






# 2020 Colorado Lactation Conference

## Building Resilience to Navigate the Future

September 24, 2020

9:00 a.m. to 3:00 p.m.

### A G E N D A

Time	Session	Speaker
8:30 - 9:00 a.m. (Optional)	<b>Morning Coffee – (optional)</b> <i>Virtual Networking Session</i>	Thank you to <a href="#">RISE Brewing Co.</a> for sponsoring this session! (see below for a coupon!)
9:00 - 9:10 a.m.	<b>Welcome!</b> <i>Opening remarks, logistics</i>	<b>Katie Halverstadt</b> - Chair, Colorado Breastfeeding Coalition <b>Christina Faulkenburg</b> - Area Coordinator of Leaders, La Leche League of Mountain Plains
<p><b>Thank You to our Sponsors!</b></p> <div>    </div>		
9:10 - 10:10 a.m.	<b>The COVID-19 Pandemic: Challenges for Breastfeeding Families</b>	<b>Anne Eglash, MD, IBCLC, FABM</b> - Clinical Professor, University of Wisconsin School of Medicine and Public Health
10:10 - 10:20 a.m.	Break	
10:20 - 11:20 a.m.	<b>Reclaiming Our Milk: Transforming the Landscape of Lactation</b>	<b>Felisha Floyd, BS, IBCLC, CLC</b> - Faculty, Healthy Children Project Inc.
11:20 - 11:30	Break	
11:30 a.m. - 12:30 p.m.	<b>Providing Virtual Support for Breastfeeding/Chestfeeding Families</b>	<b>Robin Kaplan, M.Ed., IBCLC</b> - Founder, CEO, Lactation Consultant, San Diego Breastfeeding Center, LLC

12:30 - 12:50 p.m.	Lunch	
12:50 - 1:50 p.m.	<b>Breakout #1:</b> <b>A. <i>Gut Reaction: How Human Milk and Breast/Chestfeeding Transform the Newborn Gut and Long-term Health</i></b>	<b>A. Laurel Wilson, IBCLC, BSc, CLE, CCCE, CLD</b>
	<b>B. <i>Alma, Corazón y Vida; Soul, Heart, and Life – Breastfeeding Support Centered in Community Wisdom</i></b>	<b>B. Lorena Angelini; Brenda Rodriguez, RD, CLC; Paulina Erices, BS, IBCLC, RLC</b>  <b>**In Spanish</b> - with live English Translation
	<b>C. <i>Lactation in the LGBTQ+ Community and Adoption</i></b>	<b>C. Alliss Hardy, CLC, CLE</b>
1:50 - 2:00 p.m.	Break	
2:00 - 3:00 p.m.	<b>Breakout #2</b> <b><i>The Ethical Responsibility of Lactation Care Providers to Promote Breastfeeding and Safe Sleep as Two Aligned Public Health Priorities</i></b>	<b>A. Marianne Neifert, MD, MTS, FAAP</b>
	<b>B. <i>Pediatric Disaster Planning – Training and Partnerships for a Formal Operation Plan for Safe Infant and Young Child Feeding</i></b>	<b>B. Natalie Gates, IBCLC, BC; Angelica Pereda, RN, BSN; Paulina Erices, BS, IBCLC, RLC</b>  <b>**Spanish Translation provided</b>
	<b>C. <i>Breastfeeding and Maternal Mental Health</i></b>	<b>C. Briana Tillman, DO, IBCLC</b>

3:00 - 4:00 p.m.

## COBFC - LLL-MP Networking Happy Hour

Use general session (A room) Zoom link!

\*All presentations will have visual presentations/slides to share. If necessary, call in information for each session is provided at the end of this document, if needed.

\*\*All presentations will be recorded. Slides may be available in advance -

[COLactationConference.com](http://COLactationConference.com)

## SPEAKERS



**Anne Eglash, MD, IBCLC, FABM**

Clinical Professor - University of Wisconsin School of Medicine and Public Health

***The COVID-19 Pandemic: Challenges for Breastfeeding Families***

Anne Eglash MD, IBCLC, FABM, is a clinical professor with the University of Wisconsin School of Medicine and Public Health, in the Department of Family and Community Medicine. In addition to practicing family medicine, she has been a board certified lactation consultant since 1994.

Dr. Eglash is a cofounder of the Academy of Breastfeeding Medicine, the Medical Director and cofounder of the Mothers' Milk Bank of the Western Great Lakes, and the Medical Director of the University of Wisconsin Breastfeeding Medicine Clinic. She has published many peer-reviewed articles on breastfeeding medicine, has been the lead author on several Academy of Breastfeeding Medicine protocols, and is an associate editor for Breastfeeding Medicine Journal. She co-hosts and produces a breastfeeding medicine podcast series, called The Breastfeeding Medicine Podcast, available free on i-tunes.

Dr. Eglash is founder and president of The Institute for the Advancement of Breastfeeding and Lactation Education (IABLE), a nonprofit organization dedicated to the creation of breastfeeding-knowledgeable medical systems and communities. She publishes a weekly Clinical Question of the Week and the free LactFacts app, available on android and apple devices.



**Felisha Floyd, BS, IBCLC, CLC**

Faculty - Healthy Children Project Inc., Center for Breastfeeding  
***Reclaiming Our Milk: Transforming the Landscape of Lactation***

Felisha Floyd, author, speaker, trainer, and consultant, is an award winning hospital-based IBCLC celebrated for her work in the health/racial equity and food justice fields. She is the owner of Beyond Breastfeeding and the Co-founder of Our Brown Baby. She serves as the President of the National Association of Professional and Peer Lactation Supporters of Color (NAPPLSC) and is an active member of the CSI/Race Forward First Food Racial Equity Cohort. Her career as a peer counselor and breastfeeding coordinator for WIC led to her work as a consultant with Boston Medical College's notable program, Communities and Hospitals Advancing Maternity Practices program (CHAMPS). She still consults for WIC within the WIC Loving Support Program. She is well known as the social media guru who founded Blactavist, an online breastfeeding cultural support group with a continually growing audience of more than 40,000. Felisha's passion for advocacy fuels her desire to serve in multiple roles such as the advisor/group member of the World Breastfeeding Trends Initiative (WBTI), the Education Director for Mom2Mom Global/Breastfeeding in Combat Boots, the Immediate Past Advocacy Chair for Florida State Breastfeeding Coalition, and former Board secretary for United States Breastfeeding Committee. Her championing of families is additionally informed by her important roles as an Air Force active duty military spouse and proud mom of three breastfed children.



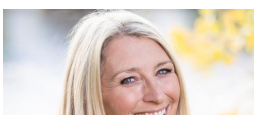
**Robin Kaplan, M.Ed., IBCLC**

Founder, CEO, Lactation Consultant - San Diego Breastfeeding Center, LLC

***Providing Virtual Support for Breastfeeding/Chestfeeding Families***

Robin Kaplan has been an IBCLC since 2009, the same year that she opened up the San Diego Breastfeeding Center. In 2013, Robin spearheaded the creation of the San Diego Nursing in Public Task Force, in response to several local Nursing in Public harassment situations. She also founded the San Diego Breastfeeding Center Foundation in 2016, a non-profit organization whose mission is to reduce breastfeeding disparities among families of color and low-income families, as well as provide scholarships for women of color to become IBCLCs. Robin was the founding host of the Boob Group podcast and published her first book, [Latch: a Handbook for Breastfeeding with Confidence at Every Stage](#) in 2018. Robin most recently co-wrote the curriculum for the updated UCSD LEC program and was the program manager for the UCSD Curriculum Development Team for the Pathway 1 and 2 course.

Robin completed her lactation consultant training and certification at University of California, San Diego in 2009. Intimately familiar with all things children and family, she also holds a Masters in Education from UCLA, a multiple-subjects teacher credential from UCLA, and a BA in Psychology from Washington University in St. Louis.



**Laurel Wilson**, IBCLC, BSc, CLE, CCCE, CLD

Professional Trainer, Speaker, Founder - MotherJourney

***Gut Reaction: How Human Milk and Breast/ Chestfeeding Transform the Newborn Gut and Long-term Health***

Laurel Wilson is a TEDx and international speaker, pregnancy and breastfeeding specialist, consultant, educator, and author. Laurel is the co-author of two books, *The Attachment Pregnancy* and *The Greatest Pregnancy Ever*; original editor of *The CAPPA Lactation Educator Manual*; as well as a contributing author to *Round the Circle: Doulas Talk About Themselves*.

Her passion is blending today's recent scientific findings with the mind/body/spirit wisdom to help professionals and families realize the magnitude and importance of the perinatal period. Spending 17 years as Executive Director for Lactation Programs for the Childbirth and Postpartum Professionals Association formed the foundation of her inquiry into the science of human milk. She acted as a board director for the United States Breastfeeding Committee from 2016-2019 and currently serves as an advisor for InJoy Health and Kindred Media.

Laurel has been joyfully married to her husband for nearly three decades and has two wonderful grown sons, whose difficult births led her on a path towards helping emerging families create positive experiences. She believes that the journey into parenthood is a life-changing rite of passage that should be deeply honored and celebrated.



**Paulina Erices**, BS, IBCLC, RLC, IMH-E

Infant Family Specialist - Jefferson County Public Health

***Alma, Corazón y Vida; Soul, Heart, and Life – Breastfeeding Support Centered in Community Wisdom;***

***Pediatric Disaster Planning – Training and Partnerships for a Formal Operation Plan for Safe Infant and Young Child Feeding***

Paulina Erices is the mother of three multicultural Latino children, a Maternal Child Health Specialist for Jefferson County Public Health, and an International Board Certified Lactation Consultant (IBCLC) in Colorado. Paulina is the co-coordinator of Adelante, the Latino Network for Health and Education and participates in organizations focused on child and family health. Her areas of current work include promoting perinatal and infant mental health along the continuum of care; building community capacity to navigate health and education systems; facilitating organizational change to embrace linguistic and culturally responsive practices; and establishing community-based participatory programs to strengthen communities. Paulina likes to be with people, learn from and with others, and connect passions for meaningful work.



## **Lorena Angelini**

Lactation Counselor & Educator - ADELANTE; Childbirth X-Press Instructor - Belly Bliss

***Alma, Corazón y Vida; Soul, Heart, and Life – Breastfeeding Support Centered in Community Wisdom***

Lorena Terán de Angelini is a member of ADELANTE as a Lactation Counselor, started working with families and their little ones in 1989 for the Army Base in Panama.

Born and raised in Central America, Lorena has had a little taste of multicultural integration from a different perspective. Her passion for prenatal and early childhood development has grown through her work in the community.

She is devoted to empowering parents to advocate for themselves during childbirth, and to prepare for the recovery needed in the postpartum period. Lorena guides families on how babies develop their sense of being during breastfeeding and how the action of nursing impacts their social & emotional development.



**Brenda Rodriguez, RD, CLC;**

Community Registered Dietitian - Jefferson County Public Health, WIC

***Alma, Corazón y Vida; Soul, Heart, and Life – Breastfeeding Support Centered in Community Wisdom***

Brenda Rodriguez is a Registered Dietitian and a Certified Lactation Consultant. She's from Ecuador and immigrated to the United States to study at Brigham Young University in Utah. She graduated with a bachelor's degree in Nutrition and Dietetics. She completed her dietetic internship in Seattle with Sea Mar Community Health Center. She has been a dietitian for 9 years. She specializes in maternal, infant, and child nutrition and breastfeeding. She works for the Women, Infants, and Children (WIC) Program serving pregnant and postpartum women, infants and children.



**Alliss Hardy, CLC, CLE**

***Lactation in the LGBTQ+ Community and Adoption***

Alliss Hardy is a Denver native and Denver East High School graduate. Coming from a long line of educators and a family that put a high value on education, she always knew she wanted to work with women and children in some capacity. Knowing this led her to Clark Atlanta University, where she earned her undergraduate degree in Psychology and Criminal Justice. After graduating, she returned to Denver and began a career as an educator with Denver Public Schools.

Now, as a Family Advocate & Certified Lactation Counselor she focuses on decreasing the health disparities African American women and children face through education and spreading awareness. These health disparities were the catalyst in her journey as a Black Breastfeeding Activist. She is happy to now have the ability to educate families on the beauty and benefits of breast/chest-feeding and to advocate for maternal/infant health and mortality.

This year, Alliss has had the pleasure of co-facilitating & training the 2 Cohorts of soon to be Certified Lactation Educators (CLE) for BIPOC; hosting a breakout session during the 2020 Black Health Summit, focusing on The Breast Start : Initiating Lactation . Most recently, to kick off National Breastfeeding Month, she hosted a session for the Colorado Breastfeeding Coalition (CBFC), The Black Latch: Breastfeeding in the Black Community. She is a member of the Colorado Breastfeeding Coalition and the Breastfeeding Cohort for National Healthy Start. Before COVID-19 hit, she enjoyed going to the movies, traveling, and eating at new restaurants. Now she enjoys having the ability to spend more time with family, friends, and her fur babies.



**Marianne Neifert, MD, MTS, FAAP**

Dr. Mom Presentations, LLC

***The Ethical Responsibility of Lactation Care Providers to Promote Breastfeeding and Safe Sleep as Two Aligned Public Health Priorities***

Marianne Neifert, MD, MTS, FAAP—aka Dr. Mom— is a pediatrician and nationally recognized expert in lactation management. A long-time leader in the field of breastfeeding medicine, Dr. Neifert co-founded in 1985 the first US model of comprehensive in-patient and out-patient lactation services. She is a founding member of the Academy of Breastfeeding Medicine; co-founder of the Denver Mothers' Milk Bank and Colorado Breastfeeding Coalition; founder and longtime facilitator of the unique Colorado Lactation Journal Club; and Advisory Committee Member of Colorado's Baby-Friendly Hospital Collaborative. She has published numerous articles in the medical literature on breastfeeding and lactation management, and has educated health professionals in all 50 states and internationally.



**Natalie Gates, IBCLC, BC**

Lactation Consultant - Elevation Lactation; Founder - Badass Breastfeeders of

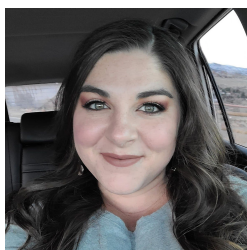


Colorado

***Pediatric Disaster Planning – Training and Partnerships for a Formal Operation Plan for Safe Infant and Young Child Feeding***

Natalie Gates is an IBCLC, and has a degree in Medical Anthropology from NYU. She works in private practice through her business, Elevation Lactation, where she provides full spectrum lactation support, specializing in preemies, nipple pain, fussy babies, and older babies. She is grateful to have attended the inaugural IYCF-E training for JeffCo Public Health in 2019, and to serve as an IYCF-E volunteer in the Denver region. She also volunteers with Breastfeeding USA, since 2015.

She founded the Facebook group Badass Breastfeeders of Colorado in 2012, and has enjoyed facilitating the group through its exponential growth. She lives in Denver with her husband and three children, who are 8, 6, and 3 years old.



**Angelica Pereda, RN, BSN**

Registered Nurse - Jefferson County Public Health; Cosejeras de Lactancia - Jefferson Count

***Pediatric Disaster Planning – Training and Partnerships for a Formal Operation Plan for Safe Infant and Young Child Feeding***

Angelica Pereda is a Registered Nurse with a degree from Regis University in Denver, Colorado. Angelica works for Jefferson County Public Health in the Community Health Services under the Maternal and Child Health (MCH) Federal Block Grant. Angelica's current focus areas premature infants, toddlers, children and youth with special health care needs and perinatal women.

Angelica is excited to be a part of a pilot cohort, Consejeras de Lactancia, working towards obtaining an IBCLC through sitting for the Spanish examination in the Fall of 2022. Angelica is new to public health and pursuing more experience and knowledge working alongside community leaders in collaboration with community health partners to bridge the gap in health inequities for the LatinX community.

Outside of her nursing career Angelica enjoys spending time outdoors with her family and encouraging the health and growth of her four month old son..





**Briana Tillman, DO, IBCLC**

Psychiatry Resident - The Medical Center of Aurora North

***Breastfeeding and Maternal Mental Health***

Briana Tillman is a second year resident physician at the Medical Center of Aurora North where she particularly enjoys her rotations on the women's unit. Briana's interest in medicine began when she became a mother and found that learning about health and wellness for her family turned into community health activism and a passion for working with breastfeeding moms. In a desire to fill an important need within her military community in South Korea, she became a La Leche League leader and later an international board certified lactation consultant (or IBCLC).

Briana grew up as an Army brat, but settled down in Colorado Springs for high school. She attended college at the United States Military Academy at West Point and received a commission in the US Army upon graduating. Briana served five years as a Military Police Officer before taking some time to start a family. She began medical school when her youngest started kindergarten, and chose to specialize in psychiatry.

Outside of psychiatry, Briana loves playing bluegrass and chamber music with her family, camping, and driving her children around to their multiple activities. She also enjoys good food and good company in the lovely Colorado outdoors.

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### **Mother's Milk Bank**

A nonprofit program of Rocky Mountain Children's Health Foundation (RMCHF), Mothers' Milk Bank (MMB) collects, processes, tests and provides donor human milk (breast milk) to babies across the country. MMB is also a member of and adheres to the strict guidelines of the Human Milk Banking Association of North America (HMBANA).

In its 36-year history, Mothers' Milk Bank has received loving human milk donations from 15,000 donors. Mothers' Milk Bank's donors are women who produce milk in excess of their own babies' needs and who complete the screening process. Babies who receive the milk may be premature or have severe illnesses and need human milk to thrive. The health benefits received from using human milk for newborns, especially premature newborns, cannot be replicated by any commercial formula product. Donations to and receiving milk from a nonprofit milk bank guarantees that the milk will be safe, nutritious, and provided to the babies who need it most.

Contact info:

Lenna Gregory, Donor Relations and Outreach Coordinator

[Lenna.gregory@rmchildren.org](mailto:Lenna.gregory@rmchildren.org)

[www.milkbankcolorado.org](http://www.milkbankcolorado.org)

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### SCL Health

For nearly 40 years, Saint Joseph has been known in the community as Colorado's top baby hospital. There are a full range of birth options from a low-tech, high touch approach at Birth Center of Denver, to the Center for Women & Infants where our obstetricians, certified nurse-midwives and nurses provide various levels of support and intervention based on the desired birth plan and needs. Breastfeeding experts are available 365 days a year. For those needing specialized care, we also offer Perinatologists for women with high-risk pregnancies and Neonatologists who provide 24/7 expert care in our 51-bed Level III NICU to provide critical care in any situation.

## THANK YOU!

A **huge** thank you goes out to all of the members of the Conference Planning Committee - thank you for all your time, dedication and support in making this event possible and a success!

**Heidi Williams, Katie Halverstadt, Christina Faulkenburg, Tamara Norris, Alliss Hardy, Kristi Conroy, Heather Cordova, Robin Hedlund, Natasha Newlin, Susana Calderon, Sarah Westmoreland, Stacy Miller, Viktoriya Yurkovetskiy**



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