



# La Leche League Hong Kong

La Leche League  
國際母乳會

# ***BREASTFEEDING*** ***The Biological Norm***

Thursday 10th November 2011  
Regal Riverside Hotel  
34-36 Tai Chung Kiu Road  
Shatin, Hong Kong



**REGISTRATION BROCHURE**

# **BREASTFEEDING**

## **The Biological Norm**

**Thursday 10<sup>th</sup> November 2011**

**Regal Riverside Hotel**  
34-36 Tai Chung Kiu Road  
Shatin, Hong Kong



# Sessions

The following **Continuing Education Points** have been applied for:  
PEM, CNE, CME & CERPs

- |                    |   |  |
|--------------------|---|--|
| <b>08:30-9:00</b>  | <b>Registration</b>   |  |
| <b>09:00-9:30</b>  | <b>Welcome</b>  |  |
| <b>9:30-11:00</b>  | <b>Birth Practices and Maternal Behaviours</b><br>What happens to infant feeding when mammals are deprived of their chosen place, time, and sensations of birth? What if the birth is too hard... or too easy? The not-so-surprising implications our mammalian ancestry has for how we give birth and begin the process of mothering in modern societies.  | <b>Diane Wiessinger</b><br>MS, IBCLC<br>LLL Leader                                     |
| <b>11:00-11:30</b> | <b>Morning Tea</b>  |  |
| <b>11:30-12:30</b> | <b>Supporting Breastfeeding in NICU</b><br>Dr. Wong will discuss the benefits of breastfeeding and breastmilk for babies in the NICU. This talk outlines the obstacles which may hinder mothers wishing to breastfeed and considers ways in which these challenges may be overcome. The procedures necessary for handling and storing expressed breastmilk and the possibility of introducing Kangaroo Care will also be covered. | <b>Rosanna Wong</b><br>MBBS(HK),<br>MRCP(UK),<br>FHKCPaed.,<br>FHKAM(Paed),<br>MPH(HK) |
| <b>12:30-14:00</b> | <b>Lunch</b>  |  |
| <b>14:00-15:30</b> | <b>Sleep Location and Breastfeeding Outcomes</b><br>Is sleeping with a baby risky? A look at primates, our past, and the critical differences between breastfeeding and bottle-feeding. Bottom line: There is no known increase in risk when a non-smoking, sober, breastfeeding mother sleeps with her baby on a safe surface.   | <b>Diane Wiessinger</b><br>MS, IBCLC<br>LLL Leader                                     |
| <b>15:30-16:00</b> | <b>Afternoon Tea</b>  |  |
| <b>16:00-17:00</b> | <b>New Understandings of How Babies Latch</b><br>Babies haven't changed, but our understanding of how they attach to the breast certainly has! A journey through more than 20 years of visuals and text, to the latest, surprisingly simple, conclusions.   | <b>Diane Wiessinger</b><br>MS, IBCLC<br>LLL Leader                                     |
| <b>17:00-17:30</b> | <b>Book Signing and Product Sales</b>   |  |

# Speakers

## SPEAKERS

### **Diane Wiessinger MS, IBCLC, LLL Leader**

Diane Wiessinger holds Bachelor's and Master's degrees from Cornell University. At her first La Leche League meeting in 1980 she saw a roomful of women all focused on their children, and thought to herself, "There is more to me than this." She went on to become a La Leche League Leader in 1985 and an International Board Certified Lactation Consultant in 1990. She has a private practice in Ithaca, NY, USA and has written many breastfeeding resources, most recently co-authoring La Leche League International's 8th edition of the *Womanly Art of Breastfeeding*. She has spoken across the English-speaking world. She is the mother of two breastfed sons, mother-in-law of two wonderful young women and grandmother of two beautiful breastfed children.



### **Rosanna Wong MBBS(HK), MRCP(UK), FHKCPaed., FHKAM(Paed), MPH(HK)**

Dr. Rosanna Wong is a paediatrician who has developed special interest in neonatology, infant nutrition and gastroenterology. She is currently working as an associate consultant in the Department of Paediatrics and Adolescent Medicine, Queen Mary Hospital. She completed her Master of Public Health in 2010 in The University of Hong Kong and was awarded the Professor Anthony Hedley Prize. The topic of her dissertation for the MPH was on the socioeconomic determinants of breastfeeding in Hong Kong.

# Registration Information

## Registration

### Early Bird Registration – before 15<sup>th</sup> September 2011

LLL Member	\$850
Non-member	\$1,000

### Standard Registration

LLL Member	\$1,000
Non-member	\$1,200

### Late Registration – after 3<sup>rd</sup> November 2011

LLL Member	\$1,500
Non-member	\$1,700

### Registration on the day of the seminar - 10<sup>th</sup> November 2011

LLL Member	\$2,000
Non-member	\$2,200

### Registration includes morning tea, buffet lunch and afternoon tea.

Additional lunches for non-participating adults and attending children are also available.

## Additional Buffet Lunch

Adult Lunch	\$220
Child Lunch (age 3 to 11)	\$165

## Continuing Education Enrolment

Continuing Education Syllabus (CD-ROM format) If you require PEM, CNE, CME or CERPs please order.	\$100
--	-------

## Annual Membership

<b>Standard</b> – includes three copies of <i>Close to the Heart</i>	\$200
<b>Special Womanly Art Membership</b> – includes 3 issues of <i>Close to the Heart</i> and a copy of LLLI's <i>The Womanly Art of Breastfeeding</i>	\$360
<b>Special Toddler Membership</b> – includes 3 issues of <i>Close to the Heart</i> and a copy of LLLI's <i>Mothering Your Nursing Toddler</i>	\$360

# Product Sales

## Mayawrap Lightly Padded Sling

\$550



Size: **Medium**

Fabrics Available:

**12 – Twilight Blue**



**36 – Cool Waters**



**37 - Bright Stripe**



**58 - Olive Green**



## Slingling Pouch

\$350



Size: **22, 23, 24, and 25**

Fabrics Available:

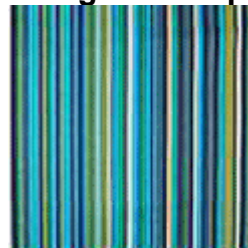
**Azul**



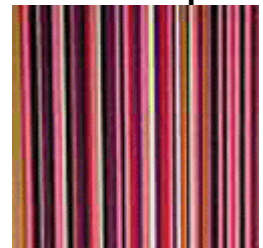
**Rosa**



**Blue-green Stripe**



**Rosa Stripe**



## Bebe au Lait Nursing Cover

Basic \$270  
Organic \$320



Bebe au Lait Nursing Covers are stylish covers for the breastfeeding mothers. They feature a rigid neckline and design prints. Bebe au Lait Nursing Covers allow you to breastfeed anytime, anywhere and in style.

Fabrics Available:

### Basic Colours

#### Ascot



#### Marmont



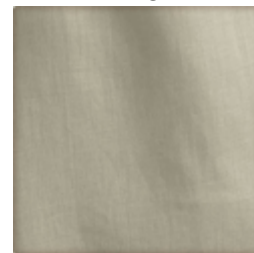
#### Sevilla



#### Yoko

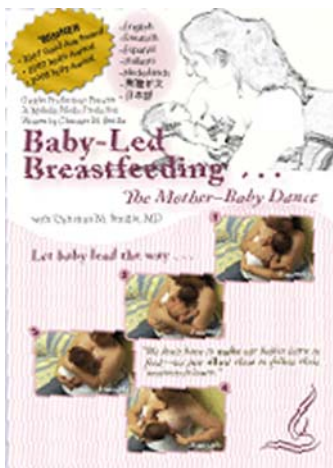


### Organic Colour Willow



More information about the products La Leche League Hong Kong sells is available at <http://www.llhk.org/Sales.html>

## DVD



### ***Baby-Led Breastfeeding: The mother-baby dance***

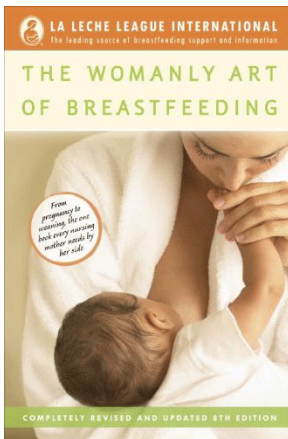
with Dr. Christina M. Smillie

**\$360**

In Baby-Led Breastfeeding, we see mothers learning to breastfeed naturally – by letting their babies show them how. Like kittens and puppies, human babies are already hardwired to seek out and find the breast. In this video we see just how babies can do it – when we get out of the babies' way. We also see Kittie Frantz, RN, CPNP-PC, who now uses this same approach in her own practice. Approximately 16 minutes in length, plus an hour of bonus footage!

**Now in 7 Languages:** *English, Spanish, German, Italian, Japanese, Chinese, Dutch and closed-captioning.*

## Books



### **Womanly Art of Breastfeeding**

**\$180**

All parents want the best for their babies, and there's no doubt about the fact that human milk is the ideal food for human babies. What's the secret of successful breastfeeding? For almost fifty years mothers who have been in touch with La Leche League have found the kind of information and support they needed to breastfeed their babies.

*The Womanly Art of Breastfeeding* is now in its eighth edition. Over the years, more than two million mothers have turned to it for information and inspiration.

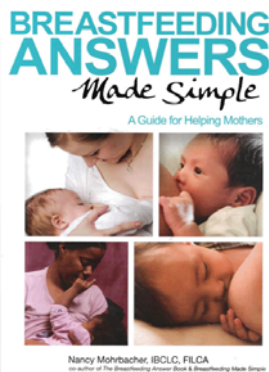


### **Mothering your Nursing Toddler**

**by Norma Jane Bumgarner**

**\$160**

Practical, reassuring, informative, and supportive book for the mother of a nursing toddler. Emphasizes meeting child's needs. Discusses importance of breastfeeding relationship, natural weaning, temporary changes in lifestyle, society's expectations versus child's and family's needs.



### **Breastfeeding Answers Made Simple**

**by Nancy Mohrbacher**

**\$770**

A must-have reference from Nancy Mohrbacher, IBCLC, FILCA, co-author of *The Breastfeeding Answer Book* and *Breastfeeding Made Simple*. This comprehensive, research based counselling guide provides the answers to virtually every breastfeeding question and is organized in an easy-to-use two column format.

# La Leche League Hong Kong

## 30 Years of Breastfeeding Support

La Leche League Hong Kong (LLLHK) has been helping mothers in Hong Kong breastfeed their babies for 33 years. LLLHK was set up by Paula Gayer, a La Leche League Leader from the USA. Paula had two young daughters, and soon after arriving in Hong Kong she realized there was an urgent need for a support group for breastfeeding mothers. Ms. Gayer soon found a group of mothers who shared her vision and were willing to help. After publicity in the Hong Kong media, the first meeting was held in September 1978.

Thirty-three years later LLLHK has a multinational team of Leaders and holds meetings in Chinese and English at various locations around Hong Kong. Mothers can also receive telephone counselling or send their queries by e-mail. LLLHK operates an up-to-date website, which carries details of meetings and other events and contains useful information about breastfeeding in Chinese and English. LLLHK also hosts a lively email group for working mothers and publishes the newsletter *Close to the Heart*, which contains articles by breastfeeding mothers about their experiences and includes the latest information about breastfeeding related research.

La Leche League Hong Kong held its first conference *Breastfeeding: Traditional Food the Natural Way* in February 2009. The conference, which was the first of its kind to be held in Hong Kong, was a resounding success, attracting speakers and participants from Taiwan, China, Thailand, India, Japan, Mongolia, Saudi Arabia, Australia and the USA. In 2010 we presented a sold-out seminar *Making More Milk*, which featured the latest scientific research on causes of low milk supply and new treatments. LLLHK is now proud to present *Breastfeeding: The Biological Norm*, we hope this will further expand the knowledge base of the many enthusiastic lactation specialists in Hong Kong and Asia.

## La Leche League International

La Leche League was founded to give information and encouragement, mainly through personal help, to all mothers who want to breastfeed their babies. While complementing the health care professionals, it recognizes the unique importance of one mother helping another to perceive the needs of her child and to learn the best means of fulfilling those needs.

LLL believes that breastfeeding, with its many important physical and psychological advantages, is best for both the baby and mother and is the ideal way to initiate good parent-child relationships. Breastfeeding, though a natural process, does not always come naturally. Most questions mothers have about breastfeeding are practical ones best answered by other nursing mothers. La Leche League Leaders are volunteers who have nursed their own babies, have undertaken required training in breastfeeding management, communication and leadership skills and have satisfied La Leche League International that their views and attitudes to mothering are in accordance with La Leche League policy. La Leche League Leaders are not professionals but they are experts with not only their own experience to call on but also that of thousands of other breastfeeding mothers.

For more information about LLL International, please visit [www.LLLi.org](http://www.LLLi.org)  
For more information about LLLHK, please visit [www.LLLHK.org](http://www.LLLHK.org)

# Hong Kong Committee for UNICEF

United Nations Children's Fund (UNICEF) is the world's leading UN organization working specifically for children. Since its establishment in 1946, UNICEF has been working tirelessly to ensure children's rights to survival, development, protection, and participation.

The Hong Kong Committee for UNICEF was founded in 1986. As one of the 36 national committees for UNICEF, it organizes fundraising and advocacy activities to provide financial support for UNICEF's programmes across over 150 countries and territories to help children survive and thrive.

In 1992, the Hong Kong Committee for UNICEF formed the Baby Friendly Hospital Initiative Committee in order to promote and support breastfeeding in Hong Kong. The Committee was registered in 1994 as the Baby Friendly Hospital Initiative Hong Kong Association which is committed to creating a healthcare environment that enables mothers, families and other caregivers to make informed decisions about optimal infant feeding.

## Toddlers at the Seminar

Babies in arms who are easily quieted meld right into a La Leche League Conference as nursing mothers are very sensitive to their needs for food and comfort. Older babies and toddlers from ages one to three are often more of a challenge. Although they too are comforted with breastfeeding, older babies tend to vocalize sweet baby sounds and toddlers can be both very vocal and very mobile.

In order to provide a quiet atmosphere for the speaker and attendees, please be aware of the happy baby sounds, crying, and toddler noises that can be disturbing to others. When this occurs, please leave the session and tend to your baby or child. Sometimes just a few minutes of walking in the hallway or a change of scene will do wonders to calm a baby or child.

## Hotels in the Shatin Area

### **Regal Riverside Hotel**

麗豪酒店

### **Hyatt Regency Hong Kong, Shatin**

香港沙田凱悅酒店

### **Royal Park Hotel**

帝都酒店

Information and booking details can be obtained from the Hong Kong Tourist Board accommodation section,

<http://www.discoverhongkong.com/eng/trip-planner/accommodations.html>

With support from:

