

33rd B.E.S.T. Connection Lactation Conference

(Pre-recorded Webinar)

April 1- June 30, 2027

"Bridging Research and Reality in Lactation Care"

Earn CERPs/Contact Hours
Learn at your own pace until 6/30/27

Day One: ($99.00)

- **The Right Way to Say, "You're Wrong:" Effective Ethical Scripting for Tough Talk in Lactation** *Liz Brooks, JD, IBCLC, FILCA*
- **Choosing the Right Breast Pump, Including Wearables** *Jeanette Mesite Frem, MHS, IBCLC, CCE*
- **Indigenous Milk Medicine: Cultural Considerations, Barriers, and Building Trust with Native Families: A Panel Discussion** *Facilitated by Kara Kaikini, BS, IBCLC*
- **Evidence-Based Management of Common Breastfeeding Complications: Engorgement, mastitis, cracked nipples, low milk supply** *Dr. Shereen Soliman, MD,IBCLC*

Day Two: ($99.00)

- **Flange Fitting for Optimal Outcomes** *Jeanette Mesite Frem, MHS, IBCLC, CCE*
- **Legal and Ethical Issues 101 for Lactation Support Providers** *Liz Brooks JD, IBCLC, FILCA*
- **New breastfeeding Gadgets and Gizmos: Nice, necessary, or a nuisance?** *Marsha Walker, RN, IBCLC*
- **The Lactation Consultant's Guide to Neurodiversity Affirming Support** *Genny Stiller, NP, IBCLC*

Day Three: ($99.00)

- **Intersection of Bereavement and Lactation Care** *Susan Howard, MSN, RN, IBCLC*
- **Breastfeeding in the Era of Keto, Vegan Diets, Intermittent Fasting, and GLP-1 Therapies: What Does the Evidence Say?** *Dr. Shereen Soliman, MD,IBCLC*
- **Breast Surgery, Modifications, Beautifications, and Lactation** *Kathy Parkes, BSPsy ,RN, IBCLC, FILCA, CHC,CAHPE*
- **Look what they're doing! Formula marketing assault on exclusive breastfeeding** *Marsha Walker, RN, IBCLC*

BONUS SESSIONS

EARLY BIRD BONUS A: REGISTER BY 2/12/2027 to receive the following bonus session:

Microplastics and Breastfeeding: What's plastic got to do with it? *Marsha Walker, RN, IBCLC*

TWO or more days REGISTRATION - BONUS B:
Register for two or more days and receive the following bonus session:

Hidden War on Breastfeeding: Social Media, Misinformation, and Protecting Families with Evidence-Based Communication *Dr. Shereen Soliman, MD,IBCLC*

The qualifying BONUS session(s) will be released on 4/1/2026 with your PDF Ticket.

TARGET AUDIENCE: Lactation Consultants and educators, maternity and pediatric nurses, midwives, doulas, nurse practitioners, dietitians, childbirth educators, WIC staff, physicians, and other individuals who educate and provide care for pregnant, birthing and lactating parents.

Meet the Presenters



Liz Brooks, JD, IBCLC, FILCA, is a lawyer/litigator (since 1983) and private practice lactation consultant (since 1997) who offers lively explanation of the overlap between clinical lactation support, ethics, and the law. With plain language and humor, Liz explains how the everyone can work ethically and legally and offers pragmatic tips for immediate use in daily practice. She has served on the boards of directors of the International Lactation Consultant Association (ILCA), the United States Breastfeeding Committee (USBC), and Human Milk Banking Association of North American (HMBANA). She wrote the only textbook focusing on IBCLC ethics and law, authored chapters and articles in several texts and journals, and is a well-received speaker, writer, and educator in her field.



Jeanette Mesite Frem, MHS, IBCLC, RLC, CCE is childbirth educator, IBCLC, and retired birth doula. She started her career working with families while serving as a Peace Corps Volunteer in Côte d'Ivoire, West Africa. She loved that work so much she went on to receive a public health masters degree from Johns Hopkins School of Public Health, focusing on nutrition for maternal and child health. Her two children were breastfed for more than 2 years each and Jeanette has experience pumping at work for both children and has supported more than a thousand families with feeding and pumping over the last 20 years. She enjoys leading workshops for perinatal health professionals and mentoring those who work with families. She is the creator of the Flange FITS™ Guide, the only evidence-based guide for flange fitting.



Susan Howard, MSN, RN, IBCLC, has more than two decades of experience supporting families with complex feeding challenges. Her background includes public health, labor and delivery nursing, childbirth education, clinical research, and clinical faculty positions. In 2013, she founded Arlington Lactation & Feeding Therapy, a private practice near Washington, DC, where she provides advanced lactation care. Susan has a special interest in supporting families experiencing pregnancy and early infant loss. Drawing on her clinical experience and graduate work in grief and fetal loss, she brings attention to the often-overlooked role of lactation care in bereavement support and the challenges healthcare providers may face in initiating these sensitive conversations.



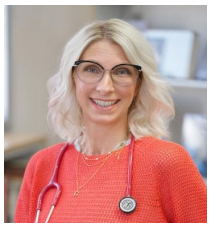
Kara Kaikini, MS, IBCLC has been an IBCLC since 2009 and has worked as a home visitor, postpartum doula, childbirth educator, and a hospital childbirth education and lactation services program manager. She teaches prenatal classes and facilitates the weekly breastfeeding group for Maine Medical Center. Kara is the Executive Director of the Maine State Breastfeeding Coalition, whose mission is to enhance the culture of breast/chestfeeding in the state of Maine through advocacy, education, and connection. She is passionate about supporting people throughout their vulnerable transitions to new parenthood and their lactation journeys by enhancing systems to better support them. Kara lives with her husband, two active boys, and one energetic dog in coastal Maine.



Kathy Parkes is a registered nurse, an International Board Certified Lactation Consultant, a Fellow of the International Lactation Consultant Association, and holds a master's in Nursing Education and a bachelor's in Psychology. She has worked with new families in both hospital and private practice settings. Kathy provides evidence- and research-based in-services and presentations on breastfeeding and parenting, as well as lactation consultations through her private practice, Breastfeeding Perspectives. Kathy specializes in lactation after loss, tongue and lip ties, and milk supply issues. She is a Certified Health Counselor, specializing in pregnancy and lactation, and a Certified Attached at the Heart Parenting Educator.



Dr. Shereen Soliman is a pediatrician, neonatology consultant, IBCLC, and clinical nutrition physician with over 22 years of experience. She holds an M.B.B.Ch. FacultyofMedicine, an MSc in Pediatrics and Neonatology, the Egyptian Board of Pediatrics, and a diploma in Clinical Nutrition from the National Nutrition Institute. She is also a Harvard Medical School alumna, having completed professional training in teaching, communication skills, and clinical research. She is an international lecturer and Egyptian Fellowship Pediatrics trainer. She has contributed to breastfeeding education and breastfeeding advocacy with the International Lactation Consultant Association and La Leche League International (LLLI). She has presented educational sessions in more than 25 countries. She is the author of The Ultimate Breastfeeding Study Guide (2021) and is committed to advancing evidence-based lactation care, breastfeeding protection, and equitable access to maternal and infant health services.



Genny Stiller, MSN, C-PNP, IBCLC (she/her), is a board-certified pediatric nurse practitioner, lactation consultant, and founder of the Neurodiversity Lactation Education Center. She developed the Sensory Conscious Lactation Support™ framework and has spent more than 20 years helping families and professionals navigate the intersection of neurodiversity, sensory processing, and infant feeding. Genny lives in Japan with her family, where she enjoys homeschooling and collecting more yarn than any one person reasonably needs.



Marsha Walker, RN, IBCLC is a registered nurse and international board certified lactation consultant, assisting breastfeeding families in hospital, clinic, and home settings since 1976. She advocates for breastfeeding at the state and federal levels. She served as a vice president of the International Lactation Consultant Association (ILCA) from 1990-1994 and in 1999 as president of ILCA. She is a previous board member of the US Lactation Consultant Association, Baby Friendly USA, Massachusetts Lactation Consultant Association, and the Massachusetts Breastfeeding Coalition. She serves as Associate Editor of Clinical Lactation, and president of the National Lactation Consultant Alliance. Marsha is an international speaker, and author of numerous publications including ones on the hazards of infant formula use, Code issues in the US, and Breastfeeding Management for the Clinician: Using the Evidence, 5th edition.

CONTINUING EDUCATION CREDITS:

ANA/ANCC This activity has been submitted to the Connecticut Nurses' Association for approval to award contact hours. The Connecticut Nurses' Association is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

IBLCE Application for Continuing Education Recognition Points (CERPs) has been submitted to the International Board of Lactation Consultant Examiners.

ACNM, CDR, DONA, ICEA: ANA/ANCC credits, if approved, may be accepted by ACNM, CDR, DONA, ICEA and other professional credentialing agencies. It is the responsibility of the attendee, not the BEST Connection, to check with their respective professional certification agency to ascertain whether they will accept these credits.

PLANNING COMMITTEE:

Cheryl Bean-Moody, BS, CLC
Veronica Sweeney, RN, IBCLC
Jennifer Viger, DTR, IBCLC
Bettina Pearson, RN, BSN, IBCLC
Shannon Axelson, CNM, MSN

MEASURABLE OUTCOMES/OBJECTIVES: Following completion of this program, attendees will attest whether they are able to:

- Explain Indigenous Milk Medicine and how to prioritize Indigenous-led, culturally supported solutions for breastfeeding management in these populations.
- Provide evidence-based information to patients/clients regarding breastfeeding devices, breast pumps, and other equipment.
- Discuss Keto, Vegan Diets, Intermittent Fasting, and GLP-1 therapies and how they impact milk supply and nutritional outcomes in nursing mothers and their infants.

PROGRAM REQUIREMENTS. Successful completion of the program requires viewing the sessions, answering the critical thinking and self-assessment questions, and completing the attestation statement.

PROGRAM ACCESS You will receive your webinar links and passwords in the format of a PDF "TICKET" 1-3 days before the sessions begin. You will receive the handouts and the agenda via email 1-2 weeks prior to the webinar. Please notify us if your email address changes. If you have not received the PDF "TICKET with the links by midnight on March 31, 2027, notify us ASAP.

All webinar sessions and the critical thinking questions will expire at midnight on June 30, 2027 Eastern Time. Materials will not be accepted for earning continuing education credits after this time. If you require a certificate for individual session(s) already completed prior to finishing the whole program, please notify us by email.

Confirmation: If you register online, you will receive a confirmation email message. If you register by postal mail, you will receive an email confirmation within 48 hours of acceptance. If you do not receive a confirmation email either way, be sure to notify us ASAP.

Disclosure of potential financial relationships/conflicts of interest: Jeanette Mesite Frem has declared that she was hired by Momcozy in 2025 to teach a one-time class about the correct use of their breast pump to hcps. She no longer has a relationship with the company, nor does she promote or sell their product. No other potential relevant financial relationships with ineligible companies were identified for individuals with the ability to control content of this activity.

This program is presented by: **The B.E.S.T. Connection,** with technical support from **Praeclarus Press**

Phone (207) 649-2386 **FAX** (207) 873-1348 **Email:** *Cheryl@thebestconnect.net*

REGISTRATION FORM: **Registration closes on June 18, 2027.**
Groups more than 5 people or those using a purchase order may email us for a group registration form.

Online registration: Go to the web site for the online registration link at: www. bestconnection.org

Name, as you want it on your certificate_____

Home address_____

_____

Home or Cell Phone_____ Work Phone_____

Email address _____

Special Needs? (Specify if any)_____

May we share your information with lactation based groups for networking purposes? Yes____ No____

Continuing Education Credits/Certificates (Select one or more):

ANA_____ CLC_____ IBLCE _____ Certificate of attendance only _____ None_____

Childbirth Educators, Dietetics, Doulas, Nurse Midwives: ANA/ANCC credits, if approved, are accepted by ACNM, CDR, DONA, ICEA and other professional credentialing agencies.

REGISTRATION FEES (check one) Register for all three days and save $20 off the 3rd day:

Day One: $99.00____ Day Two: $99.00 ____ Day Three: $99.00 All Three Days: $277.00____

Day One & Day Two: $198.00____ Day One & Day Three: $198.00____ Day Two & Day Three: $198.00____

Make check payable to The BEST Connection, and mail to:

The BEST Connection 23 Messalonskee Avenue Waterville, ME 04903

Registrations by postal mail must be received by June 8, 2024, in order to receive your materials in time.

Credit Card Payments: VISA, MASTER CARD, DISCOVER CARD ACCEPTED

Card Number_____

Printed Name on Card_____ EXP. Date_____ 3-digit Sec. Code _____

Signature _____Credit Card Billing address zip code _____

CANCELLATIONS and REFUNDS: No refunds after your PDF Ticket has been issued.

cheryl@thebestconnect.net www.bestconnection.org