

Dear Friends,

La Leche League of Connecticut is excited to announce its 32<sup>nd</sup> Annual Breastfeeding and Parenting Conference. In 2011 we will celebrate families with our theme: "Families Make the World Go Around." While all families are different in size and make-up, families are the reason for our mission. The backbone of La Leche League are the Leaders who lead meetings, answer phone calls, continually update their knowledge and skills, and support families in all aspects of breastfeeding and parenting. These same Leaders devote time to women who will become future Leaders and carry on the mission of La Leche League.

Please take some time to browse through the Registration Brochure. You are invited to join us for sessions featuring speakers who will share information about breastfeeding and parenting, offer ideas about ways to offer your family tasty food, keep them safe, and find ways to enjoy the wonderful adventure called "parenting." You will be entertained by "JuggleJoy" with an interactive program following Saturday's lunch. You will also have the opportunity to visit wonderful exhibits, buy timely books, participate in the Silent Auction, and may even round out your day by winning one of the wonderful Theme Baskets.

We hope to share our celebration of family with you and your family.

Mary Beth Rumpf,  
Area Conference Coordinator

## ATTENDING THE CONFERENCE

**LA LECHE LEAGUE** is a family-oriented organization, welcoming children, parents, grandparents, and other loved ones. Children are welcome at sessions, meals, and all conference areas. To assure the security of your children, please supervise them at all times. Bearing in mind the public atmosphere at of the conference facility, caregivers must be of an appropriate age. LLL may be sharing the facility with other groups. A children's play area will be provided. While babies will likely be happiest with their mothers, older children may enjoy other activities with a loved one while their mothers attend sessions.

**LISTENING TO YOUR CHILD** is the single most important thing you will do at this conference. Unhappy babies and toddlers often will enjoy a stroll, some down time at the **Rock 'n Rest** room or a visit to the **Children's Activity Room**. No one will be offended if you leave a session to comfort your little one and you will be allowed to return to all sessions. Please bring only quiet, expendable toys into sessions.

**WHAT TO BRING** Casual wear is appropriate for our conferences. You may want a sweater for yourself and child(ren) as rooms are climate-controlled and may be cool. In addition, bring diapers and wipes; small, quiet, "losable" toys; snacks; small blankets for your child to play on the floor; cloth diaper and rubber pants or disposable swim diapers for the pool, this Registration Brochure, and personal and/or LLL Group checkbook.

**WHAT TO LEAVE HOME:** Emergency phone number: 860-678-1000.

**LOCATION** Hartford Marriott/Farmington, 15 Farm Springs Road, Farmington, CT. Hotel is located at Exit 37 (Fienemann Road) off I-84. 860-678-1000.

## Area Conference Schedule

### Friday, April 8, 2011

**7:00 am-4:00 pm** Communication Skills Workshop

### Saturday, April 9, 2010

**8:15 am:** Registration, Exhibits, & Bookstore open

**8:30-8:45 am:** General Session: Welcome

**9:00-10:15 am:** Session A Breakouts

**10:30-11:45 am:** Session B Breakouts

**Noon: Lunch**

**12:45-1:00 pm:** New Leader Celebration

**1:00-1:45 pm:** JuggleJoy

**2:00-3:15 pm:** Session C Breakouts

**3:30-4:45 pm:** Session D Breakouts

**4:45-5:15 pm:** Pick up Silent Auction & Theme Basket Prizes

**5:15 pm:** Bookstore Closes



**STROLLER PERMITS** will be issued **only** in the following circumstances: a pregnant mother with an attending toddler, a mother with twins, or if mother or child is in some way physically challenged. Due to safety precautions, no strollers will otherwise be allowed. Please mark the appropriate box on your registration form if you fall into one of these categories. Many parents find slings and front or backpacks helpful for carrying baby.

**CAREGIVERS** A parent or caregiver of sufficient skill to meet the needs of each child must be provided by the parents at all times. This can be yourself, a spouse, grandparent, etc. Caregivers must be 12 years or older per Connecticut state law and should be given the parent's complete conference schedule in case parent must be reached. In order to use the hotel swimming pool, all children under the age of 16 must be accompanied by an adult.

**ACCOMMODATIONS** A limited number of rooms are available at the Hartford Marriott/Farmington at a special overnight rate for attendees of the Area Conference. These rates are available to all registrants. Room rate is only \$89.00 (plus 12% occupancy tax) for single or double occupancy. To take advantage of these rates, Please call 1-800-228-9290 and request a reservation under LA LECHE LEAGUE OF CONNECTICUT or online at [www.farmingtonmarriott.com](http://www.farmingtonmarriott.com). Go to "Check rates and availability" and enter **LLLLLLA** under Group Code Field. Reservations must be made by **March 8, 2011** to qualify for the special LLL rate. The hotel pool is open to overnight guests only.

#### **MEAL INFORMATION**

**Saturday Lunch** Soup and salad buffet (including vegetarian and gluten free options), includes salad, beverage and dessert. Adults: \$30 Children three and over: \$12

Children under three without a meal ticket must sit on a parent's lap at the banquet table. No high chairs are available. Children three years and over must have a meal ticket in order to have their own seat at the banquet table.

**Friday, April 8, 2011**

**7:00 a.m. - 4:00 pm Communication Skills Workshop** The foundation of La Leche League’s Communication Skills program. Learn about attending behavior, body language, identifying feelings, and reasons for feelings. Learn to make summary statements, ask and answer questions, and impart information. Learn to compose “I” messages, set limits, and do problem solving. **Kathy Drury** LLL CEU CS  
**Note: This session is limited to 12 registrants. Registration fee includes breakfast, lunch, and coffee break.**

**Saturday, April 9, 2011**

**Registration opens: 8:15am**

**General Session 8:30 - 8:45am WELCOME**

**Session A: 9:00 - 10:15am**

**101 BREASTFEEDING IN THE FIRST THREE MONTHS** Basic breastfeeding management for optimum breastfeeding. Proper positioning and latch and meeting early challenges. **Judie Gubala** LLL CEU-BE/CERP

**102 MOTORING SAFELY ALONG THE INFORMATION HIGHWAY** Useful tips to help your child have a safe, online experience. Tips to safeguard your child from cyber-bullying. **Tony Salvatore, PhD**

**103 FROM BREADMAKER TO BREADWINNER** Whether by choice or by circumstances such as divorce, unemployed spouse, etc., many women are returning to the work force. Exploring the emotional and practical challenges women face when making the transition from being at home full time. **Diana Cassar-Uhl**

**104 LIVING GREEN AND FRUGALLY** Stretching your family budget while saving the planet. **Susan Buckley**

**105 ADVENTURES IN TANDEM NURSING** The joys and challenges of nursing through pregnancy and beyond. **Rachel Ewers**

**106L/LA BEYOND SERIES MEETINGS** Planning and leading effective and interesting enrichment meetings, toddler meetings, couples meetings, and breastfeeding café-style meetings. Reaching mothers beyond the traditional Series meetings. **Anne Brown and Chelsea Danburg** Leaders and Leader Applicants Only

**C1 STRING, PAPER, SCISSORS, GLUE** Arts and Crafts projects for kids. Children only. **Melanie Coggins**

**Session B: 10:30 - 11:45am**

**201 NINE STAGES OF SKIN TO SKIN** In the first hour immediately following birth a baby goes through nine distinct stages before attempting to feed at its mother’s breast. Learn why it is important to allow the infant to progress uninterrupted from stage to stage, how long each stage lasts, what “skin to skin” should really look like, and even how to accommodate a baby’s need to be “skin to skin” with its mother during a C-section. **Kathy Abbott** LLL CEU-BE/CERP

**202 ENCOURAGING YOUR CHILD’S NATURAL CURIOSITY** Did your child arrive equipped with an endless supply of questions? Do you feel like the Answerman? Helping your child explore the world around her and discovering a variety of resources you both can use to find the answers. **Anne Murphy**

**203 WITH LOVE AND LAUGHTER** Using humor and loving guidance while parenting the active, inquisitive toddler. **Jennifer Corso**

**204 THE MOMMY BRAIN** Folk lore says that many women feel like pregnancy and child-rearing melts their brains, but emerging research indicates otherwise. Not only are new processes of brain development activated by pregnancy, birth, and mothering, but the nature of mothering is a process that can develop expert levels of social intelligence. Mothering can change your life. Mothers change the world. **Susan Buckley and Donald Buckley, PhD**

**205 START WITH WHAT THEY KNOW AND LOVE: ENHANCING YOUR CHILD’S FAVORITE FOODS WITH POWER-PACKED INGREDIENTS** Discover easy ways to power pack tried and true favorites in ways that will appeal to your sense of nutrition while maintaining rave reviews at mealtime. **Mary Beth Abrams, CNC**

**206 I’VE TOLD YOU A THOUSAND TIMES** Setting clear expectations for your children and encouraging cooperation within your family. **Kathy Drury**

**207F SOFTNESS WITH WHISKERS** Adjusting to fatherhood doesn’t stop when the baby arrives. The ever-changing ages and stages of being a father. **TBA** Fathers Only

**C2 GOTTA DANCE!** Movement and dancing for children. **Lauren Romanelli** Children Only

Presenters include LLL Leaders, members, fathers, and friends of La Leche League of Connecticut. *Unforeseen circumstances may require the replacement of a speaker or cancellation of a topic.*

**Session C: 2:00 - 3:15 pm**

**301 AVOIDING BREASTFEEDING CHALLENGES** Steps mothers can take to avoid sore nipples, infections, breast refusal, plugged ducts, mastitis, too much or too little milk production and premature weaning. This session is designed to prevent, not diagnose or treat breastfeeding challenges.

**Sue Iwinski** LLL CEU-BE/CERP

**302 BREASTFEEDING AND CURRENT BABY-TRAINING PHILOSOPHIES** Understanding popular "parenting programs" and their impact and compatibility with successful breastfeeding. Exploring methods such as Babywise, "Ferberizing", controlled-crying, and more.

**Kathy Pasakarnis**

**303 IT TAKES TWO, BABY** Nursing is a special relationship between two people, mother and baby. Knowing when to wean the breastfed child can often be difficult. Juggling the child's needs and cues while understanding mother's emotions. **Lisa Terifay**

**304 INFANT AND CHILD INJURY PREVENTION AND FIRST AID** According to The National Safe Kids Campaign, injuries are the number one health problem for children in the United States. Injuries to infants and children vary from simple cuts and bruises to life threatening emergencies. It has been estimated that 90% of all injuries to infants and children could have been prevented. This session is an overview of Infant and Child Safety Practices, Basic Pediatric First Aid, CPR, and AED.

**Chip Carpenter**

**305 MASTERING THE ART OF BABYWEARING** Everything you need to know about babywearing - why wear your baby, choosing a carrier, wearing your baby safely, and how to nurse in each type. Attendees will be able to try a variety of carriers and are welcome to bring carriers they currently use but need help with. Bring the baby and/or toddler you will be wearing. **Clover Heske and Heather Huebner**

**306 CURIOUS ABOUT LA LECHE LEAGUE LEADERSHIP?** Interested in helping other mothers breastfeed their babies? A discussion of the qualifications and accreditation. **Carol Delaney**

**307 ORGANIC DAIRY, FRIEND OR FOE?** Extended cross-species milk consumption. A review of the health issues surrounding non-human milk. **Maribeth Abrams, CNC**

Session Key:  
L-Leaders only  
L/LA -Leaders/Leader Applicants Only  
F-Fathers Only  
C-Children Only  
CERP-Continuing Education Recognition Points  
LLL CEU-La Leche League Continuing Education Units

**Session D: 3:30 - 4:45 pm**

**401 VITAMIN D: MOTHERS, BABIES, AND YOU** Vitamin D has been a controversial nutrient through history, especially now, when our society is ardently shunning exposure to sunlight, our major source of Vitamin D. Come hear and discuss the most current research on vitamin D in pregnancy, lactation, infancy, and through the life cycle. **Diana Cassar-Uhl** LLL CEU BE/CERP

**402 BIRTHING NORMS** A discussion on what questions to ask a potential doctor, midwife, and/or doula to find out if they are providing Mother-Friendly care. Explore the philosophy of Mother-Friendly care and how it supports empowered birth and successful breastfeeding. **Erin Lasky**

**403 NIGHTTIME PARENTING** Meeting your child's breastfeeding, physical, and emotional needs when the sun goes down, including alternatives to solitary sleeping arrangements. **Jennifer Corso**

**404 WHAT DO YOU WANT TO BE WHEN YOU GROW UP?** Being a teenager today comes with all types of pressure, from drugs, to alcohol, to dating, to building an Ivy League-worthy academic résumé. What parents can do to relieve the stress without adding to it, and still maintain the child's motivation. *Speaker TBD*

**405L NAVIGATING THE LLL CT WEB SITE** Getting the most out of the new Area Web site. Exploring the features and resources available for Leaders. **Erica Grossman** Leaders Only LLL CEU/OM

**406 PARENTING THROUGH THE AGES** Who knew you'd be falling in love all over again? Be the grandparent your grandchild and your child need. Living a Loving Legacy -- LLL grandparenting. **Louise Wills, Diane Thompson, and Kathy Daly**

**CERP Faculty:**

**Kathy Abbott, LLL Leader, IBCLC**

**Diana Cassar-Uhl, LLL Leader, IBCLC**

**Judie Gubala, LLL Leader, IBCLC**

**Susan Iwinski LLL Leader, IBCLC**



**Kathy Drury, LLL Leader**, has led La Leche League Series Meetings in various towns in southern New Hampshire for the past 17 years. She has served LLL of Maine/New Hampshire in the Continuing Education and Leader Departments, and currently serves as the Communications Skills Department Administrator (CSDA) of the LLL Alliance for Breastfeeding Education. Kathy and her husband Bob are parents to two fabulous adult children.

**Kathy Abbott, LLL Leader, IBCLC:** One of those rare people who actually enjoys speaking in public, Kathy strives to both engage and inspire her audiences. As Einstein once said, "You can't really say you understand a subject unless you can explain it to your grandmother." Kathy agrees, "It is not enough that we know all these wonderful things about breastfeeding. We have to be able to educate others in a language that they too can understand." Kathy's passion for learning has led her to look at breastfeeding from a multitude of levels and this diversity of interest is reflected in her lecture topics which range from "*Baby-Friendly Hospitals in Scandinavia*", "*Breastfeeding in the News*", to "*Breast Milk: the Original Pro-Biotic!*" Besides her private practice as a Lactation Consultant [www.BusyMomsBreastfeed.com](http://www.BusyMomsBreastfeed.com), Kathy frequently writes for "*Breastfeeding Today*," as well her own blog "*The Curious Lactivist*." She is also creator of the Facebook group "*Breastfeeding in the News*." Her talk "*Going Baby Friendly in New England*" was recently chosen for presentation at the upcoming 2011 International Lactation Consultants Association Conference in San Diego this July. Kathy is a La Leche League Leader as well as the LLL liaison to the Massachusetts Breastfeeding Coalition and the North Shore Post-Partum Depression Task Force.

**Diana Cassar-Uhl, LLL Leader, IBCLC** has been a La Leche League Leader since 2005 and an IBCLC since 2009. She has written articles for the La Leche League publications *Leaven* and *Breastfeeding Today* on supporting breastfeeding mothers with insufficient glandular tissue, combining breastfeeding with work outside the home, and traveling with children. Additionally, she is the author of the La Leche League tear-off sheet *Vitamin D, Your Baby, and You*. She has been a frequent speaker/presenter at La Leche League and other healthcare provider education events and is eager to begin work toward a Master of Public Health in 2011. Diana, mother to three breastfed children, has served as a clarinetist on active military duty (U.S. Army) in the West Point Band (NY) since 1995. Diana enjoys distance running, memoir writing, downhill skiing, and cross-stitching when she finds herself with spare time

**JuggleJoy Educational Entertainment** features the husband-and-wife team of Keith Hughes and Mary Joy (M.J.) Moriarty. From their home-base in West Hartford, Connecticut, the two regularly perform at schools, libraries, festivals and museums throughout New England and have taught circus and theater arts to students ranging from kindergartners to college students to adults. Check out [www.jugglejoy.com](http://www.jugglejoy.com).

## Registration Information

- Everyone must register, including speakers, exhibitors, and those with complimentary registrations. Please mark your first, second, and third session choices as spaces are filled on a first-come, first-served basis. If all three selections are full, a substitute will automatically be assigned.
- Please fill out both sides of the registration form completely. For registration confirmation, please include a self-addressed stamped envelope with your registration form or provide a valid email address. Full payment must accompany the registration to be processed. Payment may be made by check made payable to *LLL of Connecticut*, Visa, or Master Card. Checks returned by your bank will be subject to a fee of \$20.
- Walk-in registration is possible at an additional charge of \$25. Topics will be assigned based on space availability. No meals will be available for walk-ins. • Registration must be postmarked by **March 25, 2011**. After March 25, 2011 a \$10 late fee must be included. Leader-speakers may deduct \$5 for each session you are presenting up to \$10. No meals will be available after **March 31, 2011**. Mail-in/Online registrations must be received by **March 31, 2011**.
- Refund policy: full refunds on registration and meals, less a \$10 handling fee, will be given for requests postmarked by March 17th. Half of the registration fee ONLY will be refunded if postmarked between March 18 through April 17th. No refunds after April 17th. Mail requests for refunds to the treasurer with a SASE: Diane Thompson, 27 Jeremiah Rd., Sandy Hook, CT 06482.
- The information in this brochure may be copied and shared. For additional brochures, send 44¢ postage for each brochure requested to: Mary Beth Rumpf, 127 Lovely Street, Unionville, CT 06085.
- Questions? Or need more information? Contact Mary Beth at [Illctconference@gmail.com](mailto:Illctconference@gmail.com) or Diane at [diane.t@Illct.org](mailto:diane.t@Illct.org).

## LLL OF CT 2011 AREA CONFERENCE REGISTRATION FORM (SIDE ONE OF TWO)

Please send completed form, Children of LLL listing, "Postcards from the Heart" and payment by **March 25, 2011** to:  
 Diane Thompson, Registrar, LLL of CT, 27 Jeremiah Road, Sandy Hook, CT 06482 or register online at:  
[www.LLLct.org/ACFregistration](http://www.LLLct.org/ACFregistration)

**PLEASE PRINT NAME CLEARLY AS YOU WISH IT TO APPEAR ON NAME TAG.**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Email address: \_\_\_\_\_ Phone # \_\_\_\_\_  
 Name of LLL Group: \_\_\_\_\_ LLLI/Area Position \_\_\_\_\_

PLEASE CHECK ALL THAT APPLY: LLL Member \_\_ Leader \_\_ Leader Applicant \_\_ Speaker \_\_ Non-Member \_\_  
 ACf Committee \_\_ Exhibitor \_\_ 2011 HPS Registrant \_\_ Alumnae/Retired \_\_ IBCLC \_\_ RN \_\_ MD \_\_  
 Other \_\_\_\_\_

Request a stroller permit. Permits will only be given to mothers with multiples, pregnant mothers with toddlers,  
 and physically-challenged parents

Email confirmation of your registration?

Do you have a disability and require assistance to fully participate? Please note requirements:  
 \_\_\_\_\_

**PLEASE LIST NAMES OF THOSE ACCOMPANYING YOU AS YOU WISH THEM TO APPEAR ON NAME TAG:**

Spouse/Grandparent's name \_\_\_\_\_ Check here if attending sessions:

Child(ren)'s name(s) and age(s): 1. \_\_\_\_\_

2. \_\_\_\_\_ 3. \_\_\_\_\_

Caregiver (over age 12) \_\_\_\_\_

### TOPIC CHOICES

YOU				SPOUSE/GRANDPARENT		
SESSION	1 <sup>ST</sup> CHOICE	2 <sup>ND</sup> CHOICE	3 <sup>RD</sup> CHOICE	1 <sup>ST</sup> CHOICE	2 <sup>ND</sup> CHOICE	3 <sup>RD</sup> CHOICE
Session A						
Session B						
Session C						
Session D						
Child's Name:					C1 <input type="checkbox"/>	C2 <input type="checkbox"/>
Child's Name:					C1 <input type="checkbox"/>	C2 <input type="checkbox"/>
Child's Name:					C1 <input type="checkbox"/>	C2 <input type="checkbox"/>

Speakers, please enter your session number in the 1<sup>st</sup> choice slot, leave 2<sup>nd</sup> and 3<sup>rd</sup> choices blank.

**YES, I WOULD LIKE TO HELP AT THE CONFERENCE! Name(s)** \_\_\_\_\_

(Please check preferred area and session timeslot)  Saturday Morning Registration  Saturday Lunch

Session Monitor  Saturday Bookstore  Silent Auction  Theme Baskets  Children's Activity Center

Children's Sessions  Where Needed Preferred Session Timeslot(s): A  B  C  D

## 2011 LLL OF CT AREA CONFERENCE REGISTRATION FORM (SIDE TWO OF TWO)

NAME \_\_\_\_\_

<u>Registration Fees</u>			
Fri. Communication Skills Workshop LLL Leader/Leader Applicant	\$ 75.00		
Fri. Communication Skills Workshop Non-Leader/Applicant	\$115.00		
LLL Leader/Leader Applicant	\$ 50.00		
LLL Member	\$ 55.00		
LLL Non-Member	\$ 60.00		
Spouse/Grandparent registering for sessions	\$ 10.00		
Late fee (after March 25, 2011)	\$ 10.00		
Exhibitor (not attending sessions)	Complimentary		
	<b>Fee Total:</b>		
<u>Meal Fees</u>			
<b>Saturday</b> Adult Luncheon Buffet	# of adults _____	x \$ 30.00 =	
<b>Saturday</b> Children's Luncheon Buffet	# of children _____	x \$ 12.00 =	
	<b>Meal &amp; Ticket Total:</b>		
<u>Miscellaneous Fees</u>			
CERPS (for lactation consultants)	# of CERP topics selected _____	x \$5.00 =	
Theme Basket Tickets (10 tickets per pack)	# of packs _____	x \$5.00 =	
Friends of LLL Donation	\$500   \$100   \$75   \$50   \$25   \$10   Other _____	=	
Children/Grandchildren of LLL Listing (attach names on separate page)	# of children _____	x \$2.00 =	
"Postcards from the Heart" (list on separate page)	# of messages _____	x \$5.00 =	
	<b>Misc. Fees Total:</b>		
<u>Deductions</u>			
LLL Leader Speaker -\$5.00 per session (- \$10.00 max)	Total Deduction:	(       )	
Area Council/Area Conference Committee Member	Total Deduction	(       )	
	<b>GRAND TOTAL:</b>		

Please send completed form, Children/Grandchildren of LLL listing, "**Postcards from the Heart**", and check or money order made payable to "LLL of CT" by **March 25, 2011** to: Diane Thompson, Registrar, 27 Jeremiah Road, Sandy Hook, CT 06482

Paying by Credit/Debit Card or PayPal? Go to <http://www.LLLct.org/ACFregistration> and make your secure payment online!

## Special Conference Features

**JUST FOR KIDS** Children attending the conference are invited to participate in sessions designed just for them. Please mark the registration form where indicated if your child wishes to participate in these sessions. Preregistration is required and is limited to the first 25 children.

A Children's Activity Center will be available throughout the conference day. Children must be accompanied by a parent or caregiver while visiting the activity center.

**THE CONFERENCE BOOKSTORE** will be open Saturday from 8:15 am to 5:15 pm. A variety of books including breastfeeding, childbirth, nutrition, and child development will be available. Look for the books mentioned in your sessions. Cash, credit card, and personal or LLL Group checks accepted.

**EXHIBIT HALL** Businesses, organizations, and individuals will display items such as jewelry, books, toys, nursing accessories, and more in the Exhibit Hall. Exhibits will be open Saturday from 8:15 am to 5:15 pm. For more information about purchasing space in the hall or placing an ad in our Program Booklet, contact *Meg McCabe* at [meg.m@lllct.org](mailto:meg.m@lllct.org) or 860-519-5151.

**SILENT AUCTION** features a variety of donated items such as gift certificates, event tickets, toys, baby items, handmade items, services, and more! The auction will be open Saturday from 8:15 am to 3:30 pm. All proceeds benefit LLL of Connecticut. To donate or if you have an idea for a potential donation, please contact *Carol Delaney* at [carol.d@lllct.org](mailto:carol.d@lllct.org) or 860-644-4109.

**THEME BASKETS** A conference favorite! LLL Groups and individual LLL Leaders from throughout Connecticut will assemble and donate beautiful gift baskets. A ticket will be drawn for each basket and the winner announced Saturday during Session D. For convenience, consider bringing your address labels to attach to your tickets. Baskets must be picked up at the end of the day by the winner or her designate. Tickets purchased with your registration are 10 for \$5 and will be enclosed in your registration folder. Tickets purchased at the conference will be 8 for \$5. For more information, or to donate a basket, contact *Amanda Steyer* at (860) 583-0415 or [amanda.s@lllct.org](mailto:amanda.s@lllct.org).

## Donations and Volunteer Opportunities

**CONTRIBUTIONS** You do not have to register for the conference to make a contribution. All financial gifts are greatly appreciated, and if your donation is postmarked by March 25, 2011, we will be able to acknowledge your generosity in the Conference Program Booklet.

When you make a cash donation in one of the following categories, you will be acknowledged in the Conference Program Booklet: Platinum (\$500+), Diamond (\$100+), Sapphire (\$75+), Gold (\$50+), Silver (\$25+), Bronze (\$10+).

**POSTCARDS FROM THE HEART** Include a message to be included in the Conference Program Booklet. Write a brief message to a friend, Leader or family member, complete the section on the registration form, include \$5.00 per message, and submit by March 25, 2011.

**CHILDREN/GRANDCHILDREN OF LA LECHE LEAGUE** Contribute to LLL by having your child's or grandchild's name listed in "Children of La Leche League" in our Conference Program Booklet. Cost is \$2.00 per child. Complete the section on the registration form and submit by March 25, 2011.

### VOLUNTEER OPPORTUNITIES

There are many opportunities to help out during the conference for adults and teens. For each assigned time period, the volunteer will receive eight theme basket tickets as a thank you. To volunteer yourself, a spouse, grandparent or teen, mark the appropriate box on the registration form or contact *Maureen* at [Maureen.d@lllct.org](mailto:Maureen.d@lllct.org).



## Continuing Education Credits

**LLL Continuing Education Units** for Leader and Leader Applicants will be available from La Leche League Alliance for Breastfeeding Education and are free of charge. CEU guidelines allow Leaders to sign in with a monitor at each topic and leave the event with their certificate in hand. All Leaders will receive CEU paperwork in their registration packets in order to document their breastfeeding education (BE), organization and management training (OM), communication skills instruction (CS), and (E) Leader ethics training. Look for topics designated: "BE," "OM," "CS" or "E."

**Continuing Education Recognition Points (CERPs)** for lactation consultants have been applied for from the Alliance through a providership with the International Board of Lactation Consultant Examiners. Qualifying topics are designated "CERP." Please mark your registration form accordingly and include the \$5.00 per session CERP fee. Children, regardless of age, are allowed to accompany their parents to CERP sessions at Area Conferences. CERP speakers and attendees should be aware and accepting of the fact that first-time parents and older children may attend these sessions. Please be respectful of the needs of all attendees and quietly respectful to the presenter.



**La Leche League of Connecticut**  
**127 Lovely Street**  
**Unionville, CT 06085**

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**ADDRESS SERVICE REQUESTED**

April 8 and 9, 2011 Hartford Marriott Hotel, Farmington, CT



**Families Make the World Go Around**

LA LECHE LEAGUE OF CONNECTICUT 32<sup>nd</sup> ANNUAL BREASTFEEDING AND PARENTING CONFERENCE