La Leche League International was founded in 1956 by seven women who were dedicated to providing information and encouragement to breastfeeding mothers. It has grown into a worldwide organisation with over 2,000 Groups and 8,000 Leaders in 66 countries. In Ireland La Leche League has just over 100 accredited Leaders and 40 active Groups.

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Conference Information and Registration Forms
Acceptance of advertising does not constitute LLL of Ireland endorsement.
Breastfeeding leaves NO carbon footprint. Environmentally friendly since time began.

INTERESTED IN BREASTFEEDING?
For help and information, all expectant and breastfeeding mothers and their babies are welcome to attend La Leche League local monthly meetings.

See our website
www.lalecheleagueireland.com for further information

La Leche League of Ireland
BREASTFEEDING HELP & INFORMATION
La Leche League Philosophy

We Believe:

- Mothering through breastfeeding is the most natural and effective way of understanding and satisfying the needs of the baby.

- Mother and baby need to be together early and often to establish a satisfying relationship and an adequate milk supply.

- In the early years, the baby has an intense need to be with his mother which is as basic as his need for food.

- Human milk is the natural food for babies uniquely meeting their changing needs.

- For the healthy, full-term baby, breast milk is the only food necessary until baby shows signs of needing solids, about the middle of the first year after birth.

- Ideally, the breastfeeding relationship will continue until the baby outgrows the need.

- Alert and active participation by the mother in childbirth is a help in getting breastfeeding off to a good start.

- Breastfeeding is enhanced and the nursing couple sustained by the loving support, help, and companionship of the baby’s father. A father’s unique relationship with his baby is an important element in the child’s development from early infancy.

- Good nutrition means eating a well-balanced and varied diet of foods in as close to their natural state as possible.

- From infancy on, children need loving guidance which reflects acceptance of their capabilities and sensitivity to their feelings.
2016 at a glance:

In 2016 our 102 volunteer Leaders:

- Facilitated 616 meetings and coffee mornings.
- Supported mothers through meeting attendances of 5,630.
- Made 322 home visits to mothers.
- Responded to 8,728 calls or contacts from breastfeeding mothers.
- Had a total of 1,536 calls or contacts with Health Professionals.
- Supported mothers through 45,713 text / online messages.

Leaders served on breastfeeding committees at national and local level.

Leaders also distributed LLL breastfeeding leaflets to maternity hospitals and units, PHN Clinics, and GP surgeries.

Conference & Health Professional Seminars

In March 2016, La Leche League of Ireland celebrates its 50th anniversary in Sligo at the annual two-day conference. Over 320 adults attended the conference along with babies, toddlers, children, and teens. We were honoured to welcome Marian Tompson, one of the seven founders of La Leche League International, to celebrate with us and address the conference. International speakers Nils Bergman, MD, MPH, PhD, and Nancy Mohrbacher IBCLC, FRCa, also presented. All 2016 conference sessions can be downloaded for free from www.lalecheleagueireland.com

172 Health Professionals attended medical seminars in Dublin and Sligo hosted by LLL, supported by the HSE and addressed by Nils Bergman and Nancy Mohrbacher.
La Leche League of Ireland


PROPOSED PROGRAMME

The conference sessions start on Saturday 3rd March 2018 at 9.15am and finish at approx. 4.00 pm on Sunday 4th March. A timetable/conference update will be available on our website: www.lalecheleagueireland.com

Keynote Address

Dr Kathleen Kendall-Tackett PhD, IBCLC, FAPA

Dr. Kendall-Tackett is a health psychologist and International Board Certified Lactation Consultant, and the Owner and Editor-in-Chief of Praeclarus Press, a small press specialising in women’s health. Dr. Kendall-Tackett is Editor-in-Chief of two peer-reviewed journals: Clinical Lactation and Psychological Trauma. She is Fellow of the American Psychological Association in Health and Trauma Psychology, Past President of the APA Division of Trauma Psychology, and a member of the Board for the Advancement of Psychology in the Public Interest. Dr. Kendall-Tackett specialises in women’s-health research including breastfeeding, depression, trauma, and health psychology, and has won many awards for her work including the 2016 Outstanding Service to the Field of Trauma Psychology Award from the American Psychological Association’s Division 56. Dr. Kendall-Tackett has authored more than 400 articles or chapters, and has just completed her 35th book, The Phantom of the Opera: A Social History of the World’s Most Popular Musical. Her most recent books include: Depression in New Mothers, 3rd Edition (2017, Routledge UK), Women’s Mental Health Across the Lifespan (2017, Routledge US, with Lesia Ruglass), Psychology of Trauma 101 (2015, Springer, with Lesia Ruglass) and The Science of Mother-Infant Sleep (2014, Praeclarus, with Wendy Middlemiss). Her websites are UppityScienceChick.com, BreastfeedingMadeSimple.com, and PraeclarusPress.com.

Proposed Sessions

Breastfeeding makes all the difference
Feeding your family well for less
Men, love and birth
Parenting toddlers
Breastfeeding and medications
Partners’ panel
Grandparents’ panel

Workshops:

1) The art of breastfeeding and avoiding difficulties
2) Tandem nursing

Further sessions to be confirmed
La Leche League of Ireland


REGISTRATION FEES:

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Weekend fees include sessions, keynote address, children’s refreshments and coffee. Day fees include events of the day, children’s refreshments and coffee.

* Early Bird Discounts apply to those registrations received by 1st February, 2018. No Exceptions. Final date for receipt of postal registration is 25th February, 2018.

If you require CERPS or Certificate of attendance, please select ONE of the following:

- Saturday only €15
- Sunday only €15
- Full weekend €25

Certificates will only be issued if paid for in advance. The cost is in addition to Registration fee.

La Leche League of Ireland fully supports the WHO International Code of Marketing of Breast Milk Substitutes.
La Leche League of Ireland


ANNUAL CONFERENCE 2018

REGISTRATION FORM
Registration & Payment on line: www.lalecheleagueireland.com

Name: ..................................................................................................................................................

Address: ..............................................................................................................................................

Email: ..................................................................................................................................................

Date: ......................... Phone no:......................................... Mobile ...............................................

Name of spouse/partner (if attending sessions): ................................................................................

No. of children attending: ........................................ Ages: ..................................................

LLL Leader □ LLL Leader Applicant □ LLL Member □ IBCLC (No.) ………

Cuidiú Counsellor □ Health Professional □ Other (please state) .................................

If paid up LLL member, give the Group name: ............................................................................

ATTENDING:
Full Weekend □ Saturday Only □ Sunday Only □

Is this your first LLL conference? □ Yes □ No

Are you staying at the conference hotel? □ Yes □ No

Will you be at the Friday night get-together? □ Yes □ No

CHILDREN
ALL UNDER 18s ATTENDING CONFERENCE MUST BE LISTED BELOW FOR INSURANCE PURPOSES.
The relevant wristbands for the different age groups will be waiting for you at the registration desk when you arrive at the conference.

Children can of course still be registered at the conference, but it is advisable to register in advance.

If registering for children’s activities the cost per child is €10 or €20 per family. Cost per teenager is €8.

Name Age Please tick if participating in activities
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TOTAL No. of Adults ............... TOTAL No. of Children ...............  
Cheque payable to La Leche League of Ireland enclosed € ..................................................

This completed form to be sent to: Aileen Howell, Old Coach Road, Stonehouse, Dunleer, Co. Louth.  
Tel: 087-8174714  Email: aileenhowell@gmail.com
La Leche League of Ireland


HOTEL INFORMATION

The Gleneagle Hotel, Killarney is Ireland’s leading Family-Friendly, Leisure & Entertainment Hotel with self-catering apartments, the INEC and an impressive Leisure Centre all onsite. The hotel is situated close to Killarney town centre in a most peaceful setting overlooking Killarney’s National Park.

The Gleneagle boasts an impressive health and leisure centre, free resident entertainment nightly and a children’s play centre. The Gleneagle prides itself on a family-friendly atmosphere with a generous hospitality that makes it “your home away from home”.

Leisure centre facilities include a 25 metre swimming pool, kids pool, sauna, Jacuzzi, steam room and fully equipped fitness suite, two tennis courts, two squash courts, an 18 hole pitch and putt course and a snooker room.

ACCOMMODATION BOOKING INFORMATION

TWO NIGHT PACKAGE:
Friday 2nd and Saturday 3rd March 2018
€139.00 per person includes: two nights bed and breakfast and one evening meal

ONE NIGHT RATES:
For those delegates wishing to book single occupancy accommodation or one night stays the following rates apply:

Friday 2nd March 2018
• €109 per Twin/Double room Bed & Breakfast
• €99 per Single Occupancy room Bed & Breakfast

Saturday 3rd March
• €129 per Twin/Double room Bed & Breakfast
• €119 per Single Occupancy room Bed & Breakfast

Early arrivals and Extended stay rates Thursday 1st and Sunday 4th
• €79 per Twin/Double room Bed & Breakfast
• €69 per Single Occupancy room Bed & Breakfast

Children’s Rates
• No charge for Children sharing parents room age 0-3 years
• Children age 4 - 12 years €5 per child per night Bed and Breakfast
• Children age 13+ €10 per night Bed and Breakfast
• Children’s dinner menu available each night at €10 per child

The child sharing rates listed above also apply.

TO MAKE YOUR BOOKING PLEASE CONTACT THE HOTEL RESERVATIONS TEAM ON:
Tel: 064 6617550 Email: info@gleneaglehotel.com
OR BOOK ONLINE AT WWW.GLENEAGLEHOTEL.COM USING PROMO CODE ‘LLL2018’
www.lalecheleagueireland.com

On our website you can:

• Find answers to your breastfeeding questions

• Find out more about LLL of Ireland

• Locate your nearest Group

• Download LLL of Ireland breastfeeding leaflets

• Keep up to date with upcoming LLL of Ireland events

• Register for Conference or Medical Seminar

www.lalecheleagueireland.com
BREAST MILK CAN HELP SAVE PREMATURE BABIES LIVES TO BECOME A DONOR

Contact
Human Milk Bank (028) 686 28333 (U.K.) (048) 686 28333 (Eire)

Acceptance of advertising does not constitute LLL of Ireland endorsement.
Have a question about breastfeeding?

Visit www.breastfeeding.ie for professional information and support.
La Leche League of Ireland


Friday Entertainment: We will maintain the tradition of an informal Friday evening get-together (8-10pm).

Requirements for children: Swimming caps for the pool. Soft soled shoes to reduce noise level at sessions. Light-weight clothing as the hotel may be warm. Books and soft toys (labelled) for toddlers attending sessions. No noisy toys please! Bring baby sling if required.

Playgroup facilities: Playgroup facilities and other entertainment will be provided for children during conference sessions. Please remember that these should not be treated as crèche facilities and that children under four years of age who are not school going may participate only if accompanied by a parent or guardian. There will be a charge of €10 per child or €20 per family to cover children’s activities for the whole weekend and only those children registered for entertainment may participate. You may pre-register for the children’s activities.

At the conference: As is usual at LLL functions, your children are welcome to accompany you to sessions, meals, and all Conference areas. Ordinary baby sounds or gleeful toddler noises will not distract speakers or delegates. A crying baby, however, may be distracting to others and may be upsetting for the baby. You may have to miss part of the session, but listening to your child so that you can tend to his/her needs is the most important thing you can do. For health and safety reasons, please do not use prams or buggies inside the hotel. Only parents with a specific need should use buggies inside the hotel (for example - parents of twins, if pregnant and with a toddler, disabled parent/child, etc.)

LLL Bookstall: A fully stocked LLL Bookstall will be open at specific times over the weekend.

Audio Download: An Audio Download of most conference sessions will become available post Conference.

Teenagers (13yrs+): will have access to a Teen Room with activities available at designated times throughout the weekend. Teens are welcome to attend conference sessions. Teen Registration €8.

Please note that we need to have a record of all children under 18 attending the conference even babies in arms; there is no fee unless attending organised sessions.

For General Conference information: www.lalecheleagueireland.com

For further information contact: Fionna Sheehy 087 971 1342 Email: fionnasheehy@gmail.com
Local conference organiser: Sylvia Chesterman: 087 663 6635 Email: sylviachesterman@yahoo.co.uk