## Objectives

**Brian Palmer, DDS**

- Be able to describe at least two reasons why breastfeeding reduces the risk of obstructive sleep apnea.
- Be able to state evidence-based reasons to assist parents in making informed decisions about pacifier use for their infants.
- Be able to describe the proper development of the oral cavity, airway and facial form.
- Be able to describe the relation of breastfeeding to caries, SIDS, and Otitis Media.

**Judy Rosevear-Pusey, MS, OT**

- Be able to describe one or two infant medical conditions that require breastfeeding assistance.
- Be able to describe one or two tools available for special needs breastfeeding assistance.

**Kathy Cook, MPH, RD, LD**

- Be able to state the unique needs of nursing moms in a culture of candy, cake and Kool-Aid.

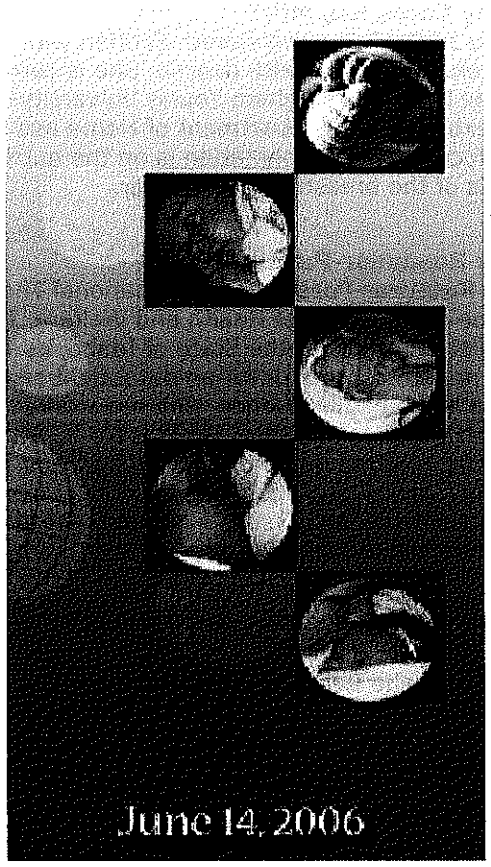
**Joanne Burke Snyder, RN, MA, MSN, IBCLC**

- Be able to discuss the history of milk banking in the US.
- Be able to state several benefits of using donor milk.
- Describe present and future barriers to milk banking.


**BEST for Babies & Moms Council**
**District Seven Health Department**
**254 E. Street**
**Idaho Falls, Id 83402**


# BEST
## for Babies & Moms Council
***presents***

# Lactation:
## An Essential Element of Health




Red Lion Hotel on the Falls

475 River Parkway

Idaho Falls, Idaho 83402

208-523-8000

## Speakers

**Brian Palmer, DDS**
Dr. Brian Palmer retired last year in Kansas City, MO, after being a full time family practice dentist for 35 years. Since 1975 he has been involved in self-funded research trying to determine the reasons for the collapse of the oral cavity and airway. This has led him to research on the importance of breastfeeding as it relates to total health and how breastfeeding can possibly reduce the risk of obstructive sleep apnea. He has traveled extensively worldwide lecturing on his findings.

**Kathy Cook, RD, MPH**
Kathy Jo Cook is a registered dietitian with a Masters of Public Health degree. She is currently on the faculty of Brigham Young University-Idaho in Rexburg in the Department of Home and Family. The focus of her presentation is on the nutritional needs of the breastfeeding mother.

**Judy Rosevear-Pusey, OT, MS**
Judy Rosevear-Pusey is an Occupational Therapist for the Department of Health and Welfare, Infant/ Toddler Program for the State of Idaho, as well as a private contractor for an outpatient clinic and a home health agency. She has worked with pediatric clients and their families for 35 years and has encountered many different diagnoses and sensory issues. Judy consults on special needs infants with feeding issues including difficulty with breastfeeding.

**Joanne Burke Snyder, RN, MA, MSN, IBCLC**
Joanne Burke Snyder is currently employed at Eastern Idaho Regional Medical Center as a lactation consultant. She holds a Master of Arts degree in human development, with a human lactation specialization from Pacific Oaks College in Pasadena, California and a Master of Science degree in nursing from the University of Phoenix. She is a board certified lactation consultant and a NIDCAP (Newborn Individualized Development Care and Assessment Program) examiner. Ms. Snyder is a published author on breastfeeding and has presented and lectured on the subject in numerous states.

## Agenda

| | |
|---|---|
| 8:00 | Registration/Continental Breakfast |
| 8:30 | Introductions |
| 8:45 | Opening Remarks |
| 9:00 – 12:30 | Brian Palmer, DDS<br>*The Importance of Breastfeeding for Total Health* |
| 12:30 – 1:30 | Lunch |
| **1:30 – 2:30** | **Breakout Session** |
| 2:30 – 2:45 | Break |
| **2:45 – 3:45** | **Breakout Session** |
| 3:45 – 4:45 | Joanne Burke Snyder,<br>*RN, MSN, MA, IBCLC*<br>*Milk Banking: The History and The Hope* |
| 4:45 | Evaluation |

**Breakout Session 1 (Choose One) 1:30 – 2:30**

__A. Breastfeeding Moms Need TLC: Focus on Nutrition—*Kathy Cook*

__B. Pacifiers: Panacea or Poison—*Brian Palmer*

__C. Breastfeeding for the Special Needs Infant: Special Cares, Special Concerns—*Judy Rosevear-Pusey*

**Breakout Session 2 (Choose One) 2:45 – 3:45**

__A. Breastfeeding Moms Need TLC: Focus on Nutrition—*Kathy Cook*

__B. Pacifiers: Panacea or Poison—*Brian Palmer*

__C. Breastfeeding for the Special Needs Infant: Special Cares, Special Concerns-*Judy Rosevear-Pusey*

### Directions to the Red Lion

**Take I-15 to "Historical Downtown" Exit 118. Coming from the South, turn right then left on River Parkway.**

*If you have any questions call:*

*208-522-0310 x 224*

## Registration Information

Please fill out the information below and mail it to the following address:

**Sue Hagrman, RD, LD**
**1895 Carmel Drive**
**Idaho Falls, ID 83402**

**Name:** _____

**Address:**

_____

_____

**E-mail:** _____

**Your name and title as you would like it to appear on your name tag:**

_____

*Please mark which class you are taking in each Breakout Session:*

| | | | |
|---|---|---|---|
| **Breakout Session 1** | A | B | C |
| **Breakout Session 2** | A | B | C |

**Registration costs are as follows and include continental breakfast, lunch and afternoon snack:**

**By May 25: $65**

**After May 25: $80**

Make checks payable to the BEST for Babies & Moms Council

An additional $5 will be assessed for those requesting CERP's.
Applications for CEU's have been made for the following professions:
Nurses, Dietitians, and Occupational Therapists.

**All cancellations must be completed prior to June 7, 2006, in order to receive a refund. Substitutions will be allowed.**

Quiet infants under 6 months of age are welcome. However, immediate attention to restless infants will be required. Please do not bring older children to the conference.

____ Please check here if you will be in need of a breast pumping area.