

Birthing Boldly, Fearlessly Feeding: Know Your Rights Training For Parents and Providers Speaker Agenda

DAY 1

Time	Topic	Speaker
9:00am - 10:00am	Check-In	
10:00am - 10:15am	Land Acknowledgement & Opening Remarks	<ul style="list-style-type: none"> ● Land Acknowledgement & Opening Remarks: Emcee ● Opening Drumming: DeAnna Carpenter
10:15am - 10:25am	<p>“Cradling Change: Birthing Rates, Rights, and Well-Being for Los Angeles families & beyond”</p> <p>Description:</p> <p>Opening with a discussion of the current birthing landscape in Los Angeles County, highlighting the rights of birthing individuals. Explore the ways this ties into the mission of BreastfeedLA, including the transformative potential of education, outreach, and advocacy initiatives in fostering breastfeeding and healthy parenting to enhance the health and well-being of infants and families.</p>	<ul style="list-style-type: none"> ● Melissa Franklin, Ed.D, MBA
10:25am - 11:25am	<p>“Trauma Informed Care of the LGBTQIA2S+ Patient”</p> <p>Description:</p> <p>“Trauma Informed Care of the LGBTQIA2S+ Obstetric Patient” enhances your ability to build trust and rapport with this patient population by deepening your understanding of the historical contexts and injustices that shape LGBTQIA2S+ healthcare experiences. This session equips you with tools to identify and address biases and foster an inclusive and affirming environment. Learn to apply trauma informed care principles to create a safer, more supportive setting for LGBTQIA2S+ patients and advocate for these principles in your workplace. Enhance your practice and improve patient outcomes with skills that promote equity and compassion in obstetric care.</p> <p><u>1 Contact Hour, 1 (R) CERP</u></p>	<ul style="list-style-type: none"> ● Jessica Seales, MSN, RNC-OB, C-ONQS

<p>11:25am - 12:30pm</p>	<p>Panel Discussion: “Redefining Birth: A Conversation on the Fundamental Rights of Birthing People”</p> <p>Description:</p> <p>This panel aims to shed light on the fundamental rights and freedoms that should be guaranteed to all birthing people. Gain insights into experiences with the current state of healthcare for childbearing people, learn about the rights and needs of birthing people, and explore birthing people’s bill of rights.</p> <p><u>1 Contact Hour, 1 (R) CERP</u></p>	<p>Moderator: Adjoa Jones, MBA</p> <ul style="list-style-type: none"> ● Ansar El Muhammad, CD ● Stevie Merino, MA, IBCLC ● Tecpaxochitl Mireya Gonzalez, MPH, IBCLC ● Christine Parker, JD
<p>Lunch 12:30pm - 1:30pm</p>		
<p>1:30pm - 2:30pm</p>	<p>“Empowered Journeys & Birthing Justice: Upholding the Right to Bodily Sovereignty in Birth, Breastfeeding, and Beyond”</p> <p>Description:</p> <p>This session seeks to empower individuals to recognize and assert their rights to self-efficacy, self-determination, bodily sovereignty, and personal autonomy throughout the childbirth and breast/chestfeeding journey. Together we will explore the broader intersectionalities of Reproductive Justice and Birth Justice, existing protective factors, and innovative solutions to amplify individual rights.</p> <p><u>1 Contact Hour, 1 (R) CERP</u></p>	<ul style="list-style-type: none"> ● Payshia Edwards, MPH, CLES, CD
<p>Afternoon Break 2:30pm - 2:45pm</p>		
<p>2:45pm - 3:30pm</p>	<p>“Birthing Bold: Strategies for Practicing Empowered Obstetric Decision-Making”</p> <p>Description:</p> <p>Engage in transformative experiential learning, where dynamic role-playing exercises will equip participants with practical skills for self-advocacy. Through immersive scenarios, attendees will navigate challenging situations to understand and assert their birthing rights, fostering empowerment and resilience. Join us to enhance your ability to advocate for respectful, trauma-informed maternity care and contribute to the ongoing conversation on achieving positive birthing experiences for all.</p>	<ul style="list-style-type: none"> ● Facilitators: Frontline Doulas

	<u>1 Contact Hour, 1.5 (R) CERP</u>	
3:30pm - 4:15pm	Role Playing Debrief and Q&A	
4:15pm - 4:30pm	Closing Remarks & Acknowledgements	<ul style="list-style-type: none"> • BFLA Staff

DAY 2

Time	Topic	Speaker
8:00am - 9:00am	Check-In	
9:00am - 9:15am	Welcome & Recap of Day 1	<ul style="list-style-type: none"> • Emcee
9:15am - 10:05am	<p>“The Freedom to Feed: The Art and Advocacy of Public Breastfeeding”</p> <p>Description:</p> <p>Explore and dismantle the stigma surrounding breastfeeding in public spaces. This session aims to raise awareness of the legal rights of breastfeeding/chest feeding parents, fostering community support and understanding to create an inclusive environment for nurturing the health and well-being of both birthing parents and infants.</p> <p><u>1 Contact Hour, 1 (E) CERP</u></p>	<ul style="list-style-type: none"> • Robin Kaplan, IBCLC, M.ED
10:05am - 10:55am	<p>“Milk Money: Investing in Your Career While Balancing Breastfeeding and the Professional Workplace”</p> <p>Description:</p> <p>Offering essential information and effective strategies for birthing parents navigating the transition back to the workplace while maintaining their breast/chestfeeding journey. Gain valuable tips on pumping, storage, and workplace accommodations to empower working lactating parents in achieving a balance between professional responsibilities and breast/chestfeeding commitments.</p> <p><u>1 Contact Hour, 1 (L) CERP</u></p>	<ul style="list-style-type: none"> • Molly Mauck, JD • Rachel Stein, MSW, JD

<p>10:55am - 11:55am</p>	<p>“The Leave Revolution: A Strategic Approach to Paid Family Leave and Sick Days”</p> <p>Description:</p> <p>Providing comprehensive insights into workplace protections to paid leave, accommodations, and paid sick days, empowering families with knowledge about their rights and benefits and resources to navigate this complex landscape, and ensuring a supportive and informed transition into parenthood at work.</p> <p><u>1 Contact Hour, 1 (R) CERP</u></p>	<ul style="list-style-type: none"> • Katie Wutchiett, JD
<p>11:55pm - 12:35pm</p>	<p>“Legislating Leche: Driving Breastfeeding Advocacy through Legislation”</p> <p>Description:</p> <p>Guiding participants in the art of impactful legislative visits, helping them share their stories confidently with lawmakers. Learn essential skills ensuring that your voice is heard in the corridors of power and facilitating positive change through informed legislative engagement.</p> <p><u>1 Contact Hour, 1 (R) CERP</u></p>	<ul style="list-style-type: none"> • California Work & Family (Jasmine Amian & Angelica Andrade)
<p>Lunch 12:35pm - 1:35pm</p>		
<p>1:35pm - 2:35pm</p>	<p>Panel Discussion: Community Impact and Action</p> <p>Description:</p> <p>Community leaders and advocates share insights on the transformative power of advocacy and community action in promoting lactation rights for themselves or others. This panel will highlight the crucial role of advocacy in shaping policies, raising awareness, and fostering supportive environments for breast/chestfeeding parents.</p> <p><u>1 Contact Hour, 1 (L) CERP</u></p>	<p>Moderator: Carimah Townes</p> <ul style="list-style-type: none"> • Jennifer Roberson, CLES • Jaqui Mendezca • TaVia Wooley • Natasha Weinstein
<p>Grounding Session 2:35pm - 2:50pm DeAnna Carpenter</p>		
<p>2:50pm - 3:50pm</p>	<p>“Advocacy Act: A Dynamic Interactive Session”</p> <p>Description:</p> <p>Engage in transformative role-playing exercises, designed to provide participants with hands-on</p>	<ul style="list-style-type: none"> • Facilitators: California Work and Family

	<p>experience in navigating the legal rights of birthing families. Through dynamic scenarios, we'll explore the delicate balance between professional responsibilities and breast/chestfeeding commitments, offering practical insights for integration. Additionally, participants will delve into role-plays focused on understanding the rights, benefits, and resources associated with paid family leave and sick days, while honing effective advocacy skills to drive breastfeeding initiatives through legislation.</p> <p><u>1 Contact Hour, 1 (R) CERP</u></p>	
<p>3:50pm - 4:00pm</p>	<p>Closing Remarks and Next Steps</p>	<ul style="list-style-type: none"> • BFLA Staff