

Asian American, Native Hawaiian, and Pacific Islander (AANHPI) Postpartum Practices & Budget Friendly Recipes to Promote Lactation

Sponsored By



Northeast Valley Health Corporation
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FRIDAY, MAY 14TH | 10AM-5PM

Participatory & Interactive Live Webinar

LIVE WEBINAR IN CELEBRATION OF AANHPI HERITAGE MONTH
EARLY BIRD \$60 UNTIL APRIL 30TH AND \$75 GENERAL REGISTRATION

Register at: <http://bit.ly/aanhpifoodpracticesandlactation>

The webinar will be recorded and available for 3 years except for Oketani breast massage which will only be available live.

Description

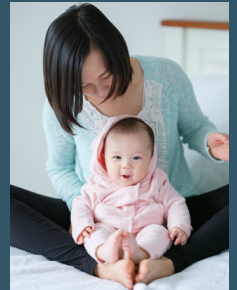
In observance and celebration of Asian American, Native Hawaiian, and Pacific Islander (AANHPI) Heritage month BreastfeedLA presents AANHPI Postpartum Practices & Budget-Friendly Recipes to Promote Lactation. This webinar will feature professional Chef Adrian Chang and licensed acupuncturist and herbalist Erin Wilkins. Together they will present Traditional AANHPI Recipes That Promote Lactation: Ingredients, Herbs, Preparation, Cooking, and Science teaching audience members how to prepare budget-friendly AANHPI recipes that promote lactation and explain the impact of ingredients on lactation. The list of ingredients will be sent to participants prior to the event - we encourage you to join us in cooking!

After lunch, Stevie Merino will present *Carrying The Pacific: Pacific Islander Postpartum Traditions* bringing awareness to audience members of postpartum practices used by the Pacific Islander community. We will also hear *A Physician's Perspective* in which a physician from Kaiser Permanente will discuss lactation and postpartum practices within the AANHPI community from the lens of a physician.

This event will close with *Oketani - The Marvel of Japanese Breast Massage* presented by Masayo Awano, Vice-President for the Oketani Lactation Society. Oketani breast massage is a common, pain-free practice in Japan. Benefits include increased milk production, reduced breast engorgement and improved infant suckling. This massage technique takes time learn. This presentation will offer some helpful hints for improved breastfeeding support. Please note that this presentation will not be recorded and can only be viewed during the live event.



Join BreastfeedLA's Asian Pacific Islander Breastfeeding Task Force



Agenda

10am-12pm: Cooking Show! Traditional AANHPI Recipes That Promote Lactation: Ingredients, Herbs, Preparation, Cooking, & Science (Participatory Presentation)
Chef Adrian Chang & Erin Wilkins, MSAOM, L.Ac, RH(AHG)

12pm-12:30pm: Lunch

12:30pm-2:00pm: *Carrying The Pacific: Pacific Islander Postpartum Traditions*
Stevie Merino, CHamoru

2:00pm-2:10pm: Break

2:10pm-3:30pm: *A Physicians Perspective*
Physician from Kaiser Permanente

3:30pm-5:00pm: *Oketani - The Marvel of Japanese Breast Massage*
Masayo Awano, PhD, MA, RN, CNM, IBCLC, Oketani Method Certificate

***Oketani presentation will not be recorded. You must attend the live event to view this presentation.**

RN: BreastfeedLA is an approved provider by the California Board of Registered Nursing. This course offers 7 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. 6.5 L- CERP's will be awarded.

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