

Program Description

Health care providers and public health officials are telling mothers not to sleep with their babies. How is this impacting mothers' behavior? This presentation will show new data from the Survey of Mothers' Sleep and Fatigue. Where do babies start and finish the night, what are mothers are telling their friends, family and health care providers, and how do they feel about their sleep arrangements?

Does nighttime breastfeeding elevate the risk of postpartum depression? We will examine the relationship between feeding method, where babies sleep and maternal fatigue. Preliminary analyses reveal that breastfeeding mothers report less fatigue than their formula-feeding or mixed-feeding counterparts.

Recent research has revealed that depression is associated with systemic inflammation, specifically, the increase in proinflammatory cytokines. Common experiences of new motherhood, sleep deprivation, postpartum pain, and psychological trauma, also cause inflammation levels to rise. This session will describe the inflammatory response and also show why breastfeeding and anti-inflammatory treatments protect maternal mental health.

The negative effects of postpartum depression, on both mother and baby, are too serious to ignore. There are a number of treatments for depression, including a wide range of non-pharmacologic treatments. This session summarizes research findings on various therapies and also describes the implications of each for breastfeeding.



Participate in the Breastfeeding Task Force of Greater Los Angeles

Make a contribution:

Your tax deductible contribution helps the Task Force continue the projects that support breastfeeding.

Attend a Task Force meeting: The Task Force meets Quarterly for networking and updates.

Our Upcoming General Meetings:

April 27, 2010

July 27, 2010

8:30am–12pm

SLAHP, 2930 W. Imperial Hwy, Inglewood, CA

TARGET AUDIENCE

Physicians, Registered Nurses, RDs, Nutritionists, Occupational Therapists, CPHWs, Lactation Consultants & Educators, LLL Leaders, Health Educators, Case Managers, Home Visitors, Doulas, Breastfeeding Peer Counselors and others interested in supporting families in the initiation and maintenance of breastfeeding.

Location and Parking

Health Conference Center, 3330 Lomita Blvd, Torrance, 90505. Parking: turn south from Lomita Blvd onto Medical Center Drive and right into the West Parking Structure.

Participant Confirmation

Confirmation by e-mail will be sent to participants providing an e-mail address. No other confirmation will be sent.

Cancellation Policy

Written cancellations received one week prior to the event will be granted subject to a \$5 fee. No refunds after this date.

Depression and the Breastfeeding Mother

Breastfeeding Task Force of Greater Los Angeles presents:

Featured Speaker:

Katherine Kendall-Tackett, PhD, IBCLC

Torrance Memorial Medical Center
Health Conference Center
3330 Lomita Boulevard
Torrance, CA 90505

Date: April 16, 2010
Time: 9:00 AM to 4:00 PM

Co-sponsored by:

Torrance Memorial Medical Center,
Community Perinatal Network and
PHFE, NEVHC, & SLAHP
WIC Programs

Agenda

- 9:00 Registration
- 9:30 **Where Do Babies Sleep?: An International Study of Mothers' Sleep and Fatigue**
- 10:45 Break
- 11:00 **Nighttime Breastfeeding and Postpartum Depression**
- 12:15 Lunch
- 1:15 **A New Paradigm for Depression in New Mothers**
- 2:30 Break
- 2:45 **Treatment Options for Depressed, Breastfeeding Mothers**
- 4:00 Adjourn

Objectives

Following the presentations, participants will be able to:

- Describe incidence of bedsharing
- Identify key questions to ask new mothers about their sleep and fatigue
- Describe the new paradigm for depression in new mothers and impact of the immune system
- Describe how most treatments for depression are compatible with breastfeeding

Katherine Kendall-Tackett, PhD, IBCLC



Clinical Associate Professor of Pediatrics, Texas Tech University School of Medicine
 Affiliate Research Associate Professor of Psychology, Family Research Lab/Crimes against Children Research Center, University of New Hampshire
 Acquisitions Editor at Hale Publishing and Associate Editor of the journal *Psychological Trauma*
 Author or editor of 19 books in the fields of trauma, women's health, depression, and breastfeeding, including Depression in New Mothers, Non-Pharmacologic Treatments for Depression in New Mothers, and Breastfeeding Made Simple (co-authored with Nancy Mohrbacher)

Continuing Education Credits

Nurses: The Community Perinatal Network is an approved provider by the California Board of Registered Nursing. This course offers 6 contact hours of continuing education. CPN's provider number is CEP 14797. Licensee must maintain certificate for a period of four years.

Lactation Consultants: The Breastfeeding Task Force of Greater Los Angeles is an approved provider by the International Board of Lactation Consultant Examiners. This course offers 5 L CERPs. CERP application will be submitted.

CHES: The National Commission for Health Education Credentialing, Inc. designates Los Angeles County Department of Public Health, Health Education Administration (LACDPH/HEA) as a provider of continuing education contact hours (CECH) in health education (Provider number MEP 2460). Certified Health Education Specialists (CHES) may receive up to 5 Category I CECH for this event.

Registered Dietitians: maintain a copy of the agenda and certificate for CPEs for their Professional Development Portfolio.

Registration Fees

Registration includes continental breakfast, lunch, syllabus, and continuing education credit

Prior to Apr 2nd	\$90
On or after Apr 3rd/at the door	\$100

<u>Registration</u>	<u>Price</u>
<input type="checkbox"/> Early Bird up to 4/2/10	\$90
<input type="checkbox"/> General on 4/3 or after	\$100
<input type="checkbox"/> Tax deductible Contribution	\$_____

Total: _____

Name

Job Title

Company/Hospital

Billing Address

Billing City, ZIP

Email address

Phone

License No

Method of Payment

- Check
- Visa
- MasterCard

Credit Card #

Exp. date

Signature

Security Code

Billing ZIP

Register online at www.breastfeedla.org or

Complete this registration form and either
Fax this registration form to (213) 596-5776, **OR**
Mail Registration Form and check(s) Pay to:
 BTFGLA, 1821A Speyer Lane, Redondo Beach, CA,
 90278