

Program Objectives

Upon successful completion of this program, attendees will be able to:

- Describe how breast massage is used by different cultures to help with problems such as engorgement, plugged ducts, and mastitis.
- Identify causes of and treatment options for acute breast pain
- Demonstrate how hand expression and therapeutic breast massage (TBML) assist in management of engorgement, plugged ducts and mastitis.
- Explain how to teach self-breast massage techniques to breastfeeding mothers
- Describe nipple blebs, milk blisters and plugged ducts
- Discuss available treatments for such conditions
- Review latest research on blebs
- Demonstrate and teach lactation consultants simple techniques of breast massage and hand expression that help in treatment of blebs. These hands-on techniques may provide a complementary treatment strategy
- Demonstrate hand expression techniques and Therapeutic Breast Massage in Lactation Techniques

Education Credit

Provider approved by the California Board of **Registered Nursing**, Provider Number CEP 2553 for 6 contact hour. **IBCLC units in progress. There will be 6 hours of education provided. Application for CHES(entrey-level)/MCHES (advanced-level) Category I continuing education contact hours (CECH) has been made to the National Commission for Health Education Credentialing, INC (NCHEC).** RD Units will also be available.

Conference Location

Directions:

From Santa Maria- 101 South, Exit Turnpike and go left over freeway. Immediate right on Calle Real. Left on San Antonio Road. 300 North San Antonio Rd.

From LA – 101 North, Exit El Sueno and make an immediate left at the stop sign Calle Real. Right on San Antonio Road. 300 North San Antonio Rd.

Hotel Information

The Ramada Limited will be available for \$159+tax on Thursday night. Friday and Saturday require a two night minimum at \$199+tax a night. When making your reservation, please state that you are with the Santa Barbara County Breastfeeding Coalition. A small block has been reserved. Please call ASAP [800-654-1965](tel:800-654-1965) to make a reservation. 4770 Calle Real Santa Barbara, CA 93110 (1/2 mile from the conference).

Come stay and visit beautiful Santa Barbara for the weekend!



Please NO Nuts or Nut Products at the Conference – we have an attendee that is deathly allergic. Thank you!

**The Santa Barbara County
Breastfeeding Coalition Presents**



Art of Therapeutic Breast Massage in Supporting Breastfeeding

**Maya Bolman
RN, BA, BSN, IBCLC**

**Friday,
September 16, 2016
8 am-4:16 pm**

Santa Barbara County
Public Health Department Auditorium
300 N San Antonio Rd
Santa Barbara, CA 93110

Raffle Prizes (7/13/16)

Featured Speakers

Maya Bolman RN, BA, BSN, IBCLC

Maya Bolman was born and raised in Minsk, Belarus. Certified as IBCLC in 2001, she currently works as inpatient lactation consultant at Cleveland Clinic Hillcrest Hospital. Since 2009, she also works as lactation consultant in a large pediatric and breastfeeding medicine practice.

Maya Bolman is internationally known for her work promoting hand expression and breast massage to breastfeeding mothers. She recognizes that teaching mothers these basic tools helps empower them to work through breastfeeding challenges including engorgement, plugged ducts, separation from the infant, and milk supply concerns. She has worked with Dr. Ann Witt to create an instructional video "The Basics of Breast Massage and Hand Expression" and conducts research on the effectiveness of Therapeutic Breast Massage in Lactation (TBML) both in the office and as a treatment at home for mothers.



For more information: Please contact Meg Beard (805) 448-4115 cell or megrdrd@cox.net

Program Outline

8:00 am Registration and Coffee

8:45 am Welcome and Introductions

9 am Art of Breast Massage in Supporting Breastfeeding. This includes: acute breast pain; engorgement, plugged ducts and mastitis, massage and the role of lymphatic system, oxytocin; use of massage in different cultures

10:15 am Break

10:30 am HAND-ling the Pain: TBML research and case reviews

12:00 pm Lunch Provided

1:00 pm All about that... BLEB"

2:00-2:45 pm Teaching TBML techniques, self-breast massage and hand expression

2:45 pm Break & Snack

3:00 pm Live demonstration – Actual BF moms

4:00 pm Evaluations (**Your Feedback is a Gift**), Distribution of Continuing Education Certificates & Adjourn

Registration Form (Please Print)

Name _____

Agency _____

Address _____

City _____ Zip _____

Phone _____

Email _____

Professional License Number _____

Please Circle Continuing Education Units
RN IBCLC CHES RDN

Registration Fee: \$90.00. SB BF Coalition Platinum membership \$50.00. Please register early as seating is limited.



www.sbbreastfeedingcoalition.org

AM Coffee and tea will be provided along with an afternoon snack. Lunch will be provided. Conference materials and continuing education credit provided. Please email special food request.

Registration Deadline: Received by 9/13/16. Refunds permitted until 9/10/16.

Mail registration form or pay by credit card through Eventbrite: Santa Barbara County Breastfeeding Coalition (c/o Meg Beard)
P.O. Box 60213
Santa Barbara, CA 93160-0213