

IMPACT OF BIRTH EXPERIENCES ON BODYFEEDING OUTCOMES

Featuring Sarah Shealy, RN, MSN, CNM

Early Bird \$25 (until 9/7)
General Admission \$40

September 23rd, Friday
10:00 AM to 12:00 PM PST



Register
Now

<https://tinyurl.com/bodyfeeding>

Co-sponsored by:

LA BEST BABIES NETWORK

LABN Healthy Babies. Our Future.

 **BreastfeedLA**

<https://www.breastfeedla.org>



SPEAKER



Sarah Shealy (she/her) has worked with birthing families since the 1990s. Educated by some of the most amazing midwives, her focus as a health care provider has always been to deeply trust the wisdom of the birthing person, the process of birth, and to serve the community. As a provider who has worked both in community settings (homebirth) and hospital settings, she brings a unique perspective to how the medical system interferes with the normal process. She has attended births in hospitals large and small, as well as in homes, vans, and even a yurt. She has first assisted in hundreds of c-sections and supported thousands of families with infant feeding. She loves to teach and mentor nurses and midwives in their early career development. Sarah has a particular interest in the postpartum experience, and how we can narrow the gap in care for postpartum people in our system.

DESCRIPTION

This presentation will first orient the learner to physiologic birth and hormonal helpers that make body feeding a natural consequence of physiologic birth. The most common hospital birth practices including birth trauma and the impact on the bodyfeeding experience will be presented. Finally trauma informed strategies for supporting optimal postpartum health and wellness will be presented.

OBJECTIVES

By the end of the presentation, participants will be able to:

- Identify how 3 common birth interventions impact physiologic birth and bodyfeeding
- Remember the impact of intergenerational trauma and birth trauma on bodyfeeding
- Identify 3 trauma informed strategies to support bodyfeeding as part of the healing process in the postpartum time

AGENDA

10:00am - 11:30am

Impact of Birth Experiences on Bodyfeeding Outcomes

11:30am- 12:00pm

Q&A

CONTINUING EDUCATION

BreastfeedLA is an approved provider by the California Board of Registered Nursing. This course offers 1 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. 1.5 L- CERPs will be awarded.

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



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