

# SESSION DESCRIPTIONS

## *Supporting the NICU Family Post-Discharge & Transitioning from Bottle to Breast*

Nikki Lee, RN, BSN, MS, ANLC, IBCLC, CIMI

Some families want to breastfeed, even after difficult situations like an extended NICU stay that has led to bottle feeding. Based on extensive clinical experience and evidence, this presentation offers ways and means to support breastfeeding rehabilitation and recovery.

## *Express Yourself: The Latest and Greatest on Hand Expression and Pumping*

Laurel Wilson, IBCLC, RLC, BSc, INHC, CLSP, CPPI

While advances in pump technology are progressing, new evidence suggests that hand expression and massaging can contribute to even more healthy and voluminous milk production. This presentation covers the latest evidence on how and why to hand-express milk to maximize output and meet parental goals.

## *The Magic of Human Milk: Neohormones, the Epigenome, the Microbiome*

Laurel Wilson, IBCLC, RLC, BSc, INHC, CLSP, CPPI

As humans evolved, the milk they used to nourish, protect, and develop their babies underwent an incredible transformation. Learn about these fascinating components of human milk and the extraordinary role they play in human development.

## SPEAKER BIOS

### *Laurel Wilson* IBCLC, RLC, BSc, INHC, CLSP, CPPI

Laurel Wilson is a TEDx and international speaker, author, and perinatal consultant with over 32 years of experience. She served as Executive Director of Lactation Programs for CAPPA for 17 years and currently acts as GOLD Lactation Academy's Academic Development Specialist. Laurel also serves on advisory boards for InJoy Health and the Colorado Breastfeeding Coalition. Through her company, MotherJourney, she trains perinatal professionals in holistic, science-based care. She is co-author of *The Attachment Pregnancy* and *The Greatest Pregnancy Ever*, and blends modern research with mind-body-spirit wisdom. Laurel lives in Colorado with her husband of 30+ years and is the proud mother of two grown sons.



### *Nikki Lee* RN, BSN, MS, ANLC, IBCLC, CIMI

Nikki is a nurse, a lactation consultant, an infant massage instructor, a craniosacral therapy practitioner, an author, public speaker, and a registered yoga teacher. She has published 2 books and finds her passion for breastfeeding still strong after half a century of work. At present, she maintains a private practice as a holistic lactation consultant, and teaches a 20-hour Basic Breastfeeding Course. Other interests include rhythm guitar, hiking, yoga, and gardening. She is thrilled to be the grandmother of 2 baby girls, and the owner of an affectionate 6-year-old rescue pup.