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## **Presentation Abstracts, Objectives, & Blueprint Areas**

### Oral Function, Assessment, and Tongue-Tie-Related Topics:

- [A Mindful Approach to Infant Tongue-Tie Care](#)
- [Tongue and Lip Tie: A Comprehensive Approach to Assessment and Care](#)
- [Connection and Care: Virtual Support for Tongue-Tied Infants](#)
- [Infant Oral Assessment: Exploring Anatomy and Function Beyond the Frenulum](#)
- [Oral Function: Assessment and Comprehensive Care for the Pre-Crawling Infant](#)
- [Activities for Supporting Optimal Infant Oral Function](#)
- [Evaluating Beyond the Frenulum: Assessment and Activities for Supporting Optimal Infant Oral Function](#)
- [Supporting Optimal Healing Outcomes for the Newborn Post-Frenectomy](#)
- [Will it hurt? Frenotomy Aftercare Strategies to Optimize Healing Outcomes for the Newborn](#)

### Lactation/Infant Feeding Topics:

- [Beyond the Basics of Latch: Support Strategies for Helping Babies When the Basics Aren't Enough](#)
- [A Case Study Approach to Critical Thinking Skills for Lactation Professionals](#)
- [Low Milk Production Detective Work: Assessment and Care Plan Considerations](#)
- [Clinical Lactation Tools: Bottles, Tubes and Shields, Oh my!](#)
- [Lactation after Loss](#)
- [Common Infant Digestive Health Concerns and Useful Support Strategies](#)
- [Empowering Parents: Importance of Prenatal Lactation Assessment and Support](#)
- [Bodywork: Another Resource for Feeding Support](#)
- [Lactation Intensive for Birth and Health Professionals](#)
- [Clinical Skills Workshop](#)

### Herbal Support Topics:

- [Herbal Support for Lactation and Infants](#)
- [Critical Thinking: Herbal Options in Lactation Care](#)
- [Beyond Fenugreek: An Individualized Approach to Herbal Galactagogues](#)
- [Nature's Nurturers: Plant Medicine for Perinatal Mental Health](#)
- [Placenta Medicine as a Galactagogue: Tradition or Trend?](#)

## **A Mindful Approach to Infant Tongue-Tie Care (75-90 minutes)**

Tongue-tie, clinically known as ankyloglossia, is a dynamic topic that is often surrounded by controversy and mixed opinions. Tongue-tie can restrict proper lingual functionality and mobility, causing a range of feeding and health issues for infants. Such challenges can be complex, multi-factorial, and emotional for families navigating them. Having a better understanding of the variables involved in infant oral function, proper differential diagnosis, and ankyloglossia-related care can help providers best care for the patients they serve. This keynote presentation will highlight how clinicians can foster a mindful approach to oral assessment, timing of treatment, and related care strategies when it comes to supporting families navigating the physical, emotional roller coaster ride of ankyloglossia.

### Objectives:

- Describe strategies for assessing oral function
- Identify current evidence and incidence rates of ankyloglossia
- Identify critical thinking skills around our approach to tongue-tie care

### IBLCE Blueprints:

- I. Development and Nutrition, A. Infant
- III. Pathology, A. Infant
- VII. Clinical Skills, B. Education and Communication
- VII. Clinical Skills, D. Research

## **Tongue and Lip Tie: A Comprehensive Approach to Assessment and Care**

“Tongue tie” (clinically known as ankyloglossia) is of great interest in some settings and is still quite unknown in others. Tongue tie can restrict proper lingual functionality and mobility. These restrictions can cause significant feeding difficulties for infants. Feeding challenges can be complex and multi-factorial, therefore a comprehensive understanding of infant oral anatomy can help clinicians better assess and care for the patients they serve. The speaker will present on signs and symptoms of tongue tie, related health concerns, assessment and treatment strategies, and the status of the evidence base. This presentation is designed to meet the needs of anyone who clinically assesses infants, works with feeding issues, and/or provides lactation care.

*\*90-minute recording of this talk available*

### Session Objectives:

- Identify available evidence around ankyloglossia
- Understand the impact of tongue tie on infant feeding
- Identify basic oral assessment techniques for infants
- Appreciate collaboration and teamwork when dealing with oral restrictions
- Identify targeted care strategies for dyads coping with ankyloglossia

### IBLCE Blueprints:

- I. Development and Nutrition, A. Infant
- III. Pathology, A. Infant
- VII. Clinical Skills, B. Education and Communication
- VII. Clinical Skills, D. Research

## **Connection and Care: Virtual Support for Tongue-Tied Infants**

Providing virtual care has become a reality for many lactation professionals. How can we best consult families of tongue-tied babies virtually? How do we get the visual and functional information we need to guide our care when we are ‘hands-off’? This session will discuss strategies for health professional working remotely including assessment, documentation, care plan formation, teamwork, and the referral process. While different than in-person consultations, virtual connection and excellent care for tongue-tied babies and their families is possible! Learning to adapt our practice style, gather information digitally, and pivot with the times is vital for our role in providing comprehensive lactation support virtually.

### Session Objectives:

- Identify strategies to gather clinically relevant information when working virtually
- Describe techniques to assess oral anatomy and function when working remotely
- Identify documentation, teamwork, and referral strategies for virtual consulting

### IBLCE Blueprints:

- III. Pathology, A. Infant
- VII. Clinical Skills, A. Equipment and Technology
- VII. Clinical Skills, B. Education and Communication

## **Infant Oral Assessment: Exploring Anatomy and Function Beyond the Frenulum**

Is it a tongue tie? What else could be going on? Having a deeper understanding of the orofacial complex and functional oral motor patterns can help take your assessment techniques to the next level. Curious about jaws, tongues, palates, oral tone, suck patterns, and more? This presentation will focus on understanding the finer details and the bigger picture when it comes to infant oral assessment. We will cover the basics of infant oral anatomy, assessment techniques and optimal vs suboptimal movement, strength, and sucking patterns.

*\*60-minute recording of this talk available*

### Session Objectives:

- Demonstrate the basics of infant oral anatomy assessment
- Describe immature vs. mature suck patterns
- Identify at least three aspects of oral assessment

### IBLCE Blueprints:

- I. Development and Nutrition, A. Infant
- III. Pathology, A. Infant
- VI. Techniques
- VII. Clinical Skills, B. Education and Communication

## **Oral Function: Assessment and Comprehensive Care for the Pre-Crawling Infant**

This 2 day intensive workshop is designed for health professionals involved in the care of the pre-crawling infant. The course is designed to enhance the care provider’s understanding, assessment and management of oral function issues as they impact infant feeding and development. We will have case studies, interactive virtual activities, group work, discussion time, and more. Melissa and Michelle will help you level-up your

assessment and clinical care techniques when it comes to supporting babies coping with compromised oral function and complex feeding challenges.

Session Objectives:

- Understand how to assess more complex infant feeding situations
- Implement personalized care plans to help dyads coping with unique issues
- Utilize critical thinking skills when supporting dyads through challenging feeding situations

IBLCE Blueprints:

- I. Development and Nutrition, A. Infant
- III. Pathology, A. Infant
- VI. Techniques
- VII. Clinical Skills, B. Education and Communication

### **Activities for Supporting Optimal Infant Oral Function**

This presentation will give learners an excellent foundational knowledge of activities that can help support optimal newborn oral function based on assessment findings. Lactation professionals have a duty to provide personalized care plan strategies as they relate to infant feeding and lactation. This lesson will cover exercises to support the jaw, cheeks, tongue, palate, lips, tongue. We will cover activities to support optimal oral function and sucking skills. Learners will also recognize oral function concerns that require referral and connection to other allied health professionals.

*\*75-minute recording of this talk available*

Session Objectives:

- Based on oral assessment findings, the clinician will be able to identify specific areas of infant oral function that may benefit from supportive exercises and activities
- Describe exercises and techniques that support function of the lips, jaw, cheeks, tongue, and sucking patterns
- Create a personalized neonatal oral exercise care plan

IBLCE Blueprints:

- III. Pathology, A. Infant
- VI. Techniques
- VII. Clinical Skills, B. Education and Communication

### **Evaluating Beyond the Frenulum: Assessment and Activities for Supporting Optimal Infant Oral Function**

Is it a tongue tie? What else could be going on? Having a deeper understanding of the orofacial complex and functional oral motor patterns can help take your assessment techniques to the next level. Curious about jaws, tongues, palates, oral tone, suck patterns, and more? This presentation will focus on understanding the finer details and the bigger picture when it comes to infant orofacial assessment. We will cover the basics of infant oral anatomy, assessment techniques, and optimal vs suboptimal movement, strength, and sucking patterns. We will also explore foundational activities that can help support optimal newborn oral function based on assessment findings that can easily be taught to parents. Lactation professionals have a duty to provide

personalized care plan strategies as they relate to infant feeding and lactation. This presentation assessment and activity ideas that add to your clinical toolbox and critical thinking skills. Learners will also recognize oral function concerns that require referral and connection to other allied health professionals.

Session Objectives:

- Identify at least three aspects of oral assessment
- Describe at least one example of when oral work would be contraindicated
- Identify at least three activities families can implement for oral function support

IBLCE Blueprints:

- I. Development and Nutrition, A. Infant
- III. Pathology, A. Infant
- VI. Techniques
- VII. Clinical Skills, B. Education and Communication

**Supporting Optimal Healing Outcomes for the Newborn Post-Frenectomy**

A hotly debated topic among clinicians is post-frenotomy care. There are a few emerging theories and clinical practice ideas when it comes to frenotomy aftercare for the newborn. Clinicians and families sometimes struggle with the idea of how to balance efficient post-frenotomy care while minimizing stress and discomfort of the newborn. While the evidence strongly points to the benefit of frenotomy for tongue-tied neonates, there is little published evidence regarding best aftercare practices. During this presentation we will explore the lactation consultant's role in supporting the family post-frenotomy. We will also discuss neonatal pain and pain management strategies and the impact of stress on wound healing. This presentation will help provide a well-rounded view of frenotomy aftercare strategies lactation professionals should consider when supporting families coping with post frenotomy concerns.

*\*90-minute recording of this talk available*

Session Objectives:

- Describe the role of the lactation professional post frenotomy
- Describe how oral wounds heal
- Identify at least 3 post frenotomy pain relief and care plan ideas

IBLCE Blueprints:

- III. Pathology, A. Infant
- VII. Clinical Skills, B. Education and Communication
- VII. Clinical Skills, D. Research

**Will it hurt? Frenotomy Aftercare Strategies to Optimize Healing Outcomes for the Newborn**

There are a few emerging theories and clinical practice ideas when it comes to frenotomy aftercare for the newborn. Clinicians and families sometimes struggle with the idea of how to balance efficient post-frenotomy care while minimizing stress and discomfort of the newborn. While the evidence strongly points to the benefit of frenotomy for tongue-tied neonates, there is little published evidence regarding best aftercare practices. During this presentation we will explore the neonatal experience of pain along with pain management and oral healing strategies. We will also discuss the impact of stress on wound healing and focus on ways to help keep

babies calm and happy through the recovery process. For families coping with a tongue-tied baby, it is often a physical and emotional roller coaster ride. This presentation will help provide a well-rounded view of frenotomy aftercare issues as well as clinical, care strategies to optimize healing and feeding for the newborn.

Session Objectives:

- Identify the development of pain perception in the fetus
- Describe some of the short and long term consequences of painful experiences in the neonatal period
- Describe ways to assess neonatal pain
- Identify pre and post frenotomy pain relief strategies

IBLCE Blueprints:

- II. Pathology, A. Infant
- VII. Clinical Skills, B. Education and Communication

**Beyond the Basics of Latch: Support Strategies for Helping Babies When the Basics Aren't Enough**

In a perfect world, every baby would latch beautifully right after delivery and feed happily ever after. In reality what we often see is that most moms and babies need a little help to get feeding off to a good start. Many dyads need a lot of help. And a few parent/baby pairs need a miracle to breastfeed successfully. How can we best help those tough cases? There are many reasons babies struggle to latch and feed well. Some issues may include structural issues, physical discomfort, respiratory concerns, medical issues, digestive issues, poor feeding tool choices, prematurity, and more. Many providers are frustrated when they are unable to help a dyad latch and feed successfully. Using case studies, we will review challenging situations and the assessment techniques and care plan strategies that helped. This session is designed to help providers implement critical thinking when it comes to difficult cases.

*\*73-minute recording of this talk available*

Session Objectives:

- Understand how to assess more complex breastfeeding situations
- Understand how to perform a comprehensive lactation-related breast assessment
- Identify the root cause(s) of the feeding issue at hand
- Implement personalized care plans to help dyads coping with unique issues
- Utilize critical thinking skills when supporting dyads through challenging feeding situations

IBLCE Blueprints:

- III. Pathology, A. Infant
- III. Pathology, B. Maternal
- V. Psychology, Sociology, and Anthropology
- VI. Techniques
- VII. Clinical Skills, A. Equipment and Technology
- VII. Clinical Skills, B. Education and Communication

**A Case Study Approach to Critical Thinking Skills for Lactation Professionals**

There are many reasons infants struggle to latch and feed well. Critically thinking through a case involves assessing all the variables that may be impacting feedings. This is no easy task when we must consider what is

happening on the parent's side and the infant's side. How can we put all the pieces of a complex case together in order to be an effective lactation detective? This session is designed to help providers implement critical thinking skills in order to think outside the box when it comes to difficult cases.

*\*90-minute recording of this talk available*

Session Objectives:

- Understand how to assess more complex feeding situations
- Identify the root cause(s) of the feeding issue at hand
- Implement personalized care plans to help dyads coping with unique issues
- Utilize critical thinking skills when supporting dyads through challenging feeding situations

IBLCE Blueprints:

- III. Pathology, A. Infant
- III. Pathology, B. Maternal
- VII. Clinical Skills, B. Education and Communication

### **Low Milk Production Detective Work: Assessment and Care Plan Considerations**

Low milk production is one of the top areas of concern for families, and this presentation examines the various factors. Explore root causes of production issues, and hear specific and realistic recommendations. Work through interactive case studies, ramp up your critical-thinking skills, and improve your care plan strategies.

*\*75-minute recording of this talk available*

Session Objectives:

- Identify at least 3 reasons milk supply may be compromised
- Describe at least 3 diagnostic tools and assessment techniques for identifying low milk supply etiology
- Explain at least 3 ways to evaluate if care plan strategies are working for the supply optimization and the parent

IBLCE Blueprints:

- I. Development and Nutrition, B. Maternal
- II. Physiology and Endocrinology, A. Physiology of Lactation
- II. Physiology and Endocrinology, B. Endocrinology
- III. Pathology, B. Maternal
- VI. Techniques
- VII. Clinical Skills, A. Equipment and Technology
- VII. Clinical Skills, B. Education and Communication

### **Clinical Lactation Tools: Bottles, Tubes and Shields, Oh my!**

There are many ways to love and feed a baby. Having in-depth knowledge about feeding-related tools should be a part of any lactation professional's toolbox. In this session we will review a variety of tools such as shield, supplemental feeding options, bottles, and more. Tools may be needed for a variety of reasons. We will explore critical thinking strategies for tool selection. Clinicians that have a strong foundation in feeding tools can often help family's find creative ways to meet their feeding goals faster than just a 'wait and see' approach. We will

explore how certain tools fit, flow, work, and when to implement them. This session will have you re-thinking how you think about feeding tools and when to use them.

Session Objectives:

- Utilize critical thinking skills when selecting clinical lactation tools
- Select tools that help families work on their unique feeding goals
- List risks and benefits of nipple shields and supplementation methods including cup and finger feeding, bottle and at-breast supplementation

IBLCE Blueprints:

- VII. Clinical Skills, A. Equipment and Technology
- VII. Clinical Skills, B. Education and Communication

**Lactation after Loss**

After losing an infant, grieving parents may still have to cope with postpartum issues, including lactation. This presentation reviews and addresses care options for lactation concerns after pregnancy, neonatal, or infant loss. Currently, lactation care and advice after loss varies greatly. Lactation consultants are instrumental in providing parents with anticipatory guidance and evidence-based care. Implementing system-wide training and education regarding this topic will help families receive the information they need to deal with the physiological aftermath of infant loss.

*\*60-minute recording of this talk available*

Session Objectives:

- Identify types of loss and physiology of lactation after loss
- Explore the emotional, physical and ethical issues surrounding lactation after loss
- Review past and present practices in regards to lactation after loss
- Understand 'best practice' lactation care plan strategies following a loss

IBLCE Blueprints

- II. Physiology and Endocrinology, A. Physiology of Lactation
- II. Physiology and Endocrinology, B. Endocrinology
- III. Pathology, B. Maternal
- IV. Pharmacology and Toxicology
- V. Psychology, Sociology, and Anthropology
- VI. Techniques
- VII. Clinical Skills, B. Education and Communication

**Common Infant Digestive Health Concerns and Useful Support Strategies**

This session will focus on common concerns regarding infant digestive health and useful support strategies that care providers can incorporate into their work with families. We will discuss what's normal and what's not in regard to stooling, spit up/reflux, colic/fussiness, food sensitivities, and more. Many parents are coping with babies that are uncomfortable and unhappy due to digestive health concerns. Dealing with a fussy, uncomfortable baby is emotionally and physically draining. Having a basic understanding of infant gut health and care strategies can be useful tools for any type of practitioner working with infants.



*\*90-minute recording of this talk available*

Session Objectives:

- Understand basics of infant gut health and the enteric nervous system
- Understand the physiological process of how infants can develop digestive issues and food sensitivities
- Identify optimal newborn output patterns
- Identify care plan ideas for infants coping with digestive concerns
- Describe how sensory and anatomical issues impact digestion
- Identify “red flags” and when to refer

IBLCE Blueprints:

- I. Development and Nutrition, A. Infant
- III. Pathology, A. Infant
- V. Psychology, Sociology, and Anthropology
- VII. Clinical Skills, B. Education and Communication

**Empowering Parents: Importance of Prenatal Lactation Assessment and Support**

This session will cover new thoughts on prenatal breast assessment and parental support strategies in the prenatal period. Health professionals working with parents in pregnancy have a unique chance to assess and discuss feeding questions and concerns with clients in the prenatal period. There are many factors that can impact lactation success including certain health concerns, medications, breast development, endocrine issues, etc. Parents appreciate having thoughtful insight regarding these issues prior to delivery. In my clinical experience a resounding theme when feeding issues arise from a condition that may have been identified prenatally is, "why didn't anyone tell me?" During this session, providers will learn how to assess breasts and nipples prenatally, identify potential red flags for lactation success and cultivate a meaningful dialog in order to discuss these concerns with the parents they serve.

*\*95-minute recording of this talk available*

Session Objectives:

- Identify prenatal lactation considerations
- Describe the importance of lactation education and support in the prenatal period and beyond
- Understand breast assessment techniques for the prenatal period
- Identify prenatal lactation “red flags” and when to refer

IBLCE Blueprints:

- I. Development and Nutrition, B. Maternal
- II. Physiology and Endocrinology, A. Physiology of Lactation
- II. Physiology and Endocrinology, B. Endocrinology
- III. Pathology, B. Maternal
- VII. Clinical Skills, A. Equipment and Technology
- VII. Clinical Skills, B. Education and Communication

## **Bodywork: Another Resource for Feeding Support**

The purpose of this talk is to identify various types of manual therapy techniques that can support optimal feeding for the dyad. Bodywork is not a fad, cultures around the world have used manual therapy techniques to support well-being for more than 5000 years. Bodywork is a general term that describes a variety of therapeutic, hands-on modalities. Bodywork can be a resource for feeding support because it aims to address or physiological issues that may be impacting optimal feeding. Depending on the issue at hand, certain bodywork modalities may be more suited towards the problems than others. An overview of therapeutic techniques will be followed by actual case studies involving manual therapy as part of a care plan strategy to improve infant feeding issues.

*\*65-minute recording of this talk available*

### Session Objectives:

- Identify various types of bodywork that can be used to support feeding issues
- Assess basic aspects of anatomical structure and function that may impact feeding
- Comprehensively view structure as it impacts feeding ability and provide targeted care plan strategies
- Identify resources for pediatric bodywork, including literature and qualified practitioners.

### IBLCE Blueprints:

- I. Development and Nutrition, A. Infant
- III. Pathology, A. Infant
- VI. Techniques
- VII. Clinical Skills, B. Education and Communication

## **Lactation Intensive for Birth and Health Professionals**

A one or two day intensive continuing education workshop designed for birth professionals and those involved in the parental-infant health community. The course is designed to update and enrich the professional's understanding of lactation issues and provide strategies useful in assisting the feeding dyad. Topics to be covered include: lactation concerns in pregnancy/birth/early postpartum, new thoughts on positioning and latch, milk supply and supplementation issues, nipple pain, holistic lactation care ideas, gut health, tongue tie and more.

### Session Objectives:

- Review recent changes within clinical lactation practice
- Understand lactation considerations in pregnancy, birth and postpartum
- Identify maternal and infant issues that impact lactation
- Understand how to assess more complex breastfeeding situations
- Identify the root cause(s) of the feeding issue at hand
- Implement personalized care plans to help dyads coping with unique issues
- Utilize critical thinking skills when supporting dyads through challenging feeding situations
- Identify “red flags” and when to refer

### IBLCE Blueprints:

- I. Development and Nutrition, A. Infant
- I. Development and Nutrition, B. Maternal

- II. Physiology and Endocrinology, A. Physiology of Lactation
- III. Pathology, A. Infant
- III. Pathology, B. Maternal
- V. Psychology, Sociology, and Anthropology
- VI. Techniques
- VII. Clinical Skills, A. Equipment and Technology
- VII. Clinical Skills, B. Education and Communication

### **Clinical Skills Workshop**

Melissa is passionate about improving parental/infant assessment and clinical skills for lactation consultants and allied healthcare professionals. This clinical skills workshop focuses on working directly with parent/infant dyads. Traditionally, the hosting organizers will invite dyads from the community to come participate. Melissa will guide participants through an in-depth, comprehensive lactation consultation that involves parental/infant assessment and the formation of comprehensive clinical care plan. Participants will learn about advanced clinical assessment and care strategies. Melissa's goal for participants is that they view the feeding dyad holistically, looking at lactation issues from a physical and emotional perspective. Melissa firmly believes that excellent clinical skills must go hand-in-hand with excellent counseling skills in order for lactation professionals to truly make a difference.

#### Session Objectives:

- Describe how to assess parent and infant
- Identify the root cause(s) of presenting feeding challenges
- Describe appropriate care plan strategies

#### IBLCE Blueprints:

- I. Development and Nutrition, A. Infant
- I. Development and Nutrition, B. Maternal
- III. Pathology, A. Infant
- III. Pathology, B. Maternal
- V. Psychology, Sociology, and Anthropology
- VI. Techniques
- VII. Clinical Skills, A. Equipment and Technology
- VII. Clinical Skills, B. Education and Communication

### **Herbal Support for Lactation and Infants**

An intensive workshop designed for birth and health professionals and those involved in the parental-infant health community. The course is designed to enrich the professional's understanding of how herbs can be used for lactation and infant issues. Plant medicine around the world has traditionally been an important part of postpartum care for parents and babies. In this workshop, we will cover herbal care strategies for parental issues such as milk supply concerns, breast and nipple care ideas (engorgement, mastitis, sore/damaged nipples, etc). We will also discuss herbal support for infant issues such as digestive problems (colic, reflux, etc), teething, immune support, sleep, and more.

*\*11-hour recording of this talk available*

### Session Objectives:

- Define some basic principles of herbal medicine
- List reasons herbal support may be useful in lactation and infant related care
- Identify herbal evidence, resources and safety material
- Explain basic herbal dosing principles
- Identify some basic herbal care plan strategies for lactation and infant issues

### IBLCE Blueprints:

- IV. Pharmacology and Toxicology
- VII. Clinical Skills, B. Education and Communication
- VII. Clinical Skills, D. Research

### **Critical Thinking: Herbal Options in Lactation Care**

Plant medicine has been used throughout history to nourish the postpartum parent and enhance lactation. Today over 80% of the global population uses herbal medicine as a form of primary care. Parents coping with lactation concerns are often interested in trying anything they can to optimize production. As a clinician, you play an essential role in helping families understand the risks and benefits of herbs during lactation. Critically thinking through herbal options involves assessing all the variables that may be impacting lactation, prioritizing the parent's goals, and assessing risks and benefits. By identifying meaningful resources and reliable information around galactagogues, health professionals empower families to make safe, informed choices. This session is designed to help providers implement critical thinking skills when it comes to discussing and personalizing care for families interested in botanical options.

This is no easy task when we must consider what is happening on the parent's side and the infant's side. How can we put all the pieces of a complex case together in order to be an effective lactation detective? How can we approach galactagogues for lactating parents in an individualized way?

### Session Objectives:

- Identify resources on clinical galactagogue information and safety
- Utilize critical thinking skills when discussing herbal care plan options
- Critically think about a personalized approach to galactagogue support during lactation
- Describe ways galactagogues may impact physiological action when it comes to lactation support
- Describe benefits and contraindications for each galactagogue presented

### IBLCE Blueprints (Combined):

- III. Pathology, B. Maternal
- IV. Pharmacology and Toxicology
- VII. Clinical Skills, B. Education and Communication

### **Beyond Fenugreek: An Individualized Approach to Herbal Galactagogues**

While some clinicians might roll their eyes when 'lactation cookies' are mentioned we know foods and herbs have long been used to nourish the postpartum parent and enhance lactation. Some topics this talk aims to cover: Does nourishment matter when it comes to breastmilk quality or quantity? How can we approach galactagogues for lactating parents in an individualized way? How can clinicians evaluate evidence and determine safety regarding galactagogues? We know that parent coping with milk supply concerns are often

desperate to ‘try anything’. Clinicians have an important role in helping families understand the risks and benefits of galactagogues. By helping parents identify resources and information around foods and herbs, we can help empower them to make informed choices.

*Note: Longer versions of this talk (120 mins+) can include information about dietary galactagogues as well. 90-minute recording of this talk available.*

Session Objectives:

- Understand why foods and herbs may be needed to support optimal lactation
- Understand the different ways that galactagogues support lactation
- Understand a personalized approach to selecting appropriate galactagogues
- Locate resources on galactagogues and herbal safety

IBLCE Blueprints:

- IV. Pharmacology and Toxicology
- VII. Clinical Skills, B. Education and Communication

### **Nature’s Nurturers: Plant Medicine for Perinatal Mental Health**

Botanical medicine options are utilized by over 80% of our global population as a form of primary care. Many individuals report wanting to consider using herbs in pregnancy and beyond but are often unsure what is safe or appropriate. Clinicians play an essential role in helping individuals understand the risks and benefits of herbs for mood support in the perinatal period. By identifying meaningful resources and reliable information around botanical options, health professionals can empower families to make safe, informed choices. “Nature’s Nurturers” critically examines the use of herbal options to support perinatal mood concerns such as anxiety and depression. This talk focuses on the foundational need for individualized support when it comes to botanical discussion and selection.

Session Objectives:

- Identify resources on clinical herbal information and safety
- Critically think about a personalized approach to botanical support during the perinatal period
- Describe ways herbs may impact physiological action when it comes to mood support
- Describe benefits and contraindications for each plant medicine presented

IBLCE Blueprints:

- IV. Pharmacology and Toxicology
- VII. Clinical Skills, B. Education and Communication

### **Placenta Medicine as a Galactagogue: Tradition or Trend?**

During this presentation, we aim to explore the fascinating topic of placentophagy. Our discussion focus will be on placenta medicine as a purported galactagogue. For some parents, insufficient milk supply impacts their ability to fully feed their infants. Many seek holistic options to increase their milk supply. Amongst some communities, placenta medicine and/or postpartum placenta consumption is a practice on the rise. What do we know about the benefits and risks of this practice? We will review historical and modern day evidence, the difference between mammalian and human placenta consumption, and discuss ethical considerations regarding placentophagy/placenta medicine as a galactagogue.

*\*120-minute recording of this talk available*

Session Objectives:

- Identify reasons why some choose to consume their placenta in the postpartum period
- Describe the differences between animal and human placenta consumption
- Identify available historical and modern research regarding placenta as a galactagogue
- Describe ethical considerations around placenta medicine

IBLCE Blueprints:

- IV. Pharmacology and Toxicology
- VII. Clinical Skills, B. Education and Communication