



La Leche League of MD-DE-DC
 19300 Richwood Court
 Brookeville, MD 20833

MOTHERING: A TIMELESS TRADITION

LLL of MD-DE-DC
 2008 Area Conference

Saturday, March 8
 Columbia, Maryland

La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing education, information, support, and encouragement to women who choose to breastfeed. The mission of La Leche League is to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

Area Conference Expo

The conference **Silent Auction** fundraiser will help LLL of MD-DE-DC cover conference costs, and will feature several exciting donations for you to bid on. Contact Heather Felker at Mom2pcaj@aol.com or 302-424-0111 if you are interested in soliciting a donation for the Silent Auction or contributing a theme basket. Please also visit the **Exhibits**, which offer an opportunity to learn about family-oriented services and products.

Be sure to bring your personal and Group checkbook to the Expo.

Dayworkers

If you or someone attending with you would like to volunteer to assist the Conference Committee on the day of the event, please indicate your preference on the registration form. High school students earn volunteer hours for their time. Contact Volunteer Coordinator Kerry Wilson at 301-983-4977 or ker5wil5-lll@yahoo.com for more information.

Handicap Accessibility

The conference facility is handicap accessible. Specify on the registration form if you have a disability.

Overnight Accomodations

Rooms are available at the Hilton Columbia. Contact Ariel Hulvey at 301-645-1168 or achulvey@juno.com for availability and reservation information.

What to bring

Baby carrier or backpack, diapers, quiet toys, and Group and personal checkbooks.

What to leave with the people at home

Your conference schedule and the Columbia Hilton phone number, 410-997-1060.

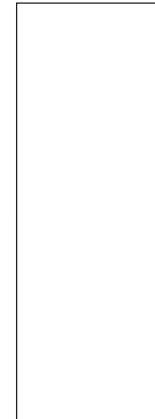
Additional Registration Brochures

Available in pdf format at lllofmd-de-dc.org or by contacting Andrea Kelly at 301-570-9156 or AndreaBKelly@verizon.net.

Conference Schedule

- | | |
|--|--|
| 8:00 am – 8:30 am: Sign in and On-Site Registration | 2:00 pm – 3:00 pm: Session 3 |
| 8:30 am – 8:50 am: General Session | 3:15 pm – 4:30 pm: Session 4 |
| 9:00 am – 10:15 am: Session 1 | 4:40 pm – 5:30 pm: |
| 10:30 am – 11:45 pm: Session 2 | <ul style="list-style-type: none"> • Silent Auction Winners Announced • New Leader Ceremony • Leader Recognition • Closing |
| 12:00 pm – 1:30 pm: Luncheon and Keynote Speaker | |

Please refrain from smoking in the conference facility.



La Leche League of Maryland, Delaware, and the District of Columbia

Presents

MOTHERING: A TIMELESS TRADITION

AREA CONFERENCE

SATURDAY, MARCH 8, 2008 8:30 AM TO 5:30 PM

La Leche League Eastern United States

Division Representatives

Don Buckley, PhD, LLL Board of Directors Representative

Cindy Garrison, former Division Director,

LLL Board of Directors Representative

Marie Beam, Associate Director for Regional
Administrators of Leader Accreditation

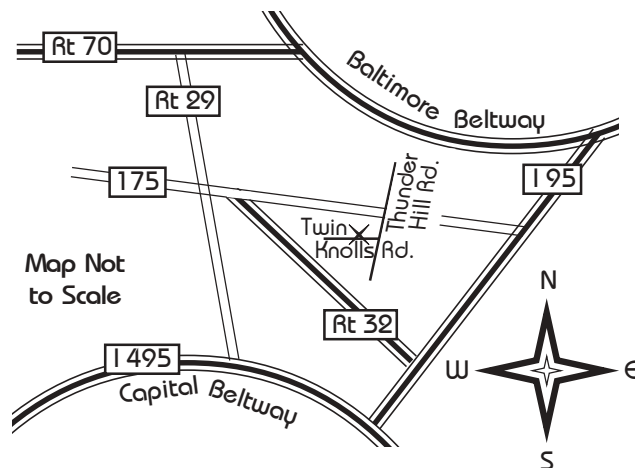
Hilton Columbia

5485 Twin Knolls Road

Columbia, MD 21045

410-997-1060

Directions: From Route 175 in Columbia, turn south on Thunder Hills Road then right on Twin Knolls Road. Columbia Hilton is the fifth driveway on the right.



Registration Information

All participants, including speakers and guests, must register. You may register online at llofmd-de-dc.org and pay via PayPal, or register by mail, sending in a check with the enclosed form. Please read and complete the registration form carefully. Mail the registration form to Diane Baier, Registrar, 706 Church Street, Sykesville, MD 21784. For answers to your registration questions, contact Diane at dbaier@mac.com.

Refunds

If after you have registered you find you cannot attend the conference, you may obtain a refund, minus a \$15 service charge, by sending a self-addressed, stamped envelope to Diane Baier, Registrar, 706 Church Street, Sykesville, MD 21784 by March 1.

No refunds can be made for requests postmarked after March 1.

Family Members at the Conference

Parents, babies, children, and even grandparents attending the Area Conference together are an LLL tradition. Consider the needs of your child/children when making your conference plans. Caretakers should be 13 years of age or older and have the parent's complete schedule.

A **Rock-and-Rest Room** will be available for a parent and baby to spend quiet time together to rock, nurse, or nap. DO NOT leave any child unattended. First aid supplies and a diaper changing area will also be available here.

A toddler **Romp-and-Roar** play area will be available free of charge throughout the day. Children must be accompanied by an attentive caregiver who is 13 years old or older.

Strollers are not permitted within the conference meeting area with the exception of those used by parents of twins or a disabled child or parent. Please secure your little one's safety in your arms or in a carrier.

Please register children, spouses, and caretakers on the enclosed form.

Dining

You have the option of ordering lunch for conference day. At the pasta lunch buffet you may choose Caesar or garden salad; tortellini, penne pasta, or ravioli; sliced chicken or meatballs; and marinara, Alfredo, or pesto sauce in addition to a beverage bar. Special needs meals are available. Please contact Ariel Hulvey at 301-645-1168 or achulvey@juno.com. Alternatively, you may choose to bring your own food for lunch.

The conference will feature a **Snack Table** of items our attendees have brought to share. If you are so inclined, please bring a healthful offering from your kitchen to contribute.



Lunch 12:00 noon – 1:30 pm
Keynote Speaker: Barbara Behrman

Session 3 2:00 pm – 3:00 pm

- 301 Playful Parenting:** Discover how one of the most joyful family activities—play—has so many benefits and is necessary for optimum brain and emotional development as well as harmonious family living. Reap these benefits by learning the art of genuine play. (Barbara Wraback)
- 302 Gender on the Brain – Sex Differences in Behavior:** The behaviors of males and females are not identical. By understanding the biological and cultural bases of gender differences, we can better meet the needs of our children and partners and promote a world of more equal opportunity. (Don Buckley)
- 303 Daddy Time:** Ways fathers can join in their children's lives such as bedtime rituals, bath time and play time from birth through projects, outings and sports during the school and teen years. Practical, nurturing tips for busy fathers. (Panel Discussion)
- 304 When Others Disagree:** Ways to handle criticism while helping friends and family to understand your parenting choices. (Leocea McLanahan)
- 305 I Can Do It Myself:** Enjoying the three- to five-year-old. (Amanda Alvine and Bernadette Bindewald)
- 306 Breastfeeding and Beyond:** Staying involved with La Leche League past the nursing years. (Cindy Garrison and Janet Burt)

Session 4 3:15 pm – 4:30 pm

- 401 Early Days of Breastfeeding:** Basic breastfeeding management for optimum breastfeeding. Proper positioning, meeting early challenges. (Sharon Curry)
- 402 Breastfeeding Through the Night:** Research evidence of SIDS and the safety and desirability of co-sleeping; history and risks of separate sleeping and co-sleeping; infant sleep-wake cycles and arousal mechanisms; breastfeeding and other feeding practices and their impact on sleep, arousal, and development. (Sonja Kueppers)
- 403 Private? Home? Public?** Which School is Right for Your Family? Choosing the right school for your child's needs and working with your child's school. (Panel Discussion)
- 404 Becoming a Leader:** Find out what you have always wanted to know about being a Leader. Includes the prerequisites for Leader accreditation. (Kathy Murray)
- 405 Mothering Through Breastfeeding:** A dynamic discussion about the nitty-gritty details of applying LLLI philosophy. How do we take these inspired ideals and turn them into something that we can hear, see, and feel? (Katie McGervey)
- 406 Managing a Difficult Start:** Information for breastfeeding and parenting preemies and unwell newborns. (Rachael Spencer)

General Session 8:30 am – 8:50 am
Mothering, a Timeless Tradition (Cindy Garrison)

Session 1 9:00 am – 10:15 am

- 101 Breastfeeding and Empowerment:** How mothering through breastfeeding and the breastfeeding experience impact women's lives. (Barbara Behrman)
- 102 Celebrating the Times of our Lives:** Creating special family traditions and rituals to celebrate rites of passage for our children and families, including weaning, loss of baby teeth, graduation, half-birthdays, menarche, moving, getting a new job, and grieving. (Esther Hoffberg)
- 103 The Young and the Restless:** Come discuss what to expect from one- to three-year-olds. Identify developmental stages and how best to meet a child's needs during this time of intense brain development. (Lisa Duckworth and Gina Pendry)
- 104 How People Learn:** Ninety-five percent of everything that we have ever known about how the brain functions in learning has been revealed only in the last ten years. Out of this massive effort has emerged an understanding of one of the long sought major cornerstones of education—how to promote learning with understanding. (Don Buckley)
- 105 Whole Foods for the Whole Family:** Interesting ways to incorporate nutritious foods into your family's diet, including more natural, organic, and other healthy foods on a budget. (Bonnie Roberts)
- 106 Communicating With the Nursing Mother:** A mother who is exhausted, worried, coping with conflicting information or her own unexpected emotions can be communications challenge! This session overviews some practical tools for providing information and support in ways that are empathetic, empowering and effective. *Leaders and Leader Applicants Only.* (Margaret Wills)

Session 2 10:30 am – 11:45

- 201 It's Your Birth:** Ways to make the most of childbirth, such as taking prenatal classes, writing a birth plan, and communicating with your birth attendants. Explore the options available when planning your birth, including home birth, water birth, hypnobirthing, siblings at birth, and certified nurse-midwife (CNM)-supported hospital birth. Make decisions that work for your family. (Mary Bailey)
- 202 Tools For Loving Guidance:** Responsive, not permissive, parenting strategies from the toddler to the teen years. (Alison Lepard)
- 203 Mothering Your Nursing Child:** Joys and challenges of nursing toddlers and beyond, including a discussion of breastfeeding during pregnancy, tandem nursing, dealing with criticism, and weaning. (Emily Mellgren)
- 204 Rethinking the Meeting:** What do you tell meeting attendees before you've spoken a word? How do you handle challenging meeting situations? Explore strategies for effective verbal and nonverbal communication at meetings. *Leaders and Leader Applicants only.* (Kellee Hays and Nancy Mallin)
- 205 Tremendous Teens:** Interactive discussion of the pleasures and challenges of living with 13- to 17-year-olds. Ways to maintain closeness while encouraging independence. (Marge Kleinberg)
- 206 Fostering Sibling Harmony:** Nurturing positive relationships between your children. Encouraging mutual respect among each other while minimizing teasing, bickering, and fighting. (Kathy Murray)

Would you like to have a message (\$5 each) printed in the program or list a "Child of LLL" (\$1 each)? Print here, and include payment with your registration.

2008 LLL of MD-DE-DC AREA CONFERENCE REGISTRATION FORM

Print names clearly, as you wish them to appear on name tags.

Name _____ LLL Group _____
 Address _____ Circle all that apply: *LLL Member* *Leader* *Speaker*
 City/State _____ *Leader Applicant* *Grandparent* *Guest* *Exhibitor*
 Zip _____ Phone (____) _____ *Alumnae/Retired* *IBCLC* *Father* *RN* *MD*
 Email _____ *Other* _____

FOR NAME TAG PURPOSES - ONLY IF PRESENT AT CONFERENCE

Spouse's or Caretaker's Name _____
 Names and Ages of Children _____ Age _____ Name _____ Age _____
 Names and Ages of Children _____ Name _____ Age _____ Name _____ Age _____

SESSION CHOICES

YOU

Session	1st choice	2nd choice	3rd choice	1st choice	2nd choice	3rd choice
Session 1						
Session 2						
Session 3						
Session 4						

SPOUSE

Speakers, please write your session number as the first choice and circle it.

DAYWORKER VOLUNTEER

_____ is willing to help with *Registration* *Bookstore* *Children's Activities* *Silent Auction*
 (name) (please circle)

REGISTRATION FEES

LLL Leader (Early bird registration when postmarked by February 1) \$ 30
 Leader Applicant (Early bird registration when postmarked by February 1) \$ 35
 LLL Member (Early bird registration when postmarked by February 1) \$ 45
 LLL Non-member (Early bird registration when postmarked February 1) (includes \$40 LLL membership) \$ 85
 Spouse/Caretaker \$ 5
 Standard Registration Fee: add \$10 to the above rates (if postmarked after February 1) \$ 10
 Speaker Discount: Please subtract \$7.50 for each session you are presenting minus _____

PASTA LUNCH BUFFET

_____ Adults (\$22 each) _____ Older Children (6 to 12: \$11 each) _____ Young Children (0 to 5: free) _____

DONATIONS

_____ Program Messages (\$5 each) _____ Child of LLL (\$1 each) _____ Donation _____
 (please clearly print message and/or Child of LLL names in the space provided on the back of this form)

Payment must accompany this form. Make checks payable to **LLL OF MD-DE-DC.** Total \$ _____



Mail to: **Diane Baier, Registrar**
706 Church Street
Sykesville, MD 21784
 Direct registration questions to Diane at:
dbaier@mac.com

_____ Check here if you have a disability and may require accomodation to fully participate.
 Please indicate need: _____