

PRESS KIT



**BREASTFEEDING:**  
**a matter of emergency, a matter for science**  
Central to what we do, what we know, what we choose.

**FRIDAY 1 APRIL 2016**

Centre des Congrès de la Cité des Sciences  
Paris - France



**La Leche League France looks forward to seeing you at the 10<sup>th</sup> International Breastfeeding Day on Friday 1 April 2016, which is taking place at the Centre des Congrès de la Cité des Sciences de la Villette in Paris.**

Top-flight speakers in the world of breastfeeding have been chosen for you, whether you are a healthcare professional, or breastfeeding counsellor in an NGO, a teacher in the field of perinatal care or any other healthcare field: If you are interested in breastfeeding IBD 2016 will be fascinating to you!



**BREASTFEEDING:**  
**a matter of emergency, a matter for science**  
Central to what we do, what we know, what we choose.

We will be addressing a variety of themes involving the latest scientific research, ethical issues and the everyday work of healthcare practitioners.

See you on 1 April 2016, for a day of discovery and discussion, with workshops on the night before.

Best regards,  
Françoise-Marie Noguès,  
IBD Coordinator and the entire IBD team



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## ALL ABOUT INTERNATIONAL BREASTFEEDING DAY 2016

### DATES

*Thursday 31 March, from 6.00 to 8.00 pm*

NEW AT THE 10TH IBD!

#### WORKSHOPS

*"MEETING THE EXPERTS"*

Limited attendance: up to 120 people - Refreshments included

*Friday 1 April, from 8.30 am to 5.00 pm*

SIMULTANEOUS INTERPRETING

#### CONFERENCES



**BREASTFEEDING: a matter of emergency, a matter for science**

Central to what we do, what we know, what we choose.

CERPs L, R and E for IBCLC.

### VENUE

A well-known venue for all sorts of events, the Cité des Sciences de Paris is the ideal place to host this amazing event.

International Breastfeeding Day will be held at the

***Centre des Congrès de  
la Cité des Sciences de la Villette***

**30, avenue Corentin Cariou - 75019 Paris - France**

**Pedestrian access via the northern esplanade**

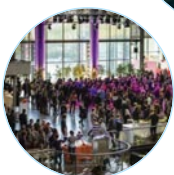
**Gaston Berger Amphitheatre**

METRO: Line 7, get off at Porte de la Villette

BUS: Lines 6, 9, 13, 14, 16, 17, 18, 19, 20, 23, 24, 27, 28 and PC3

SNCF: Gare du Nord, Tick the "SNCF" box on your sign-up form and get a discount on railway journeys in France.

CAR: Near the "Boulevard Périphérique" ring road, exit at Porte de la Villette  
On-site parking: 1,600 places



# ALL ABOUT INTERNATIONAL BREASTFEEDING DAY 2016



Since 1986, LLL France has organised INTERNATIONAL BREASTFEEDING DAY.

This eagerly-awaited event is unique in Europe. Top-flight international conference speakers come to talk to healthcare professionals.

Over 700 people attended IBD 2013. We are looking forward to seeing even more in 2016!

## Who attends?



**Healthcare professionals**



**Counsellors working for breastfeeding support groups**



**Teachers in the field of perinatal care, and other healthcare fields**



**Students**

International Breastfeeding Day is organised by La Leche League France. Please refer to the list below to contact the right person.

### INFORMATION

Françoise-Marie Noguès, IBD 2016 Coordinator  
[francoise-marie.nogues@lllfrance.org](mailto:francoise-marie.nogues@lllfrance.org)

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### PRESS RELATIONS

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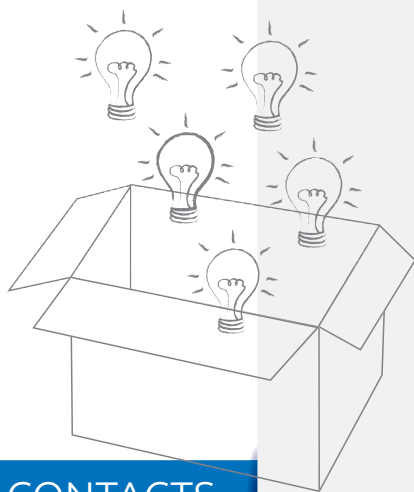
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### SIGNING UP/ACCOUNTS

Karine Villemin  
[jia@lllfrance.org](mailto:jia@lllfrance.org)

•

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## CONTACTS

# ALL ABOUT INTERNATIONAL BREASTFEEDING DAY 2016

La Leche League France is organising  
**the 10<sup>th</sup> International Breastfeeding Day**  
due to take place at the  
**Centre de Congrès de la Cité des Sciences de la Villette in Paris,**  
**on 1 April 2016.**

For this event, now celebrating its 10th edition, the IBD 2016 team and its Coordinator have chosen to present ground-breaking aspects of breastfeeding for a loyal and demanding audience of participants who come to learn outside the box. The number of attendees is ever-increasing: in 2013 we welcomed over 700 healthcare professionals, counsellors in support networks and students from all over France and even further afield.

*In 2016, IBD is inviting 4 experts of international repute  
to explore 5 breastfeeding themes:*

Dr **Jane Morton**, is already well-appreciated in France  
for her protocol to boost milk supply when mother and baby are separated.  
In Paris she will be presenting her new, enhanced protocol!



•  
**Karleen Gribble** will be exploring a theme of great concern in the light  
of the latest UNICEF report on children's situation. This Australian speaker will deploy  
her human warmth and a touch of caustic humour  
to address breastfeeding in emergencies and situations of vulnerability.



•  
Dr **Adriano Cattaneo** will be coming to talk on a subject that is ever being questioned:  
diversification and compliance with WHO recommendations.



•  
**Laurel Wilson** will be giving us an exciting look at the complex story of the human epigenome  
and how it is linked directly with breastfeeding.

The fifth IBD theme (also presented by Laurel Wilson) will be addressing  
a highly taboo subject that healthcare professionals are increasingly having to deal with:  
the impact of maternal cannabis intake on the breastfed baby.



Consumption is on the increase all over the world, in all social categories.  
What are the contraindications and recommendations?  
Laurel Wilson deplores that "the answers given vary widely  
and this is due largely to myth, bias, and poorly conducted and accessed research."

You will be able to find out about the conference speakers in exclusive videos on the IBD website.

Those who want more will probably enjoy the "Workshops".  
In response to demand from participants of the previous edition, the IBD team is partnering AMF (<http://www.allaitementmaternel-formation.com/>) to introduce an exciting new feature in the form of workshops at which to meet the conference speakers, to be held on the evening before the event (more information on the IBD website: [www.journee-internationale-allaitement.com/en](http://www.journee-internationale-allaitement.com/en)).

Other new features include a catering service for which you place your orders online.  
These are bound to satisfy everyone since there are gluten-free and vegetarian menus as well as more classic fare.  
And there will be French-speaking moderators for each conference speaker to help place the speaker's thrust in a French perspective.

We are looking forward to seeing you on 1 April 2016, brimming with motivation to make sure this event chimes in neatly with your practices, services and mission.

For more information on International Breastfeeding Day, please go to the website:  
[www.journee-internationale-allaitement.com/en](http://www.journee-internationale-allaitement.com/en)

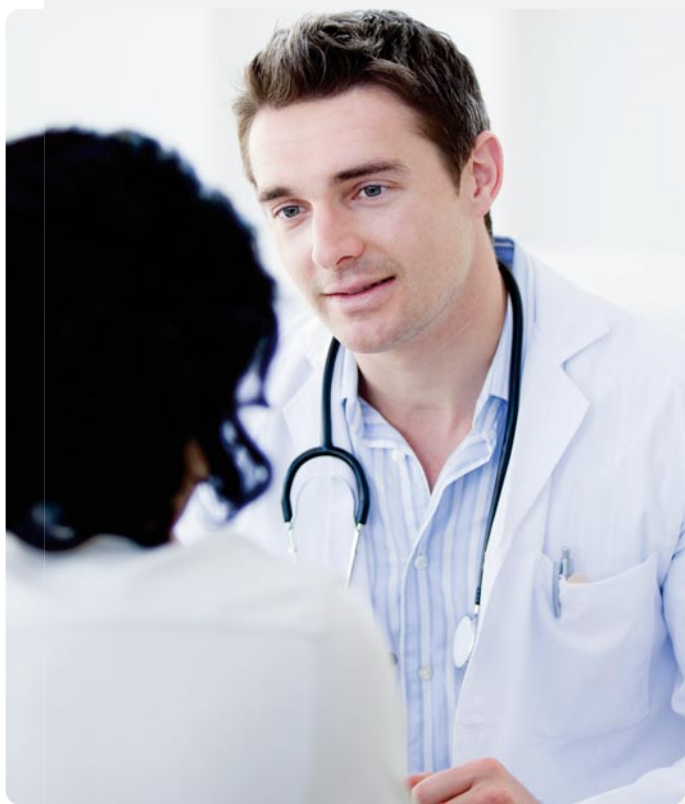


# INTERNATIONAL BREASTFEEDING DAY, Looking back at the past 30 years

In 1985 a small group of **La Leche League France Leaders** decided to create a training organisation for healthcare professionals (now known as Am-f, [www.allaitement-maternel-formation.com](http://www.allaitement-maternel-formation.com))

LLL France and Am-f organised the first ever International Breastfeeding Day (IBD) at UNESCO in 1986, as a top-flight event for healthcare professionals.

This first ever IBD enjoyed such success that the decision was taken to repeat the experience on a regular basis.



This was how it all started 30 years ago (1986-2016), with LLL France selecting speakers from among the best-reputed specialists in breastfeeding.

As in 2013 and 2011, IBD 2016 will be held at the Cité des Sciences and de l'Industrie de la Villette, in Paris.

This day of training and discussion caters to all those interested in breastfeeding, including healthcare professionals, counsellors working in breastfeeding support groups, teachers and students in perinatal care and other healthcare fields.

Simultaneous interpreters will be translating the conferences into French, and all participants will receive a special IBD issue of the *Dossiers de l'Allaitement* (LLL France's journal on breastfeeding issues for healthcare professionals).

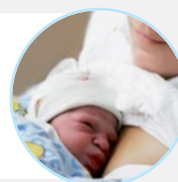
Between 500 and 850 people attended the previous IBDs. We are looking forward to seeing even more of you in 2016.

## IBD, addressing ground-breaking themes

The aim of the IBD is to help spread the latest data available on breastfeeding. Here is a brief roundup of some of the important themes covered at previous IBDs.

### The importance of kangaroo care for premature babies

Topic addressed by Adik Levin - IBD 1997  
Nils Bergman - IBD 2005  
and Nathalie Charpak - IBD 2008



The beneficial impact of skin-to-skin (kangaroo care) for premature babies has been widely documented. This method is currently used as a means to give high-tech neonatal care a more human dimension and it is now a subject of fundamental research in the western world.

Skin-to-skin contact, breastfeeding and leaving the hospital as soon as possible are the underlying principles of this method which empowers mothers as the best possible carer for their fragile infant.

### The future of neonatal medicine

Topic addressed by Adik Levin - IBD 2005

The mother acts as a "maternal incubator". Carers should facilitate every opportunity for mothers to stay with their babies round the clock. The mother's presence is not only beneficial; it is of vital importance for the infant.



### Skin-to-skin contact.

Topic addressed by Nils Bergman - IBD 2005

The two main components of kangaroo care are skin-to-skin contact and breastfeeding. Skin-to-skin contact and breastfeeding are where care starts, with available technology and support in addition.



### Biological Nurturing (BN)

Topic addressed by Suzanne Colson - IBD 2011

The "BN" position is the outcome of Suzanne Colson's findings on the biology behind the mother-infant relationship, with special emphasis on babies' and mothers' primitive neonatal reflexes. She presented these findings at IBD 2011.



### Breastfeeding: innate behaviour or skills to be acquired?

Topic addressed by Suzanne Colson - IBD 2011

Biological Nurturing opens the mother up to her baby, giving him more freedom of movement. The mother has her hands free and gravity holds baby close to his mother.



# INTERNATIONAL BREASTFEEDING DAY, Looking back at the past 30 years

It has been said that human babies relive our entire phylogenetic history. During their first year of life, a laid-back biological nurturing position can help a new-born to maintain a head-on position for feeding. This may be a species-specific position, facilitating the initiation of breastfeeding.

## Shared sleep

Topic addressed by James McKenna - IBD 2005  
and Helen Ball - IBD 2011



The controversial topic of shared sleep (with the baby sleeping in a crib in his parents' bedroom or sharing their actual bed) was discussed by James McKenna in 2005, then in 2011 by Helen Ball, who told us about the science behind these practices.

## Stone-age babies in the space age

Topic addressed by James McKenna - IBD 2005



When shared sleep occurs in a context of healthy social relations, the babies and children benefitting from it enjoy a leg-up to greater independence. As they grow, they enjoy fuller awareness of their sexual identity and are capable of better stress management. With increased mother-baby contact, crying is reduced significantly, and contrary to orthodox thinking, both mother and child get more sleep.

## Children's sleep, breastfeeding and bed-sharing

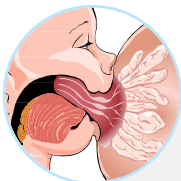
Topic addressed by Helen Ball - IBD 2011



For mothers wishing to breastfeed, sleeping near her baby is a way of making night-time feeds more effective, and reducing untimely awakenings for the parents.

## Tongue-tie

Topic addressed by Elisabeth Coryllos - IBD 2008  
and Lawrence Kotlow - IBD 2013



IBD has fully addressed tongue-tie, a problem that relatively few healthcare professionals are aware of, by inviting two of the main specialists worldwide: Elisabeth Coryllos and Lawrence Kotlow.

## The impact of tongue-tie on breastfeeding: Evaluation, incidence and treatment

Topic addressed by Elisabeth Coryllos - IBD 2008



Tongue-tie is a clinical topic in its own right. When the symptoms appear to be present, it needs to be treated as soon as possible to keep breastfeeding problems to a minimum.

## The close ties between breastfeeding and dentistry

Topic addressed by Lawrence Kotlow - IBD 2013



Night-time breastfeeding does not cause cavities. It's abnormal tongue-tie which traps breastmilk, which then releases lactic acid and triggers the process that deteriorates the baby's teeth.

To wrap up this brief overview,  
here is a list of other themes addressed  
at past editions of IBD

## Breastfeeding and obesity

Topic addressed by Rüdiger Von Kries - IBD 2003

## Breastfeeding, intestinal microbial flora and immune systems

Topic addressed by Lars Hanson - IBD 2003

## Breastfeeding and medical prescription

Topic addressed by Thomas Hale - IBD 2003

## Breastfeeding beyond 6 months: confident diversification

Topic addressed by Carlos González - IBD 2008

## Intimacy and breastfeeding in a bottle-feeding culture

Topic addressed by Ros Escott - IBD 2008

## A new paradigm for depression among young mothers.

Topic addressed by Dr. Kathleen Kendall-Tackett  
IBD 2011





## Introducing LA LECHE LEAGUE France

La Leche League France is part of La Leche League International.  
**It is an NGO with a consultant role to the World Health Organisation  
and member of the Board of Directors of NGOs at UNICEF.**

•  
La Leche League France is a member of  
IBFAN (International Baby Food Action Network),  
CoFAM (French Coordination for Breastfeeding),  
CIANE (Inter-NGO Birthing Collective)  
and a partner of International Breastfeeding Week (SMAM).

•  
La Leche League France publishes many articles in the press every year  
and participates in training healthcare professionals  
via its professional training department Am-f.  
[www.allaitement-maternel-formation.com](http://www.allaitement-maternel-formation.com)

•  
La Leche League France works in France,  
via 160 breastfeeding support groups and 350 Leaders,  
and aims to support and inform mothers about breastfeeding and related subjects.

La Leche League France facts and figures:

**Founded 40 years ago**

**Over 2,000 regular members**

**A national conference held every other year**

**Ongoing medical training**

**Two quarterly publications**

*"Allaiter Aujourd'hui"* (Breastfeeding Today) a magazine for the general public  
and *"Les Dossiers de l'Allaitement"* a journal for healthcare professionals

•  
Find more information on LLL France at:

[www.lllfrance.org](http://www.lllfrance.org)



## DATES

*Thursday 31 March, from 6.00 to 8.00 pm*

NEW AT IBD 10TH EDITION!

### WORKSHOPS

**"MEETING THE EXPERTS"**

Limited attendance: up to 120 people

Refreshments included

## VENUE



The "Meeting the experts" workshops will take place at the

***Centre des Congrès de  
la Cité des Sciences de la Villette***

**30, avenue Corentin Cariou - 75019 Paris - France**

**Pedestrian access via the northern esplanade**

**Gaston Berger Amphitheatre**

## NEW AT THE 10<sup>th</sup> IBD 2016

**When we examined the assessments of those attending IBD 2013,  
it was clear that we needed to find a way of tying research  
findings in more with clinical practice, institutions and networks.**

As we strive to meet your expectations more fully,  
the IBD 2016 team decided to add a new "Meet the speakers"  
feature to this tenth edition in the form of workshops.

We have decided to call it "Meeting the experts".

To fall in neatly with everybody's travel arrangements,  
we have scheduled this feature for the night before the actual IBD conferences:

- 31 March 2016 6.00 - 8.00 pm at the Cité des Sciences de la Villette -  
so that participants can arrive from all over France  
and leave on the same day.

## PROGRAMME

*5.30 pm - Participants are welcomed  
and split into four groups of 30*

### **From 6.00 to 8.00 pm**

These groups will meet each of the four 2016 IBD conference speakers in turn.

Each 1/2 -hour session will be run by a conference speaker.

The participants will be invited to share their practices.

An interpreter will be on hand to translate. Given the cap on the number of attendees  
these meetings will be more intimate and personal than the conferences.

*8.00 pm - Refreshments*

*Refreshments will be served to round the evening off.*

## THE WORKSHOPS

## PROGRAMME

*Friday 1 April, from 9.00 am to 5.00 pm*

WITH SIMULTANEOUS INTERPRETING

### IBD CONFERENCES

#### "BREASTFEEDING: A MATTER OF EMERGENCY, A MATTER FOR SCIENCE"

8.00 am - Participants are welcomed

8.45 am – Opening speech by Lydia de Raad



9.00 am

DR. JANE MORTON

*"Establishing lactation when mother and baby are separated"*

10.00 am - Break



10.30 am

KARLEEN GRIBBLE

*"When giving breast milk is a matter of emergency"*

11.30 am - Lunch



1.00 pm

LAUREL WILSON

*"Epigenetics and breastfeeding.  
Potential long-term impact of breastfeeding"*



2.00 pm

DR. ADRIANO CATTANEO

*"Duration of exclusive breastfeeding  
and introduction of supplements,  
what proof do we have?"*

3.00 pm - Break

3.30 pm

LAUREL WILSON

*"Natural, toxic, or ... what?  
Breastfeeding and use of marijuana"*

4.30 pm – Winding up

*Stands remain open until 7.00 pm*

This day may count  
as ongoing training  
(DIF, FIF, PL, ANFH etc.).

LLL France is  
an official training organisation,  
registration No. 11 78 011 46 78.

A certificate of attendance  
will be issued, along with CERPs  
for IBCLC lactation  
consultants.

## RATES FOR INTERNATIONAL BREASTFEEDING DAY 2016

### WORKSHOPS

*Thursday 31 March 2016, from 6.00 to 8.00 pm*

NEW AT THE 10<sup>TH</sup> IBD!

### WORKSHOPS

#### "MEETING THE EXPERTS"

Limited attendance: up to 120 people - Refreshments included

Each 1/2 -hour session will be run by a conference speaker.  
The participants will split into four groups of 30 to share their practices.  
An interpreter will be on hand to translate.  
Given the cap on the number of attendees these meetings  
will be more intimate and personal than the conferences.

WORKSHOPS (Open to all those attending the conference the next day)

€80

### IBD 2016

*Friday 1 April 2016, from 9.00 am to 5.00 pm*

WITH SIMULTANEOUS INTERPRETING

### IBD CONFERENCES

#### "BREASTFEEDING: A MATTER OF EMERGENCY, A MATTER FOR SCIENCE"

CERPs L, R and E for IBCLC. .

- |   |   |      |
|---|---|------|
| 1 | <b>SPECIAL RATE AVAILABLE TO ALL</b><br>Valid from 01/06/15 to 30/11/15         | €165 |
| 2 | Individual rate <b>A</b> /Ongoing training                                      | €180 |
| 3 | Individual rate <b>B</b> (For those who are already LLL France members in 2016) | €150 |
| 4 | Individual rate <b>C</b> (For those joining while signing up)                   | €175 |
| 5 | Rate for <b>LLLI Leaders</b> (dues paid for 2016)                               | €120 |
| 6 | Rate for <b>LLL France Leaders/Students</b>                                     | €95  |

CATERING

*At IBD,  
Friday 1 April, from 11.30 am to 1.00 pm*

CATERING SERVICE,

**MADE-TO-MEASURE LUNCH!**

*Don't just take a break, take the time to truly unwind!*

We are providing a tasty break with a first-rate catering service.  
Come and taste our tasty, fresh, seasonal dishes in the chill-out area

OUR CATERING SERVICE WILL BE PROVIDING 4 MENUS:

€22

LUNCH'BOX

1

*Gluten-free, lactose-free*

Mixed salad:  
cucumber, quinoa,  
tomato, onions and mint  
•  
Rocket salad, egg, chicken,  
capers, cashew nuts and garlic  
•  
Fruit salad:  
Peaches, apricots and blueberries  
•  
Mineral water

€22

LUNCH'BOX

2

*Pleasure plus*

Mixed salad:  
bulgur wheat, peas, carrots,  
chick peas, pomegranate seeds  
•  
Smoked salmon sandwich, goat's cheese,  
tangy dressing, salad,  
bread with Chia seeds  
•  
Apple and blueberry cake  
•  
Mineral water

€15

SAND'BOX

3

*Vegetarian*

Goat's cheese sandwich,  
cucumber and yoghurt sauce with herbs  
•  
Crisps  
•  
Apple and brownie  
•  
Mineral water

€15

SAND'BOX

4

*Club*

Ham sandwich  
with Comté cheese and salad  
•  
Crisps  
•  
Apple and brownie  
•  
Mineral water





Dr. Jane MORTON  
Paediatrician

### Biography

Dr. Jane Morton, is a Clinical Professor of Pediatrics at Stanford University, with a distinguished career as a general paediatrician. She is internationally recognized for her contributions to education, research and clinical care in breastfeeding and human lactation.

Over the years, she has designed and implemented systems and policies to help breastfeeding mothers. She produced award winning videos on this topic, including

*"Breastfeeding: A Guide to Getting Started",*

*"A Premie Needs His Mother: Breastfeeding a Premature Baby"*

and *"Making Enough Milk, the Key to Successful Breastfeeding"*

These have been translated and widely used in thousands of hospitals to train both staff and new mothers. As an executive board member of both the Academy of Breastfeeding Medicine and the American Academy of Pediatrics Section on Breastfeeding, she enjoyed working to enlarge the footprint of breastfeeding, both nationally and internationally.

For a 5 year period, she joined the neonatology clinical faculty at Stanford to develop the Breastfeeding Medicine Program. In that position, she had the opportunity to design a nationally recognized educational program and publish a study with the AAP on the efficacy of a breastfeeding curriculum for physician residents in training. She was an advisor to the California Perinatal Quality Care Collaborative, and was a key author of the toolkit "Nutritional Support for the Very Low Birth Weight Infant". She co-authored the book *Best Medicine: Human Milk in the NICU*.

She has published extensively and presented her original research and educational workshops internationally. She continues to teach at Stanford where she is an Adjunct Clinical Professor of Pediatrics, Emerita.

show that this moment is a window of opportunity to increase the benefits of hand expression.

Actually, hand expression and helping the baby to suckle work well together. The more often the mother expresses her milk, the easier it gets for her, the quicker the milk comes in and the more she produces. Mothers who express their milk by hand can produce up to 80% more milk. Hand expression of human milk should be shown within the first hour after birth to increase the benefits.

Jane Morton adds:

*"From Picasso to Steve Jobs, artists and inventors have observed that keeping things simple is one of the best strategies. The key is creating this simplicity, the repetition and logic in a learning environment. Teaching pregnant women about the advantages of hand expression prior to giving birth could address many typical concerns, whatever the outcome. Because the mother handling her breasts is more natural than using a machine, less likely to make her think there is a problem and avoids turning the art of expression into a medical act."*

### References

<http://lactationmatters.org/2015/03/09/hand-expression-q-a-with-ilca15-conference-speaker-jane-morton/>

### Conference summary

#### ***"Establishing lactation when mother and baby are separated"***

The World Health Organisation, the American Academy of Pediatrics and other organisations reputed for breastfeeding support recommend that mothers learn to express their milk prior to giving birth, for many different reasons.

Naturally, learning this technique can vary from one mother to another, and take varying amounts of time. When the hormone oxytocin peaks, (in the first hour after breastfeeding) it is very easy to express colostrum. Mothers are delighted to see their milk, and research results





**Karleen Gribble**  
Professor  
and Research worker

### Biography

Karleen Gribble is a Professor and Research worker at Western Sydney University, Australia. She teaches trainee nurses and mid-wives.

Her research has focussed mainly on

- breastfeeding among adopting mothers,
- full-term breastfeeding,
- the non-nutritive aspects of breastfeeding,
- breastfeeding and infantile protection,
- mother-to-mother sharing of human milk,
- care models for traumatised children

Karleen Gribble has given many talks and written many books on these subjects.

She works proactively in the feeding of new-borns in emergency situations and compliance with rules governing the commercialisation of formula (WHO code).

She is also an active member of an Australian breastfeeding association and breastfeeding counsellor.

### References

[http://www.researchgate.net/profile/Karleen\\_Gribble/publications](http://www.researchgate.net/profile/Karleen_Gribble/publications)

### Conference summary

#### ***"When giving breast milk is a matter of emergency"***

Helping infants in emergency situations is a great challenge.

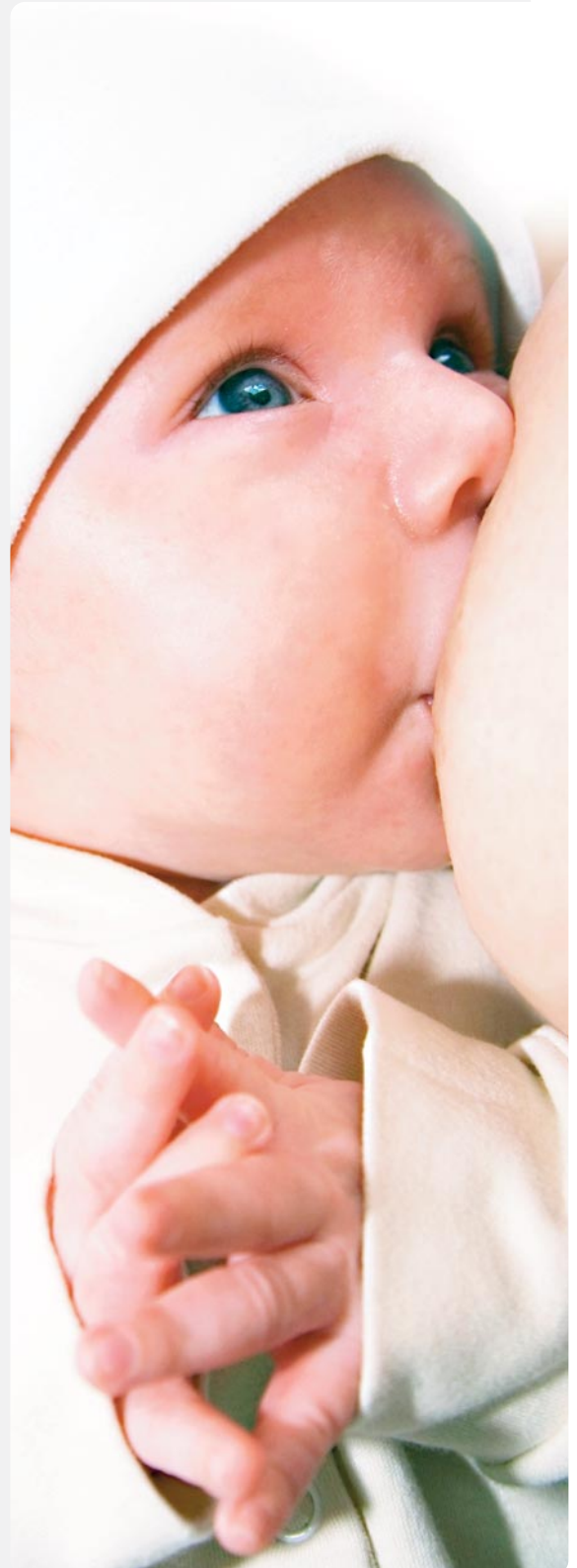
Formula for new-borns is frequently donated and distributed in these situations, with an ensuing increase in morbidity and mortality given the corresponding decrease in breastfeeding.

This type of distribution is not the best option and does not help non-breastfed new-borns to survive, since the other resources necessary for the preparation of formula are rarely supplied.

Social workers have a responsibility to protect and ensure compliance with human rights. The Convention on the Rights of the Child provides the main guidelines to help NGOs and social workers involved in infantile protection.

The Convention especially supports the argument that children have the right to be breastfed. This clearly means that people and authorities in charge of protecting children are responsible for ensuring their actions will support rather than compromise breastfeeding.

In her talk, Karleen Gribble will apply her analysis of breastfeeding to underprivileged population groups in France.





**Dr. Adriano  
Cattaneo**  
*Epidemiology  
Consultant*

### Biography

Dr. Adriano Cattaneo was an Epidemiology Consultant and Coordinator of the Department of Research in Health, Epidemiology and International health at the Institute for Maternal and Infant Health "IRCCS Burlo Garofolo" in Trieste, Italy, until he retired end 2013. This department has been collaborating with the WHO since 1992 on maternal and infant healthcare issues.

As a graduate of the University of Padua, Dr Cattaneo also holds a diploma from the London School of Hygiene and Tropical Medicine. He mainly worked in developing countries, and as a doctor for the WHO for four years.

He has authored and co-authored over 150 papers and abstracts in scientific journals, books and conference papers. He is a member of the Italian Society of Epidemiology and the Cultural Association of Italian Paediatricians. He taught Epidemiology and international health in the universities of Trieste, Padua and Brescia. He speaks English, French, Spanish and Portuguese fluently.

As the coordinator of projects funded by the European Union, Dr Cattaneo has played an important role in drafting, implementing and conclusions of the document on the action plan for protecting, promoting and supporting breastfeeding in Europe.

He was also involved in national and European projects for the prevention of excess weight and obesity among pre-schoolers and schoolchildren.

Dr Cattaneo was also a member of the Italian breastfeeding commission, tasked with developing national breastfeeding policy and implementation programmes, including the setup of a standard monitoring system for breastfeeding rates and practices.

### Conference summary

***"Duration of  
exclusive breastfeeding  
and introduction of supplements,  
what proof do we have?"***

The aim of this conference is to

1

**Present and discuss available data  
regarding the optimum duration  
of exclusive breastfeeding.**

2

**Present and discuss available proof  
regarding the schedule  
for introducing solids.**

3

**Present and discuss available data  
regarding appropriate solids**

•

### Références

[http://www.researchgate.net/profile/  
Adriano\\_Cattaneo/publications](http://www.researchgate.net/profile/Adriano_Cattaneo/publications)







**Laurel Wilson**  
IBCLC, CLE, CCE, CVD

### Biography

Laurel Wilson, IBCLC, CLE, CCE, CVD has over 22 years' experience in supporting pregnant women and healthcare professionals working in perinatal care.

She directs programmes for the Childbirth and Postpartum Association, a training organisation for healthcare professionals, especially for establishments seeking to gain the Baby Friendly Hospital Initiative label.

She co-authored the following best-sellers:

*"The Greatest Pregnancy Ever"*

*"The Keys to the Mother-Baby Bond and The Attachment Pregnancy"*

*"The Ultimate Guide to Bonding with Your Baby."*

She also contributed to

*"Round the Circle"*

*"Experienced Doulas Share What They Learned the Hard Way"*

She likes to associate the latest scientific discoveries such as the impact of breastfeeding on the epigenome with maternal wisdom.



### Conference summary

#### ***"Epigenetics and breastfeeding. Potential long-term impact of breastfeeding"***

Recent epigenetic research has prompted scientists to explore environmental influences on infant development, both in utero and throughout their lives.

The genome is the genetic data inherited from parents, but the epigenome is what determines how the genome is expressed. This deciphering process hinges on both the internal and external environments of each individual, including nutrition.

Scientists have discovered that epigenetic changes can influence not only one but several generations.

An infant's first food upon leaving the womb is human milk, and thus breastfeeding has a great epigenetic impact.

Learn about the results of some of the most recent research on epigenetics and human milk

- milk-sharing and wet nursing,
- epigenetics and human milk
- change in the expression of genes and intestinal flora.

### Conference summary

#### ***"Natural, toxic, or ... what? Breastfeeding and use of marijuana"***

Given the increase in the recreational and medicinal uses of marijuana (cannabis) all over the world, the potential impact on babies during breastfeeding is increasing exponentially.

In the US, several states have recently legalised or are in the process of legalising consumption. This trend has led to an increasing number of lactation consultants and healthcare professionals being faced with the question *"Is it hazardous for me to consume marijuana while breastfeeding?"*

Response can vary considerably, largely due to myths, prejudice and poorly constructed and inaccessible research.

Thomas Hale, in Medications and Mother's Milk Guide, lists cannabis in category L5, contraindicated during breastfeeding while Lactnet states that it is preferable for users to continue breastfeeding while limiting the baby's exposure to the smoke.

These very different recommendations leave healthcare professionals wondering what to tell mothers. We have also heard of social workers removing babies from parents when the mother consumes marijuana while breastfeeding.

This talk will explore the latest research and policies concerning this controversial plant.



### References

<https://www.goldlactation.com/conference/presentations/58>

<https://www.goldlactation.com/conference/presentations/125>

<http://www.unicef.org.uk/BabyFriendly/News-and-Research/News/Hear-Laurel-Wilsons-conference-talk-in-full/>

## FINDING YOUR WAY ROUND THE IBD CONGRESS CENTRE

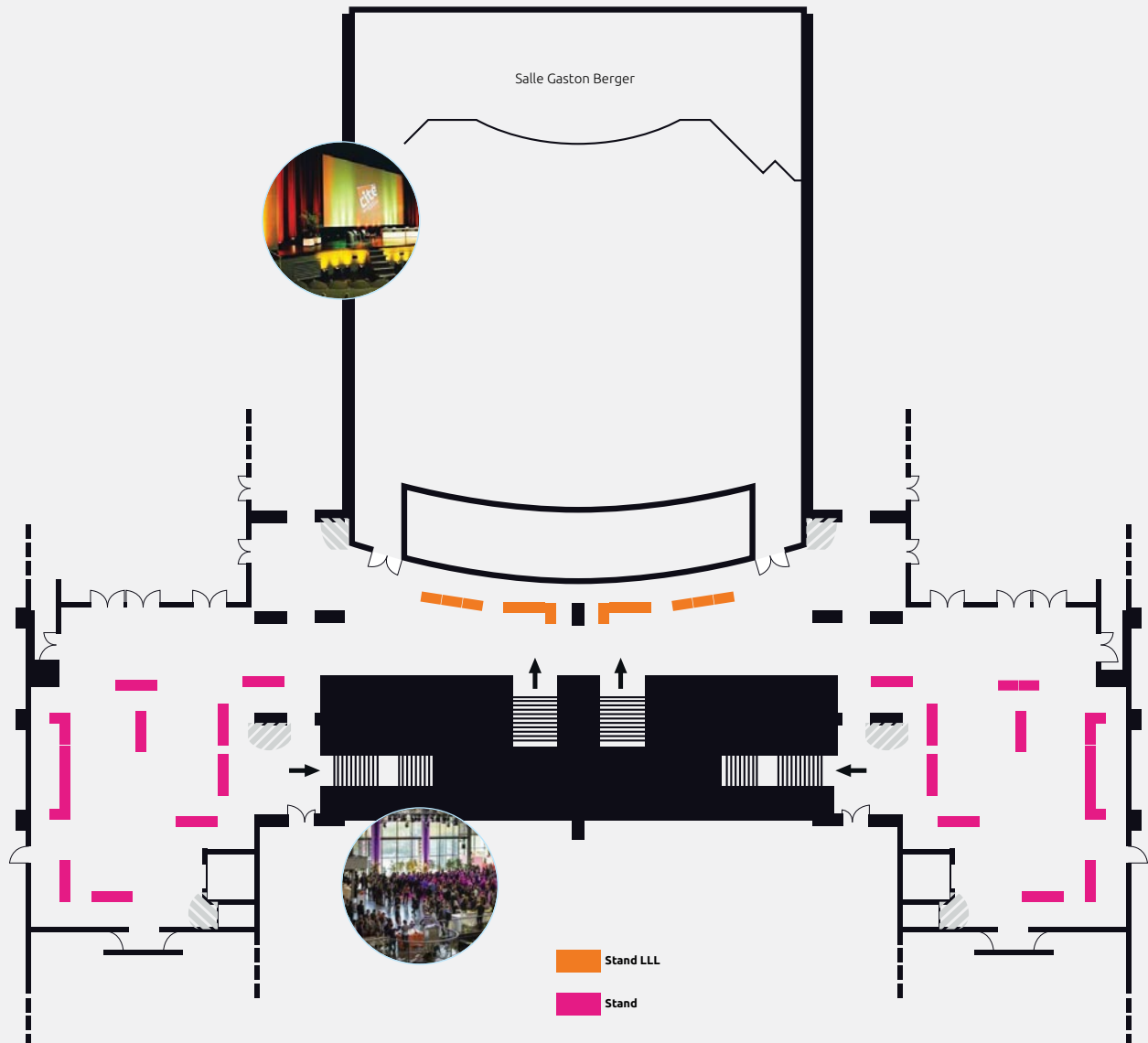


A well-known venue for all sorts of events,  
the Cité des Sciences de Paris  
is the ideal place to host this amazing event.

**International Breastfeeding Day 2016**  
will be held at the

### ***Centre des Congrès de la Cité des Sciences de la Villette***

**30, avenue Corentin Cariou - 75019 Paris - France**  
**Pedestrian access via the northern esplanade**  
**Gaston Berger Amphitheatre**





## GENERAL INFORMATION

### Signing up

*Listen to the latest breastfeeding research  
and discoveries.*

Over internet  
[www.journee-internationale-allaitement.com/en](http://www.journee-internationale-allaitement.com/en)

or  
by mail

**IBD 2016 / LLL France**  
**Karine Villemin**  
**2 bis, rue Pasteur**  
**70290 Champagny**  
**France**

You can sign up from **1 June 2015** to **28 February 2016**.

Please fill in one sign-up form per person.

**You can also pre-register.**

**Registration will be deemed official once we have received your payment.**

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If your healthcare establishment is paying,  
Please provide contact details of the person to be contacted on the registration form  
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### Terms of Cancellation

Before 1 February 2016: no charge (except banking fees and commission)  
From 1 February to 15 March 2016: 50% of attendance fee  
From 15 March to 1 April 2016: no refunds