

## Program Description

Please join us for a day-long seminar focused on **Breastsleeping** with **Dr. James J. McKenna**.

Dr. James J. McKenna believes that establishing a historical and cultural context is necessary for understanding how the traditional research paradigm underlying the science of infant sleep became one and the same with the social ideologies of the culture that gave rise to that science, in western industrialized countries.

Dr. McKenna will introduce and justify a new conceptual and epidemiological category, breastsleeping, that makes distinctions physiologically and behaviorally between the breastfeeding- bedsharing mother-baby dyad and the bottle or formula fed-bedsharing dyad arguing that the breastsleeping behavior deserves to be recognized as legitimate and acceptably safe when practiced (as its definition suggests) in the absence of all known hazardous factor. This argument reflects the full application of evidence based medicine, unlike the AAP's recommendations against bedsharing under any circumstances that violates the most important evidence based medicine procedures and requirements.

Furthermore, Dr. McKenna will present a new set of hypotheses proposing that inconsolable crying and sudden infant death syndrome (SIDS), seemingly remarkably different outcomes may stem from the same biological vulnerability characteristic of the human, but not other, species. It is proposed that the breastsleeping micro environment involving increased contact including cosleeping in the form of breastsleeping can potentially supplement and act as a potential protective context within which this transition and integration can be accelerated and/or buffered.

## Faculty

**Professor James J. McKenna, Ph.D., MA**, is recognized as the world's leading authority on mother-infant cosleeping in relationship to breastfeeding and SIDS. In recognition of his work in 2009 he was admitted as a Fellow into the select body of the American Association for the Advancement of Science, the world's most prestigious scientific society. That same year and in recognition of his extensive work with television, radio, and print media he received from the American Anthropological Association the "2008 Anthropology In The Media Award" one of the top three awards presented to anthropologists by the association in recognition of his distinguished work in educating the public to the importance of anthropological concepts.

### Continuing Education Credits

offered at no additional charge

**RN:** BreastfeedLA is an approved provider by the California Board of Registered Nursing. This course offers 5.4 contact hours of continuing education. BreastfeedLA's provider number is CEP 16435. Licensee must maintain certificate for a period of four years.

**IBCLC:** BreastfeedLA is an approved Long-Term Provider by the International Board of Lactation Consultant Examiners #CLT113-36. 4.5 L-CERPs will be awarded.

**RDs & OTs:** Maintain a copy of the agenda and certificate for CPEs for Professional Development Portfolio.

Sponsored by



2851 W. 120<sup>th</sup> St., Ste. E #335  
Hawthorne, CA 90250  
Phone: (323) 210-8505  
[www.BreastfeedLA.org](http://www.BreastfeedLA.org)

Co-sponsored by  
Henry Mayo Newhall Hospital

# The Return of Breastsleeping: Humankind's Oldest and Most Successful Sleep and Feeding Arrangement



Friday,  
October 11, 2019  
9am to 4:15pm

Henry Mayo Newhall Hospital  
23845 McBean Pkwy,  
Valencia, CA 91355

BreastfeedLA

## Agenda

9:00 Welcome & Introductions

9:15 A Brief History of Maternal-Infant Sleep in Western Industrialized Societies: Or Why Infants Have Sleep Problems To Solve

10:45 Break

The Return of Breastsleeping: Humankind's Oldest and Most Successful Sleep and Feeding Arrangement:  
Part 1 Setting the Stage

12:30 Lunch

1:30 Part 2: What Justifies this new concept? Neuro-physiological and epigenetic lines of evidence

3:00 Break

3:15 Potential Common Biological Origins of SIDS and Colic: A Neuro-Physiological Model

4:15 Closing Remarks & Adjourn

## Objectives:

At the end of the program, participants will be able to:

- Understand how and why in western cultures solitary infant sleep and bottle feeding come to be, quite erroneously, thought to be 'normal and healthy for human infant'
- Understand what breastsleeping is and how and why millions of mothers breastsleep
- Know how and why infant sleep recommendation do not uphold nor do they reflect evidence based medicine principles, as is claimed by the AAP
- Define clinical manifestation of Colic and SIDS and why they appear to be species-specific

## Registration Fees

Registration includes continental breakfast, lunch, and continuing education credit.

Early Bird \$150 - Up to September 27

\$165 - On or after September 28 and at the door

\$50 – Institutional and Annual Members

### Location and Parking

Henry Mayo Newhall Hospital  
23845 McBean Pkwy,  
Valencia, CA 91355

### Participant Confirmation and Handouts

Registration confirmation will be sent to participants providing an e-mail address. Presentation handouts are sent via e-mail 2 business days prior to the seminar.

### Cancellation Policy

Credit for future seminars is available under special circumstances until one week prior to event.

### Certificate Policy

After completion of the course evaluation, you will be provided with a link to your continuing education certificate. Make sure to print and save your certificate. BreastfeedLA will assist you with finding your certificate for up to 1 year from the event without cost. For assistance with any certificates older than 1 year from the time of the event, BreastfeedLA charges \$15 for the first certificate, and \$10 for each additional certificate requested each calendar year. A \$5 processing fee will be added to requests needing fulfillment within 24 hours.

## Target Audience

Physicians, Midwives, Therapists, LCSWs, MFTs, Registered Nurses, Registered Dietitians, Nutritionists, Occupational Therapists, CPHWs, Lactation Consultants & Educators, LLL Leaders, Health Educators, Case Managers, Home Visitors, Doulas, Breastfeeding Peer Counselors, Students, and others interested in supporting families in the initiation and maintenance of breastfeeding.

## Registration Form

05/31/2019

Register Online at [www.BreastfeedLA.org](http://www.BreastfeedLA.org)  
OR <https://conta.cc/2XFE0Nk>

Mail: BreastfeedLA, 2851 W. 120<sup>th</sup> St., Ste. E #335, Hawthorne, CA 90250

	Price
<input type="checkbox"/> Early Bird (on or before Midnight Pacific Time 05/17/2019)	\$150
<input type="checkbox"/> General (on or after 05/18/19) – <i>All check payments and mailed in registrations at this price</i>	\$165
<input type="checkbox"/> Tax Deductible Contribution	\$_____
Total:	\$_____

Name \_\_\_\_\_

Job Title \_\_\_\_\_

Company/Hospital \_\_\_\_\_

Billing Address \_\_\_\_\_

Billing City, ZIP \_\_\_\_\_

Email Address—required to receive confirmation \_\_\_\_\_

Phone \_\_\_\_\_

IBCLC? If yes, check this box

RN? License # \_\_\_\_\_

I prefer a vegetarian meal

### Method of Payment

- Check
- Visa
- MasterCard

Credit Card # \_\_\_\_\_

Exp.Date \_\_\_\_\_

Signature \_\_\_\_\_

Billing ZIP \_\_\_\_\_