

# SLCA Education Day

**April 1st**

**Radisson Hotel Saskatoon**



**Register  
NOW!**



**For more information: [www.skslca.com](http://www.skslca.com)**

# SLCA Education Day

**Delta by Marriott (former Radisson Hotel)**

**405 - 20th St E Saskatoon, SK**

**Michaelangelo C Room**

## **Saskatchewan Lactation Consultant Association**

*Improved health of  
Saskatchewan people through  
normalizing breastfeeding  
and skilled lactation care*

*SLCA supports, protects, and  
promotes breastfeeding by  
providing opportunities to  
network with a variety of  
disciplines and further the  
knowledge and skills of  
IBCLCs and others who strive  
to provide exceptional  
lactation support to  
Saskatchewan families.*

**SLCA**

**Annual General Meeting**

**Join us during the lunch hour!**

**For preferred room rate of**

**\$147/night**

**please call:**

**1-800-721-7033**

**Ask for SLCA room rate**



# **SLCA Education Day**

**0730 - *Registration & buffet breakfast***

**0815 - Welcome**

**0830 - ICAP Frenum Freedom**

**0930 - Baby Led Feeding**

**1000 - *Break and refreshments***

**1030 - Advocating for the Specialized Role of the IBCLC**

**1100 - Informed Decision Making and Infant Feeding**

**1200 - *Lunch and AGM***

**1300 - Choosing the Right Tool for the Goal**

**1400 - *Break and refreshments***

**1430 - Nutrition in Breastfeeding: new evidence and  
implications for care**

**1500 - Chiropractic Care and Breastfeeding**

**1530 - *Closing and Evaluations***

### **Learning from ICAP—Erika Broome**

**Erika is a Registered Nurse and IBCLC at Lactation Services in Prince Albert. She is a member of her local BFI committee and vice-chair of the SLCA, as well as secretary of the BCS. She has a particular interest in tongue and lip tie and attended the ICAP Frenum Freedom conference in Toronto last summer. She comes to share the learning she gained from seeing so many world class experts from the tongue tie world.**

### **Baby Led Feeding—Tammy Klassen**

**Tammy is a speech language pathologist and has worked for the Sask. Health Authority for the past 20 years. She received her Master's Degree in Communication Disorders from Minot State University in Minot, North Dakota. She specializes in the areas of speech, language, and feeding in the pediatric population.**

**She is going to speak on oral development and feeding readiness as an infant progresses through texture transitions from breast milk to first solids.**



### **Advocating for the Specialized Role of the IBCLC—Heidi Russell**

**Heidi is a Registered Nurse and IBCLC from Yorkton. She is active in the BCS, SLCA, Baby Friendly Initiative, and helped open the Yorkton Milk Drop site for NorthernStar Milk Bank. Heidi will discuss the importance of communications with employers, hospital boards, medical professionals, health authorities and the public in advocating for our specialized role as IBCLCs and how we can carry that in to our practice.**

### **Informed Decision Making and Infant Feeding—Catherine Lys**

**Catherine is a Registered Nurse and IBCLC who is the clinical coordinator of the Maternity Visiting Program in Regina. She is an executive member of the BCS, and the co-chair of the BFI committee for Regina. She will speak to us about the elements of informed decision making and how to present infant feeding information in a supportive, non-judgemental, and unbiased manner, including tips to facilitate informed decision making conversations.**

### **Nutrition in Breastfeeding—Johanna Bergerman**

**Johanna is a Public Health Nutritionist, IBCLC, works with the Baby Friendly Initiative. BCS, SLCA, ILCA rep to WABA and Saskatoon Breastfeeding Matters.**

**Johanna is going to delve into some of the new research around maternal diet in breastfeeding and discuss nutrients of special concern for mothers and infants: B vitamins, vitamin A, vitamin D, selenium, iodine, omega 3 fatty acids. She will critique the commercial promotion of dietary intake on breastfeeding. The presenter will also evaluate Public Health messages for new moms about nutritional intake during breastfeeding**

### **Choosing the Right Tool for the Goal—Janelle Amyotte**

**Janelle is a Registered Nurse and IBCLC at Public Health in Prince Albert. She is chair of her local BFI committee, chair of the SLCA and co-chair of the BCS. Janelle is passionate about helping parents meet their feeding goals. Her presentation will guide us to use a goals-based approach and an understanding of infant motor skills acquisition, to assist in choosing the best tools and techniques to help families meet their feeding goals.**



### **Chiropractic Care and Breastfeeding— Dr. Stacey Hornick**

**Dr. Hornick obtained her Bachelor of Science degree in Biology at the University of Toronto in 1992 and completed her Doctor of Chiropractic degree at CMCC in Toronto in 1996. Her continued passion to provide the most effective care to the pediatric patient led her to pursue her Master of Science in Chiropractic Pediatrics from McTimoney College of Chiropractic, University of Wales, which she completed in 2015. This specialty allows her to bring expertise to her pediatric patients and their families. Her master's dissertation investigated "The Effect of Chiropractic on Cortisol Levels in Infants with Colic". Dr. Hornick has been in private practice for 22 years in Saskatoon. She will discuss the benefits of pediatric chiropractic care for the breastfeeding newborn. The presentation will also include the integrative role of the chiropractor in the management of breastfeeding challenges for mother and infant.**