. *Sharon Knorr **

202 BREASTFEEDING WITHOUT A PARTNER—A discussion of ways to offer relevant support and encourage single, divorced, or widowed mothers to breastfeed. *Kate Collier*

203 HOMESCHOOLING— Considering home schooling? An experienced mother offers help for starting out, covering advantages, and questions such as: Should I or shouldn't I? Can I really do it? Am I qualified? What if I didn't go to college? What do I do with my baby or toddler all day? Choosing curriculum, organizing a day, reporting school work, and answering questions. *Sue Hy*

204 BREASTFED IS NORMAL-FED: LLLI PHILOSOPHY AND THE WOMANLY ART OF BREASTFEEDING—A discussion of the ten concepts of LLLI philosophy and their relevance to today's mothers and Group management. *Sharon Matuszek*

205 THE WAY WE WERE -LLL IN 1970—A chance for alums and older Leaders to reminisce and for younger Leaders and participants to gain a 25-year perspective on this wonderful organization which will soon be celebrating its 50th birthday. *Alice Martino Roddy*

Breastfed is Normal-fed Luncheon Session and Area Recognition Awards
12:00 p.m. to 1:15 p.m.

Relax and enjoy your sit-down luncheon while Barbara Behrmann, PhD, sociologist and popular author turns our dining experience into a "Breastfeeding Café" with stories from her book about the empowering relationship of the nursing dyad.

Afterwards Sue Roenke, NY West's ACL, and Sally Allison, CLA, will conduct a special presentation to New and Long-Term Area Leaders. Alumnae will also receive special recognitions. This is a great way to congratulate our new Leaders and thank our Long-Term Leaders and Alumnae for their commitment and dedication.

Session III
1:45 p.m. to 3:00 p.m.

301 BREASTFEEDING AND MEDICAL TESTS —Review of diagnostic medical procedures (mammograms, MRI, CAT Scans, x-rays, thyroid work-ups, stress tests, etc) and compatibility with breastfeeding. Bibliography provided so that Leaders can give something to mothers to take back to their doctors. *Dr. Jayne Charlamb**

302 HOW TO ENTICE YOUR CHILD TO EAT HEALTHIER AND ENJOY VEGETABLES —Tips and tricks from the trenches of a Food Co-Op mother! *Scarlett Miles*

303 NURSING FOR TWO—IS IT FOR YOU? Discussing tandem nursing and nursing through pregnancy—the joys and the logistics, as well as managing unexpected and sometimes ambivalent feelings and criticism. *Shawna Becene*

304 TREMENDOUS TEENS — Interactive discussion of the pleasures and challenges of living with 13- to 20-year-olds. Ways to maintain closeness while encouraging independence. *Melissa Fairweather*

305 WRITING FOR LLL PUBLICATIONS—WHAT MORE CAN I DO? Writing and Leader opportunities in the Area, Division, and wider organization. *Dee Russell*

Session IV
3:30 p.m. to 4:45 p.m.

401 THE WONDERFUL WORLD OF PUMPS — A panel discussion and examination of pumps and pumping. *Sharon Knorr, Diane Wiessinger, Anne Andrianos **

402 TRAVELING YOUR OWN PATH TO LEADER ACCREDITATION— The road to Leader accreditation can be as unique as the Leader Applicant herself. Explore the many exciting options, strategies, and paths available to help every Leader Applicant reach her goal of accreditation. Bring your questions and your enthusiasm. Leaders, Leader Applicants, and Interested mothers. *Sally Allison, CLA*

403 FUNDRAISING - LA LECHE MOTHERS CAN DO IT! -Why is fundraising so important to La Leche League? What are the benefits of fundraising? How can La Leche League mothers really make a positive impact on fundraising, while putting their motherly responsibilities first? Let's explore some fundraising ideas and how to make them a SUCCESS! *Lisa Reeves*

404 LLLASTING EFFECTS: RAISING CHILDREN YOU'LL ENJOY AS ADULTS—A look at the gentle side of LLL parenting and how it supports a lasting bond with children, even when they become adults. This session is a unique opportunity to explore the generational effect of LLL on families. *Sharon Matuszek, LLL Board of Directors and mother of 3 young adults.*

405 BREASTFEEDING AFTER A CESAREAN—With a 27.6% cesarean rate that is climbing every year, women are facing difficulties breastfeeding after a cesarean surgery, either planned or unplanned. This session will review the current medical literature on BFAC both physical and emotional issues, and highlight areas of concerns for the post-cesarean mother. *Krista Cornish Scott*

Conference Day Phone

607-257-2000

Directions

From the Northwest (Rochester, Buffalo)

From the NYS Thruway (I-90) take exit 42 RIGHT onto Ramp (NY-14/Geneva/Lyons). After tollbooth merge onto NY-318, then turn RIGHT (South) onto NY-14. Take the ramp (RIGHT) onto NY-96 South toward Waterloo. You're going to be on NY-96 for approximately 48 miles and it will twist and turn you through some towns. Keep on RT-96 all the way. There will be a point when NY-96 and NY-414 are one and the same; ditto for NY-89. What you're doing is traveling in between Seneca and Cayuga Lakes and veering off to the Cayuga Lake side. In Ithaca, turn LEFT onto NY-13 North / NY-34 North / N. Meadow St. Continue to follow NY-13 North. Take the N. Triphammer Rd. ramp toward Pyramid Mall. Turn RIGHT (South) onto CR-122 [N. Triphammer Rd] and The Clarion Hotel is just a short distance down and offset from the road on the left. LLL signs should be posted. (Note: You might want to give yourself some time, either on the trip down or on the way home, to stop at some of the marvelous wineries along this route. Just about every winery has picnic tables and beautiful views, so enjoy!)

From the Northeast (Utica)

Take your best route to the NYS Thruway I-90 to exit 34A. Go RIGHT onto Ramp (I-481 / Syracuse / Oswego). Follow directions below from Syracuse.

From the North (Syracuse)

Take I-481 South toward Syracuse/Cortland to ramp (LEFT) onto I-81 South / Binghamton. Take I-81 to exit 12, US-11 / Homer / Cortland). Keep LEFT at the fork in the Ramp; then Keep STRAIGHT to stay on Ramp to get to NY-281. Turn LEFT (South) onto NY-281 [W Homer Rd]. Continue to follow NY-281 [West Rd]. NY-281 will merge with NY-13 West. Follow NY-13 West through small towns toward Ithaca until you see the exit for Pyramid Mall and N. Triphammer Road. Take ramp and turn LEFT (South) onto CR-122 [N Triphammer Rd]. The Clarion Hotel is just a short distance down and offset from the road on the left. LLL signs should be posted.

From the Southeast (Binghamton):

Take your best route to I-81 North. Take exit 8 (NY-26) toward US-11 / NY-26 / Whitney Point. Turn RIGHT (North) onto NY-26. Take this to US-11 in Whitney Point. Turn LEFT onto US-11 North. US-11 North and NY-79 West will merge. Leave US-11 and continue on NY-79 West through Lisle. In Richford, turn RIGHT (North) onto NY-38 for another 11.8 miles. In Dryden, turn LEFT (West) onto NY-13 South [W Main St]. Take NY-13 South toward Ithaca to the exit for N. Triphammer Road and Pyramid Mall. Turn LEFT (South) onto CR-122 [N Triphammer Rd]. The Clarion Hotel is just a short distance down and offset from the road on the left. LLL signs should be posted.

From the Southwest (Corning):

Take your best route to I-86 / NY-17 / Southern Tier Expressway. At exit 54 in Horseheads, take Ramp (RIGHT) onto NY-13 (RT-13 / Ithaca) for about 30 miles. Exit at N. Triphammer Rd. and Pyramid Mall exit. Turn RIGHT (South) onto N. Triphammer Rd./ CR-122. The Clarion Hotel is just a short distance down and offset from the road on the left. LLL signs should be posted.

Activities for Children

Children must be accompanied by an adult or qualified caregiver while attending any of these activities. There is no fee for any of the children's activities and registration is not required. Please list your children's names and ages on the registration form so we can make them a nametag.

Imagination Play Station

Arts and crafts and age appropriate games will be available.

Open Swim

Bring your children and a bathing suit. Children must be accompanied by an adult. There is a fee for pool use if you are not a registered hotel guest of \$5 per person with a family cap of \$15. You will be required to sign the hotel's waiver. A lifeguard is on duty but all children must be supervised by an adult 18 years of age or older. If you need more than one towel, please bring your own.

Other Activities

Please check your Program Booklet upon arrival as additional activities may have been scheduled.

Saturday at a Glance

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| 8:00 a.m. - 8:45 a.m. | Registration open |
| 8:15 a.m. - 8:30 a.m. | Welcome to the Conference! |
| 9:30 a.m. | Exhibits/Bookstore/Silent Auction opens |
| 8:45 a.m. - 10:00 a.m. | Session I |
| 10:30 a.m. - 11:45 p.m. | Session II |
| 12:00 p.m. - 1:45 p.m. | Luncheon Session |
| 1:45 p.m. - 3:00 p.m. | Session III |
| 3:30 p.m. - 4:45 p.m. | Session IV |
| 3:00 - 3:30 p.m. | Last call for Silent Auction! Pick up begins |
| 4:45 p.m. - 5:00 p.m. | Exhibits/Bookstore Close Silent Auction pick-up closed |
| 5:00 p.m. on | Clean up and then relax at the pool! |

