

**NIKKI LEE RN, BSN, MS, Mother of 2, IBCLC, CCE, CIMI, CST (cert.appl.), ANLC, RYT500  
Business owner NikkiLeeHealth**

**OBJECTIVES:**

To provide expert consultation about implementing provisions of the Affordable Care Act related to breastfeeding to any agency.

To provide breastfeeding education, promotion and support to babies, pregnant people, families, healthcare workers and students, early childhood education providers, and health systems.

To provide lactation consultation to families in their homes or my office or virtually.  
To provide childbirth education to families.

To provide craniosacral therapy to people of any age.  
To provide integrative positional therapy to adults.

To provide infant massage and TummyTime!™ instruction to parents and caregivers.

To offer safe Hatha and Positional Therapy yoga classes to all levels of practice.

**EDUCATION and TRAINING:**

- 1971 L.P.N. licensed in New York State.
- 1972 B.S.N. Hunter College Bellevue-School of Nursing. Magna cum laude, departmental honors
- 1972 Registered Professional Nurse (NY, MD, MA, WV, LA, PA, TN)
- 1975 M.S. University of Maryland, Baltimore, Maryland. Specialty area: teaching; clinical area Medical Surgical nursing.
- 1996 International Board-Certified Lactation Consultant (recertified 2001, 2006, 2011, 2016, 2021)
- 1997 Certified Dancing through Pregnancy Fitness Instructor
- 1997 Cranio-sacral Therapy Training: CST I, CST II, SER I, SER II
- 1998 Cranio-sacral Therapy Certification Applicant and Teaching Assistant
- 2000 Certified Infant Massage Instructor
- 2001 ALACE certified childbirth educator
- 2004 BLS certification
- 2010 Advanced Nurse Lactation Consultant certification
- 2011 Certified Kangaroo Caregiver, Cleveland Ohio June 3-5, 2011
- 2012 Certified Specialty Discipline Instructor, Pennsylvania Keys to Quality
- 2015 TummyTime™ training
- 2018 200-Hour Registered Yoga Teacher certificate
- 2018 300-Hour Registered Yoga Teacher certificate
- 2021 BLS certification

**CURRENT WORK EXPERIENCE**

- 2023 to present Teaching a national 20-Hour Basic, Comprehensive Breastfeeding Course via Zoom. 4 sessions offered per month. 20 nursing contact hours and 20 CERPs awarded upon completion of the course.
- 2021 to present: Faculty, Healthy Children's Center for Breastfeeding
- 2021 to present: Volunteer with the Mother's Milk Bank of Tennessee
- 2018 to present: Teaching private and studio yoga classes.
- 2018 to present: Board of the Appalachian Breastfeeding Network
  - 2018-2021 Pennsylvania Representative
  - 2021 to present Tennessee Representative

- 2014 to present Consultant with GLG The World's Insight Network  
Paid consultant to various global companies on an ad hoc basis
- 2010 to present: created the blog: Morning Thoughts at <https://www.nikkileehealth.com/blogmorningthoughts/>
- Fall 1997 to present: Craniosacral therapist in private practice
- 1988 to present: Providing breastfeeding support to the Breastfeeding Resource Center Community Counselor Warmline.
- 1975 to present: consultant and practitioner involved with breastfeeding and human lactation: education, policy, and practice.

## **RECENT WORK EXPERIENCE**

- March-April 2024. Member, Community Advisory Board at Meharry Medical College for a project entitled "Promoting Breastfeeding as an Additional Strategy for Preventing Postpartum Weight Retention among African American Mothers."
- March 2022 Taught a basic breastfeeding class to Meharry Medical School Students and other community members as a member of the Nashville Breastfeeding Coalition
- 2015 to 2021: Volunteer with CHAMPS (Communities and Hospitals Advancing Maternity Practices. a W.K. Kellogg Foundation funded organization)
- Taught the 20-Hour Interdisciplinary Breastfeeding Management Course for the US:
  - October 2015 West Jefferson Medical Center, Marrero, LA
  - July 2016 Merit Health Wesley, Hattiesburg, MS
  - March 2018 Gulfport, MS
  - May 2019 Greenwood, MS
  - November-January 2021 via Zoom: participants came from Arizona and Mississippi
- July 1, 2006 to March 18, 2022: Lactation Program Manager, Philadelphia Department of Public Health
  - Responsibilities included:
    - Creating, updating and teaching the 20-Hour Interdisciplinary Breastfeeding Management Course for the US (based on the WHO/BabyFriendly USA outline);
    - Teaching a 9-week Breastfeeding Basics peer counselor training course;
    - Giving classes and presentations to WIC, nursing and medical schools, hospitals, and health centers;
      - every 6 weeks, giving a lecture about breastfeeding to 3<sup>rd</sup> year medical students at Temple University Medical School
    - Updating the 5-County Breastfeeding Resource Directory annually;
    - Facilitating the Multi-Hospital Collaborative, a working group of birth hospitals who seek to maintain Baby-Friendly designation;
    - Creating educational materials;
    - Assisting with Business Case for Breastfeeding implementation at the Health Department;
    - Serving as a resource to the community at large and for all departments in the City of Philadelphia;
    - Participating in the Pennsylvania Breastfeeding Coalition and the Pennsylvania Resource Organization of Lactation Consultants
    - Partnering with Maternity Care Coalition, Get Healthy Philly, Nurse-Family Partnership, Philadelphia Health Management Corporation, Congreso de Latinos Unidos, Esperanza and other community agencies.
    - Developing a training for staff in homeless shelters;
    - Offering a 2-credit PQAS-certified training "Becoming a Breastfeeding Friendly Child Care Program";
    - Participated in the Philly Loves Breastfeeding community-driven promotion campaign;
    - Teacher and trainer for the PA chapter of the AAP; EPIC/BEST, Keystone-10 and First Food;

- Wrote 2 policies.
      - 1) Breastfeeding Promotion Policy for the City of Philadelphia
      - 2) 10 Steps to a Breastfeeding Friendly Shelter.
    - Supervising staff lactation service providers;
    - Participating in the launch, maintenance and staffing of the Pacify app.
    - Made this video for the City:
      - <https://www.youtube.com/watch?v=YjHKrE2vwdY>
      - Job ending March 18, 2022 due to surprise residence requirement.
- March 2019 to 2021: Teaching Developmental Playtime at Kith & Kin, Brewerytown, PA.

## PERSONAL INFORMATION

**Address:** 1115 Gibson Drive, Madison, TN 37115

**Telephone:** 215 888 0013

**Email:** [nleeguitar@gmail.com](mailto:nleeguitar@gmail.com)

**Social media:** @nikkileehealth

**Other Interests:** yoga, back-up rhythm guitar (old-time, Cajun and Irish)

Guitar player on County recordings "Hell and Scissors" (1999), "Glory on the Big String" (2001), "Ladies Fancy" (2006) and "Lady in Green" (2012)

Unreleased recording (16 tunes) with Cajun fiddler Mitch Reed, a now-famous bootleg recording.

## ADDITIONAL WORK HISTORY:

- 2016 to 2021: Reviews editor, for the USLCA journal, *Clinical Lactation*. Reviews section was abolished.
- September 2012 to September 2014: Adjunct Faculty, Distance Learning Maternal-Child Health Program, Union Institute and University, Cincinnati, Ohio
- Fall 1997 to 2008: Faculty of Healthy Children Project, Inc., Sandwich, MA
- September 1991 to 2006: Faculty, Nursing Mothers' Advisory Council Training Course
- 1999 to 2006: Craniosacral therapy teaching assistant, Upledger Institute
- Spring 2003 to October 2008: Lactation Consultant, at Holy Redeemer Hospital and Chestnut Hill Hospital, Philadelphia, PA
- November 2004- July 2006: lactation consultant/mother-baby nurse, Storkwatch, a division of Ridgeway Philips, Bensalem, PA (resigned to take job at Philadelphia Department of Public Health.)
- April 2002 to December 2006: Adjunct faculty, Union Institute and University, Maternal and Child Health: Lactation Consulting, Cincinnati, Ohio (distance learning division). On leave, due to job at PDPH. Resumed this position in September 2012. Position eliminated in 2014 as program re-organized.
- September 2003 to 2005: Director, Childbirth Education and Lactation Program, Valley BirthPlace, Huntingdon Valley, PA
- November 2003 to November 2004: lactation consultant/well-baby nurse, Healthy Homecomings, Inc, Bensalem, PA (company closed)

- January to April 2002: Zamboni driver, Old York Road Skating Club, Elkins Park, PA
- May 1994- Fall 2010 Reviews Editor for the journal *Journal of Human Lactation* (column was eliminated)
- September 2000-May 2002: Health and Body Science teacher, (all grades) Upattinas School, Glenmoore, PA (My daughter stopped attending this school so I stopped teaching there in Fall 2002.)
- Fall 1996 to 2000: Abstractor for *Breastfeeding Abstracts*, published by La Leche League
- May 1996 to January 2002: Childbirth Educator, the Birthing Suite at Pennsylvania Hospital. (Program closed.)
- September 1994 to January 2002: Childbirth Educator at Albert Einstein Medical Center
- April 1996 to August 1999: Childbirth Educator, Methodist-Jefferson Health System, teaching at Health Center 2, Philadelphia, PA
- January 1997 to December 1998: Editor and producer, *Focus on Breastfeeding*, a quarterly newsletter (not enough subscribers to continue).
- Spring 1997. Consultant project with Keystone Health Plan East, a Medicaid HMO. Did research for and published **Benefits of Breastfeeding and Their Economic Benefit**.
- February 1989 – June 13, 1999: Lactation Consultant and Childbirth Educator, Department of Family and Parenting Service.
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- April 1996 – March 1997: Childbirth education program Coordinator. Developed schedule of classes, organized and led staff meetings, and performed administrative functions. Position lost after corporate takeover.
- October 1991 – June 13, 1997: Lactation consultant for *A Better Start*, a grant funded program providing maternity services to low-income women in West Philadelphia. Position and program dissolved when funding ended.
- March – June 1992: Lactation consultant for the Philadelphia Department of Public Health for a three-month project. Co-creator of the Philadelphia Breastfeeding Resource Guide, organized a Breastfeeding Promotion Taskforce, developed a plan of breastfeeding promotion, and wrote the Philadelphia Breastfeeding Policy.
- March 1991 – December 1995: Prenatal Consultant for the Greater Philadelphia Health Action, Inc. Revised curriculum, developed new handouts, and taught at three clinics. Position lost due to corporate restructuring.

#### **COMMITTEE MEMBERSHIPS (past and present):**

- Co-facilitator, Philadelphia Baby-Friendly Multi-Hospital Taskforce, 2012 to 2021
- Spring 2002: reviewer World Breastfeeding Week action folder for World Alliance of Breastfeeding Action
- 2006-to present: Pennsylvania Breastfeeding Coalition
- 1992-2022: Maternity Care Coalition Breastfeeding Committee
- March 1994 – March 1996: Infant and Toddler Feeding Booklet Advisory Committee of the Philadelphia Department of Public Health
- 1993: Maternal and Infant Committee of the Latino Health Issues Forum
- Fall 1991: Breastfeeding Conference Committee of the Philadelphia Department of Public Health
- 1988 to present: member of the Professional Advisory Board of the Nursing Mothers' Advisory Council

- Pennsylvania Resource Organization of Lactation Consultants: 1994 to April, 2024. Member, served as various Board official over the years, most recently (2016) as Secretary.

#### OTHER INFORMATION:

Licensed registered nurse in New York, Maryland, Massachusetts, Pennsylvania, West Virginia, Louisiana, and Tennessee.

#### PUBLICATIONS:

- *BIRTH* 15:3 Sept 1988, p. 183 (letter)
- *MCN* 13:5 Sept-Oct 1988 (letter)
- *J Hum Lact* 5:3 1989 p. 324 (letter)
- *Pennypress*: 2<sup>nd</sup> edition "An Employed Mother Can Breastfeed When....." August 1991 (pamphlet)
- *J Hum Lact* 7:4 1991 pp. 171, 204, and 208 (letter, book review, videotape review)
- *Compleat Mother* Fall 1991 "Mastitis and a Late Baby" (article)
- *MCN* 17:2 March/April 1992 p. 108-109 (letter)
- *J Hum Lact* 8:2 1992 pp. 63, 102 (letter, videotape review)
- *J Hum Lact* 8:3 1992 pp. 127-128 (letter, book review)
- *Midwifery Today* Autumn 1992 p. 8 (letter)
- *J Hum Lact* 8:4 1992 p. 195 (letter)
- *Philadelphia Department of Public Health* Breastfeeding Promotion Policy
- *Philadelphia Breastfeeding Resource Handbook* 1992
- *WIPHN News* Winter 1992 p. 3 "Thoughts on Contraception" (essay)
- *J Hum Lact* 9:1 1993 pp. 11, 68 (letter, news article)
- *J Hum Lact* 9:2 1993 pp. 77, 79 (letters)
- *MOTHERING* No. 68 Fall 1993 p. 12 (letter)
- *New Beginnings* 11:2 1994 p. 58-59 (column contribution)
- *WIPHN NEWS* Spring 1994 pp. 6 ("Bulletin") 9, "Breastfeeding and Work"
- *Bookmarks* 15:2 1994 p. 7 (book review)
- *J Hum Lact* 10:1 1994 p. 4 (letter)
- *International J Childbirth Ed* 9: 2 1994 (letter)
- *J Hum Lact* 10:2 1994 pp. 135-136 (book review)
- *MOTHERING* Winter 1994 p. 10 (letter)
- *J Hum Lact* 10:4 1994 pp. 283-284 (video review)
- *Childbirth Instructor* Winter 1994 p. 4 (letter)
- *J Hum Lact* 11:1 1995 p. 10 (letter)
- *J Hum Lact* 11:2 1995 p. 89 (letter)
- *ILCA GLOBE* 3:3 p. 5 (letter)
- *J Hum Lact* 11:4 1995 p. 343 (review)
- *J Hum Lact* 12:1 1996 p. 74 (review)
- *Compleat Mother* Summer 1996 pp. 37-39 "A ghost in the nursing relationship" (article)
- *Int J Childbirth Ed* 1996 p. 5 (letter)
- *Hesperian Foundation* 1996 reviewer of the chapters on pregnancy and lactation for the Women's Health Book
- *Conference Proceedings* The 1995 International Conference on the Theory and Practice of Human Lactation, Breastfeeding Management, and Research pp. 85-97
- *WIPHN NEWSLETTER* Summer 1996 pp.14-15 (article)
- *J Hum Lact* 12:3 1996 pp. 188, 255 (letter, review)
- *Helping Yourself Through Labor* (educational pamphlet) 1997
- *JHL* 13:1 1997 pp.81-82 (review)
- *The Benefits of Breastfeeding and Their Economic Impact* 1997 (monograph) Consultant Project for Keystone Health Plan East, a Medicaid HMO. Currently updated and published as a learning module by Healthy Children.
- *JHL* 13:2 1997 pp. 145-147 "Observations Based Upon Multiple Telephone Contacts with New Breastfeeding Mothers" (article)
- *Int J Childbirth Ed* 13:1 1998 (letter)

- *Midwifery Today* Summer 1998 p. 4 (letter)
- *JHL* 14: 3 1998 p. 270 (review)
- *JHL* 14:4 1998 pp.287-288 (letter), pp. 319-320 (column contribution on Teaching Tools)
- *Childbirth Instructor* March-April 1999 p. 48 "Teaching Without Fear"
- *JHL* 15:2 1999 pp. 142-143 (column contribution on Telephone Counseling)
- *Midwifery Today* #50 Summer 1999 pp. 40-43 "The Missing Squatting Bar: Childbirth Education in the 90's"
- *Midwifery Today* #51 Autumn 1999 pp. 43-44 "Breastfeeding Discrimination and Censorship"
- *BMJ* 2000 Jan 8; 320(7227): 119. "Hyperbilirubinemia as a marker for inadequate breastfeeding" (letter)
- *JHL* 16:2 2000 pp. 165, 175 (reviews)
- *Sexuality and Lactation* [co-author Susan Kellogg-Spatt CRNP, IBCLC, PhD] 2000 (monograph)
- *Mothering Magazine* "letter to editor" September 2000
- *BMJ* 2000 321 (7253): 108 "Concerns about immunisation - Breastfeeding should be promoted" (letter)
- *BMJ* 2000; 320: 86-90 Midline episiotomy and anal incontinence: retrospective cohort study (letter)
- *JHL* 16(4) 2000 p.295 (letter), p. 363 (book review), p.371 (video review)
- *Mothering Magazine* 2000 Nov-Dec, p.13 (letter)
- *JHL* 17(3) 2001 p. 210 (letter)
- *JHL* 17(4) 2001 p.358 (film review)
- *The Diaper Diary* 2001 with Kay Hoover and Barbara Wilson-Clay (patient education materials)
- *Breastfeeding Review* 2001 9(3) p. 20 (letter)
- *JHL* 18(1) 2002 p. 76 (book review), p.80 (CD-ROM review)
- *Breastfeeding Review* 2002; 10(1): 11-13 (article: Breastfeeding Difficulty and Pacifier Use)
- *New Beginnings* 2002; 19(3): 107 (response to situation)
- *New York Times Magazine* October 27, 2002 (letter) p. 26
- *JHL* 19(2) 2003 p.212-213 (film review)
- *JHL* 19(3) 2003 p. 269 (letter)
- *BMJ* 2003; 327:584(letter)
- *Midwifery Today* Autumn 2003 p. 5 (letter)
- *Midwifery Today* Autumn 2004 p. 8 (commentary)
- *Birth* 2004; 31(2): 159
- *Pediatrics* 2004; 113: e405-e411 "Mothers' and Clinicians' Perspectives on Breastfeeding Counseling During Routine Preventive Visits" (letter)
- <<http://breastfeed.com/resources/articles/toughstuff.htm>> Quoted in article about pumping and a return to paid employment (2004)
- *JHL* 2005; 21(2): 120 (letter)
- *MIDIRS Midwifery Digest* 2005; 15(2): 229-233 "Breastfeeding Recovery: More Tools for the Helpers"
- *JHL* 2005; 21(3): 375 (film review)
- *Arch.Dis. Child* 2005; March 16 (letter)
- *Pediatrics* (letter) <<http://pediatrics.aappublications.org/cgi/content/full/116/2/385>>
- *JHL* 2006;22(1): 121 (book review), 124 (DVD review)
- *MIDIRS Midwifery Digest* 2006;16(3):389-391 "A breastfeeding story."
- *AJN* 2006; 106(7): p. 15 (letter)
- *AJN* 2007; 107(4): p. 15 (letter)
- *MIDIRS Midwifery Digest* 2007; 17(3): 400-401 "Melissa and Kevin: a breastfeeding story."
- *Nursing Spectrum* January 14, 2008 (letter) pp. 4-5 "Human milk is the most underutilized resource in the US"
- *Pediatrics* 2008; 121:361-368 (letter)(February 19, 2008)
- *USLCA eNews* August 2008 < <http://www.uslcaonline.org/enews/0808perspt.html>>
- *Birthworks International Newsletter* 2008; 9(4): 4-12 "How the CDC helps mothers, babies and childbirth educators"
- *J Hum Lact* 2009; 25(1): 10 (letter) "Questioning the use of herbs."
- The Greater Philadelphia Chamber of Commerce July 2009 "The Business Case for Breastfeeding Supports Business Health" <<http://www.greaterphilachamber.com/newsletter/releases/corp-lactation.pdf>>

- *J Hum Lact* 2009; 25(3): 271 (Letter) "Latch Assist"
- *J Hum Lact* January 2010 (Book review) The Impact of Birth Practices on Breastfeeding <[http://www.ilca.org/files/members\\_only/education\\_materials/Online%20Reviews/2010\\_Reviews/2010\\_01/2%20ILCA%20NikkiLee%20Impact.pdf](http://www.ilca.org/files/members_only/education_materials/Online%20Reviews/2010_Reviews/2010_01/2%20ILCA%20NikkiLee%20Impact.pdf)>
- *J Hum Lact* February 2010 (DVD review) <[http://www.ilca.org/files/members\\_only/education\\_materials/Online%20Reviews/2010\\_Reviews/2010\\_02/3\\_ILCA\\_NikkiLee\\_MarkItLearning.pdf](http://www.ilca.org/files/members_only/education_materials/Online%20Reviews/2010_Reviews/2010_02/3_ILCA_NikkiLee_MarkItLearning.pdf)>
- *Advance for Nurses* website: July 2010 article "The Business Case for Breastfeeding" <<http://nursing.advanceweb.com/Default.aspx>>
- *J Hum Lact* August 2010 (DVD review) [http://www.ilca.org/files/members\\_only/education\\_materials/Online%20Reviews/2010\\_Reviews/2010\\_08/4%20ILCA%20NikkiLee%20Kangaroo4hrs.pdf](http://www.ilca.org/files/members_only/education_materials/Online%20Reviews/2010_Reviews/2010_08/4%20ILCA%20NikkiLee%20Kangaroo4hrs.pdf)
- *Pediatrics* 2010 <http://pediatrics.aappublications.org/cgi/eletters/peds.2010-0976v1> (letter)
- **Book: *Complementary and Alternative Medicine in Breastfeeding Therapy***. Hale Publishing Summer 2011
- *NY Times Blog* January 3, 2012: Response to article. <http://6thfloor.blogs.nytimes.com/2012/01/03/behind-the-cover-story-tara-parker-pope-on-obesity/?comments#permid=8>
- *Pediatrics* 2012 Bottle-Feeding and the Risk of Pyloric Stenosis (Letter) <http://pediatrics.aappublications.org/content/early/2012/08/28/peds.2011-2785.short#responses>
- *Clinical Lactation* 2012; 3(3): 92-93 Letter to the Editor about Nipple Shields
- *J Hum Lact* January 2013; website review.
- *Pediatrics* 2013 [http://pediatrics.aappublications.org/content/early/2013/05/08/peds.2012-2809.short/reply#pediatrics\\_el\\_55786](http://pediatrics.aappublications.org/content/early/2013/05/08/peds.2012-2809.short/reply#pediatrics_el_55786) (letter)
- *Clinical Lactation* 2012; 4(4):155-158 "Thoughts on the Monetary Value of Human Milk" (article)
- *Model Child Care Health Policies* 2014 American Academy of Pediatrics. Reviewer and Contributor. (Book)
- *Clinical Lactation* 2015;6(4):153-155 "Updated Thoughts on the Monetary Value of Human Milk (article)
- *Clinical Lactation* 2016; 7(2): p. 48 (Letter to Editor); p. 77 (Book Review)
- **Book: *A Breastfeeding Owner's Manual*** Praeclarus Press 2019
- *Front. Public Health*, 2020: | <https://doi.org/10.3389/fpubh.2020.00123> Childhood Obesity and Breastfeeding Rates in Pennsylvania Counties—Spatial Analysis of the Lactation Support Landscape
- *J Hum Lact* 2020; Building a Policy: 10 Steps to a Breastfeeding Friendly Shelter. <https://doi.org/10.1177/0890334420935822>
- *PubMed listing 2021*: [https://pubmed.ncbi.nlm.nih.gov/?term=Lee+N&cauthor\\_id=32579055](https://pubmed.ncbi.nlm.nih.gov/?term=Lee+N&cauthor_id=32579055)
- *Tennessee Nurse* November, December 2023; January 2024. Innovations in Breastfeeding Education for Nurses and Nursing Students
- *Amplify*. The USLCA blog. "Lessons Learned when Grandmother is the LC." Published on May 8, 2024 [https://uslca.org/amplify/lessons-learned-when-grandmother-is-the-ic/?fbclid=IwZXh0bgNhZW0CMTEAAR0JX4oHHXOq2XH0kfZRaeXhe5tAY43uU-8pSsaVTZXcokW7of67Z99WtUk\\_aem\\_AYYm\\_8nNLjMpnAqdzGNgqKoY658L1W6LpTcZg0mJJqztqnX34g5mLnL\\_dYO9LVtPyV1\\_HjYRfCdPHuO9UbQrUqux](https://uslca.org/amplify/lessons-learned-when-grandmother-is-the-ic/?fbclid=IwZXh0bgNhZW0CMTEAAR0JX4oHHXOq2XH0kfZRaeXhe5tAY43uU-8pSsaVTZXcokW7of67Z99WtUk_aem_AYYm_8nNLjMpnAqdzGNgqKoY658L1W6LpTcZg0mJJqztqnX34g5mLnL_dYO9LVtPyV1_HjYRfCdPHuO9UbQrUqux)

## PRESENTATIONS as a private consultant:

### *In-service Education Programs about Breastfeeding*

June 1991	Temple University Hospital Maternity Staff
January 1992	Albert Einstein Medical Center Maternity Staff
January and February 1992	Osteopathic Medical Center Maternity Staff
October 1992	Abington Pediatrics, Inc.
February 16, 1995	Thomas Jefferson University Hospital Department of Parent Education
June 13, 1997	Baltimore County WIC Program, Towson, Maryland

*La Leche League*

May 1, 1997	LLL of Florida: Health Professionals Seminar: "Words that Work"
October 20, 2000	LLL of Eastern PA: "Words that Work"
October 21, 2000	LLL of Eastern PA: "Sexuality and Lactation"

*Professional Resource Organization of Lactation Consultants* (my local ILCA affiliate)

Fall 1992	Case Study
November 7, 1994	Breastfeeding and Low-Income Women
September 23, 1997	Stooling of the Exclusively Breastfed Infant during the First Week of Life and Weight Gain
May 28, 1998	Benefits of Breastfeeding and Their Economic Impact
November 5, 1998	Latch-On: a Historical and Geographic Perspective
November 2, 1999	Sexuality and Lactation (with Susan Kellogg-Spadt)
April 30, 2003	Connecting the Dots: Birth and Breastfeeding
April 21, 2004	As a member of the PRO-LC speaker's bureau: 1-hour class for GlaxoSmithKlein, Bluebell, PA 1-hour class at GlaxoSmithKlein, Bluebell, PA
November 17, 2004	Formula, Diabetes and Obesity, Abington, PA
January 27, 2009	Complementary and Alternative Medicine in Breastfeeding Therapy, Abington, PA
January 30, 2012	
January 27, 2014	Increasing Exclusive Breastfeeding: Baby Behaviors, Willow Grove, PA

*The International Conference on the theory and Practice of Human Lactation, Breastfeeding Management and Support* sponsored by the Healthy Children Project. Gave the following presentations:

January 20, 1995	One Lactation Consultant's Experience Serving Low-Income (Primarily African-American) Women in a Large US City
January 1997	A Successful Breastfeeding Support Model
January 1998	1) Breastfeeding and Corporate Economy: Different Paths to the Same Goal 2) Stooling Frequency of the Exclusively Breastfed Baby in the First Week of Life and Weight Gain: Is There a correlation?
January 1999	1) An International and Geographic Tour of Latch-On 2) Craniosacral Therapy and Lactation
January 2000	Sexuality and Lactation
January 2001	Birth as the Foundation of Breastfeeding (Co-presented with Suzanne Arms)
January 2002	Finding Peace in the Trenches: Nurturing the Nurturer
January 2003	Infant Massage Supports Breastfeeding
January 2004	Connecting the Dots: Birth and Breastfeeding
January 2005	Breastfeeding for Doulas (all-day workshop)
January 2006	Babies Tell Their Stories
January 2007	CranioSacral Therapy and Breastfeeding
January 2008	Empowering Mothers in Breastfeeding Initiation The Spirit of the Word: Dealing with Resistance



January 2009	Infant Massage Supports Breastfeeding in the NICU
January 2010	Lactation Consultation: A Model Program for Health Departments
January 2011	Cultural Humility in Breastfeeding Work
January 2012	Complementary and Alternative Medicine in Breastfeeding Therapy
January 2013	Making the Invisible Visible: Monetary Value of Human Milk
January 2014	Words that Work Baby Behaviors: the FitWIC program
January 2015	Working with Resistant Staff
January 2016	Supporting Breastfeeding in Early Childhood Education programs
January 2017	Challenges to Practice Change
January 2018	Policy and Practice Change: Breastfeeding in Shelter.
January 2019	Baby Behaviors
January 2020	Building a 10 Steps to a Breastfeeding Friendly Shelter Policy

*The Lactation Consultant in Private Practice Conference*

April 1-2, 1995	Creating Client Centered Breastfeeding Classes
March 23-24, 1996	Normal Course of Lactation During the First Two Weeks and Its Application to Private Practice
March 18, 2000	Friendly Charting for the Lactation Consultant

*Midwives Alliance of North America, North Atlantic Regional Conference*

June 12, 1999	International Tour of Latch-On
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*Breastfeeding in the New Millennium: The Role of Complementary and Alternative Medicine*

May 12, 2000	Cranio-Sacral Therapy as Breastfeeding Support San Diego, California
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*Breastfeeding Resources, Inc. Conference: Aspiring to Excellence*

May 19, 2000	Craniosacral Therapy and Lactation Consultation Fort Washington, Pennsylvania
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*Maine Lactation Consultant Association: Members meeting*

May 21, 2001	Craniosacral Therapy and Breastfeeding Management Lewiston, Maine
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*Temple University Hospital Division of Nursing Education: Dimensions in Perinatal Nursing*

April 18, 2002	Infant Massage Philadelphia, Pennsylvania
October 17, 2002	Infant Massage Philadelphia, Pennsylvania

*International Lactation Consultant Association*

July 27, 2002	Friendly Charting Boca Raton, Florida
July 25, 2015	Craniosacral Therapy in Lactation Consulting Washington, DC

*Nursing Mothers' Advisory Council*

April 15, 2003	Finding Peace in the Trenches Willow Grove, PA
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October 17, 2013	Relactation/Adoptive Nursing Willow Grove, PA
<i>Edwardsville Breastfeeding Task Force</i> April 1-2, 2004 Belleville, Illinois	Latch-On Friendly Charting The First Week Hands-on Caring
<i>Florida Lactation Consultant Assoc.</i> April 16-17, 2004 Kissimmee, Florida	Finding Peace in the Trenches Connecting the Dots Sexuality and Breastfeeding
<i>Alaska Breastfeeding Coalition</i> April 26-27, 2004 Anchorage, Alaska	Stooling and Weight Gain Connecting the Dots
<i>Southern Tier Breastfeeding Coalition</i> May 7, 2004 Owego, NY	Craniosacral Therapy and the LC Sexuality and Breastfeeding
<i>Hamilton, Ontario Regional Lactation Committee</i> May 8 & 9, 2008 Niagara Falls, Ontario, Canada	1) Bridging Two Disciplines: Craniosacral therapy and Lactation Consulting 2) Finding Peace in the Trenches Words that Work Updated
<i>Dakota County Public Health Department</i> 2008	Lack of breastfeeding and its impact on Diabetes and Obesity Words that Work Dealing with Resistance A trick to fix breastfeeding (s2s)
GOLD Lactation Conference. 2009	The world's largest on-line lactation conference. Craniosacral Therapy
2018	Words that Work
2021	10 Steps to Becoming a Breastfeeding Friendly Shelter
2021-23	<i>member of the Professional Advisory Committee</i>
2024	Tips and Tricks for Writing Breastfeeding Policy  Breastfeeding Counselling Concepts from Disciplines Outside the Maternity Ward  PANEL DISCUSSION 2024 "Evidence- Informed Lactation Care: Navigating Practice Among Research Gaps",
<i>American Association of Public Health Annual Conference</i> November 11, 2009	Poster presentation: A Model Program For Health Departments

November 2-6, 2019	Panel and Poster presentation: "Feeding your Baby is Normal: A community based breastfeeding promotion campaign.
<i>American Association of Diabetes Educators Annual Meeting</i> August 4, 2010 San Antonio, Texas	Poster Presentation: Association between Infant Formula, Diabetes and Obesity
<i>Ligue La Leche</i> November 10, 2011 Montreal, Ontario, Canada	4 presentations (3 in English,1 in French)
<i>Breastfeeding Coalition San Joaquin County</i> May 2012 Stockton, California	4 presentations
<i>Long Island Lactation Consultant Association</i> September 2012 Amityville, NY	Complementary and Alternative Medicine in Breastfeeding Therapy
<i>The Best Connection</i> November 15-16, 2012	Portland, Maine Connecting the Dots: Birth and Breastfeeding Friendly Charting CAM in Breastfeeding Medicine Words that Work
<i>Maryland Coalition of Lactation Consultants</i> March 4, 2014	Baltimore, MD CAM in Breastfeeding Medicine Baby Behaviors Words that Work
<i>South Central PA Lactation Consultant Association</i> March 8, 2014	Harrisburg, PA Increasing Exclusive Breastfeeding: Baby Behaviors
<i>LLL of the Garden State</i> April 12, 2014	Jamesburg, NJ CAM in Breastfeeding Medicine
<i>Inherent Birth (On-line conference)</i> November 12, 2016	Baby Behaviors
<i>American Academy of Pediatrics Pennsylvania Chapter</i> February 22, 2018	Words that Work (webinar)
<i>2<sup>nd</sup> Appalachian Breastfeeding Annual Breastfeeding Conference</i> October 12, 2018	A Kinder, Gentler Word: Abuse and Breastfeeding
<i>Lehigh Valley Breastfeeding Coalition 3<sup>rd</sup> Breastfeeding Conference</i> February 1, 2019	Baby Behaviors
August 2021	Breastfeeding and COVID: stories from research and the field.

October 2022

A Vision of Us All Getting Along

*Infant Massage USA*

June 7, 2022

Infant Massage: a Tool in every lactation care providers tool box.

June 7, 2023

Infant Massage supports Breastfeeding: the Art and the Science

June 8, 2024.

Where art and science overlap: Infant Massage, Breastfeeding and Oxytocin