

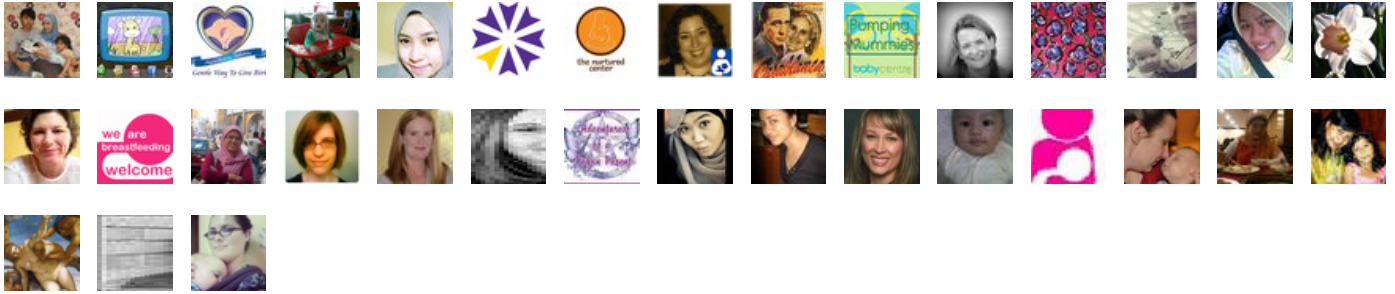
BCLCA2012

British Columbia Lactation Consultants
Association Conference 2012

Trending Words

#bclca2012, c.genna:, rt, tongue,
@goldconf:, baby, t.revai:, #bfing,
more, tie, breastfeeding, breast,
milk, mothers, mom

Event Participants





RT @goldconf: C.Genna: Pumping after breastfeeding great way to build milk supply #BCLCA2012

26-Oct-12 23:58 | Denayu_02



@goldconf you're welcome. Spreading the word back here in the UK. Promoting in LCGB newsletter soon with ilca2012 review. Enjoy #BCLCA2012

26-Oct-12 22:59 | ajb_ibclc



RT @goldconf: C.Genna: Pumping after breastfeeding great way to build milk supply #BCLCA2012

26-Oct-12 22:46 | HypnobirthingID



"@goldconf: C.Genna: How can you tell if baby is suckling effectively? Other breast will leak! #BCLCA2012"cc: @love_tha

26-Oct-12 22:25 | dianandariskia



RT @goldconf: T.Revai: Peer support is vital to help mothers choose #breastfeeding continuation #BCLCA2012

26-Oct-12 21:14 | AdeLidya88



RT @goldconf: T.Revai:Lactation Consultants can help a mom 'bear witness' to their #bfing journey - help them find tiny successes #BCLCA2012

26-Oct-12 21:13 | AdeLidya88



RT @goldconf: T.Revai: Don't push mothers to #bfeed or #mothers in a particular way, simply INVITE them and let them decide #BCLCA2012

26-Oct-12 21:13 | AdeLidya88



RT @goldconf: T.Revai: Working with a mother individually demands a different context to messages meant for the general public #BCLCA2012

26-Oct-12 21:13 | AdeLidya88



RT @goldconf: T.Revai: When #bfing framed as 'good mothering' it can mask complex barriers to why goals are not met #BCLCA2012

26-Oct-12 21:12 | AdeLidya88



RT @goldconf: Tina Revai speaking on Supporting Mothers to Increase Duration of Breastfeeding #BCLCA2012

26-Oct-12 21:11 | AdeLidya88



T.Revai: #bfing is local food,slow food, raw food, preventative health - would be great if those movements collaborated #BCLCA2012

26-Oct-12 20:58 | goldconf



T.Revai: We are moving away from #bfing as an individual choice/result and into a context where health care enables it to happen #BCLCA2012

26-Oct-12 20:55 | goldconf



T.Revai: K.Gribble studied #bfing duration and found continuation resulted from Maternal motivation/confidence/support #BCLCA2012

26-Oct-12 20:54 | goldconf



RT @goldconf: T.Revai: Peer support is vital to help mothers choose #breastfeeding continuation #BCLCA2012

26-Oct-12 20:50 | DoulaTNC



T.Revai: The fact that there are few stats for #bfing DURATION, but lots 4 initiation, shows us where health care efforts are #BCLCA2012

26-Oct-12 20:49 | goldconf



T.Revai:Lactation Consultants can help a mom 'bear witness' to their #bfing journey - help them find tiny successes #BCLCA2012

26-Oct-12 20:43 | goldconf



T.Revai: Mothers who choose right off NOT to #bfeed is often because of their own, or personal connection, bad experience #BCLCA2012

26-Oct-12 20:40 | goldconf



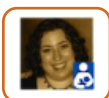
T.Revai: Don't push mothers to #bfeed or #mothers in a particular way, simply INVITE them and let them decide #BCLCA2012

26-Oct-12 20:39 | goldconf



T.Revai: Working with a mother individually demands a different context to messages meant for the general public #BCLCA2012

26-Oct-12 20:38 | goldconf



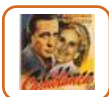
RT @goldconf: T.Revai: When #bfing framed as 'good mothering' it can mask complex barriers to why goals are not met #BCLCA2012

26-Oct-12 20:36 | callmecass



T.Revai: Mothers feel the need to justify how they feed their babies - clinicians need to be aware that this is a loaded topic #BCLCA2012

26-Oct-12 20:35 | goldconf



RT @goldconf: T.Revai: When #bfing framed as 'good mothering' it can mask complex barriers to why goals are not met #BCLCA2012

26-Oct-12 20:35 | HazelKLarkin



T.Revai: When #bfing framed as 'good mothering' it can mask complex barriers to why goals are not met #BCLCA2012

26-Oct-12 20:34 | goldconf



T.Revai: #Breastfeeding is connected to the concept of being a 'good' mother, causing shame/guilt when doesn't go as expected #BCLCA2012

26-Oct-12 20:33 | goldconf



T.Revai: Lactation science has grown tons in last 10 years, but could this be contributing to info overload for parents? #BCLCA2012

26-Oct-12 20:32 | goldconf



T.Revai: Today's mom: Older 30+ years for 1st time moms/ having less children (1.4 kids)/ high 'perfection' expectations/ #BCLCA2012

26-Oct-12 20:31 | goldconf



T.Revai: Today's mom: Higher housing costs/median income flatlined/more mothers of babies in workforce/time squeeze in daily life #BCLCA2012

26-Oct-12 20:30 | goldconf



T.Revai: The life of TODAY's mom unique to this generation Negative media spin on #breastfeeding, #attachment and vulnerability #BCLCA2012

26-Oct-12 20:28 | goldconf



T.Revai: Mother need #Breastfeeding professionals to be there for support, encouragement, a tool box of ideas when challenged #BCLCA2012

26-Oct-12 20:22 | goldconf



Tina Revai speaking on Supporting Mothers to Increase Duration of Breastfeeding #BCLCA2012

26-Oct-12 20:21 | goldconf



RT @goldconf: C.Genna: Torticollis should be TREATED, do not ignore. Find therapist in your town with 'magic hands' #BCLCA2012

26-Oct-12 19:21 | BeauChoix



C.Genna: I made up the 'dent latch' technique as a way of shaping the breast to get more lower areaola into mouth #BCLCA2012

26-Oct-12 19:15 | goldconf



RT @goldconf: C.Genna: Why would a baby who IS latching but also refusing breast? No milk transfer, pain, or strong gag reflex. #BCLCA2012

26-Oct-12 19:14 | GioiaAlbanoArt



RT @goldconf: C.Genna: Use the bottle to 'fake out' the baby! Place it at nipple, wait for gape, pull baby into breast! #BCLCA2012

26-Oct-12 19:10 | Jeannette108



C.Genna: Why would a baby who IS latching but also refusing breast? No milk transfer, pain, or strong gag reflex. #BCLCA2012

26-Oct-12 19:06 | goldconf



C.Genna: Infant respiratory rate above 60? Bottlefeeding difficul, but breastfeeding possible to as high as 75-80. Watch carefully #BCLCA2012

26-Oct-12 19:05 | goldconf



C.Genna: Use the bottle to 'fake out' the baby! Place it at nipple, wait for gape, pull baby into breast! #BCLCA2012

26-Oct-12 19:01 | goldconf



RT @drOei: RT @goldconf: C.Genna: Pumping after breastfeeding great way to build milk supply #BCLCA2012

26-Oct-12 18:48 | pu3pu3lagee



C.Genna:Using a nipple shield? Roll back rim/press teat onto nipple/smooth back shield/use infant reach same way as w/o shield #BCLCA2012

26-Oct-12 18:47 | goldconf



RT @NurturedChild: Follow @goldconf and #BCLCA2012 today for some fantastic #breastfeeding info from Catherine Watson-Genna. #IBCLC, Icinpp

26-Oct-12 18:44 | Mistel_dV



C.Genna: Nipple sheilds can be a good *transition* tool when infant doesn't 'know' breast tissue is in mouth, does not suck #BCLCA2012

26-Oct-12 18:43 | goldconf



C.Genna:Nipple shields can be helpful: Premies/bottlefed habituation/reduced oral proprioception/retracting nipples/ #BCLCA2012

26-Oct-12 18:42 | goldconf



C.Genna: Feeding difficulties? Make sure mom has help outside/hospital, especially professionals who do home visits #BCLCA2012

26-Oct-12 18:40 | goldconf



C.Genna: If baby cries during self latching have mom touch baby's face to breast so he knows where he is, then let him be #BCLCA2012

26-Oct-12 18:39 | goldconf



C.Genna: Don't suppress mom's behaviours, leave them be, let them do what is comfortable, offer support and gentle comments #BCLCA2012

26-Oct-12 18:38 | goldconf



C.Genna: Supple Cups <http://t.co/FsJGFctZ> are a great new invention to coax out inverted or flat nipples #BCLCA2012

26-Oct-12 18:30 | goldconf



RT @goldconf: C.Genna: Birth injured babies (vacuums, forceps) can cause difficult #bfing - a baby in pain can't feed effectively #BCLCA2012

26-Oct-12 18:30 | durham_doula



C.Genna: "peanut butter tongue" is a baby who like to keep the tongue plastered to roof of mouth - maybe airway is compromised! #BCLCA2012

26-Oct-12 18:29 | goldconf



C.Genna: Late preterm infants need gentle handling/calm environment/ support during #bfing/ avoid overstimulation #BCLCA2012

26-Oct-12 18:28 | goldconf



Interest in tongue ties / frenulotomy? Check out C.Genna at #BCLCA2012. Lots of good tips being posted.

26-Oct-12 18:25 | HackneyBFW



C.Genna: the more problems before #bfing begins, the more challenging it will be (ie. breast surgery, traumatic birth, genetics) #BCLCA2012

26-Oct-12 18:23 | goldconf



RT @goldconf: C.Genna: Any hospital that does NOT promote skin to skin and says they promote evidence-based care is lying! #BCLCA2012

26-Oct-12 18:22 | as3pram



C.Genna: Torticollis should be TREATED, do not ignore. Find therapist in your town with 'magic hands' #BCLCA2012

26-Oct-12 18:22 | goldconf



@Stylin_Momma @goldconf #BCLCA2012 so, tongue tie is associated with sleep apnea?

26-Oct-12 18:22 | pfarfigknittin



C.Genna: How feed babe w/torticollis? See way baby most comfortable turning head, find positions for each breast w/head that way #BCLCA2012

26-Oct-12 18:21 | goldconf



C.Genna: We see symptoms of torticollis in head/jaw asymmetry/high palate/1 flatened ear/mouth/lip 'crooked'/1 side head higher #BCLCA2012

26-Oct-12 18:20 | goldconf



RT @goldconf: C.Genna: Birth injured babies (vacuums, forceps) can cause difficult #bfing - a baby in pain can't feed effectively #BCLCA2012

26-Oct-12 18:19 | NurturedChild



C.Genna: Torticollis can affect #bfing abilities. Its when infant 'too early' engaged in birth canal, 1 neck muscle pulled tight #BCLCA2012

26-Oct-12 18:18 | goldconf



RT @goldconf C.Genna:Sucking blisters on babies lips can be indication of LABIAL tongue tie (upper lip frenulum too tight) #BCLCA2012

26-Oct-12 18:15 | Stylin_Momma



RT @goldconf C.Genna: Frenotomy is a MINOR procedure, take mere moments, babies fine afterwards! #BCLCA2012

26-Oct-12 18:15 | Stylin_Momma



C.Genna: Where baby sleeps MATTERS! If infant in bed with mom or in side car they are much for likely to feed in early days #BCLCA2012

26-Oct-12 18:09 | goldconf



C.Genna: The more baby nurses on days 1-3, the more milk is made on days 5 and 14! Studies show! FEED BABY LOTS IN EARLY DAYS #BCLCA2012

26-Oct-12 18:08 | goldconf



C.Genna: Breasts stop making milk if we don't take it out regularly by day 4. Newborns need open/often access to breasts #BCLCA2012

26-Oct-12 18:03 | goldconf



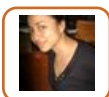
C.Genna: Manual/hand expression works better in early days than pumping-studies show longer #bfing with early manual expression #BCLCA2012

26-Oct-12 18:02 | goldconf



C.Genna: Baby Reboot: Place baby on mom shoulder or between breasts, face to chest, to stimulate biological feeding instincts #BCLCA2012

26-Oct-12 17:59 | goldconf



RT @goldconf: C.Genna: Pumping after breastfeeding great way to build milk supply #BCLCA2012

26-Oct-12 17:56 | fannie_chantiq



C.Genna: Infants have 9 stages after birth: cry/relax/awake/active/crawl/rest/familiar/suck & feed/sleep. Drugged take 90 mins #BCLCA2012

26-Oct-12 17:55 | goldconf



@goldconf What about #circumcision? Would that also cause difficulty #bfing? #BCLCA2012

26-Oct-12 17:54 | PaganParent



C.Genna: Infants have 9 stages after birth: cry/relax/awake/active/crawl/rest/familiar/suck & feed/sleep. Non drugged take 60 mins #BCLCA2012

26-Oct-12 17:54 | goldconf



C.Genna: Any hospital that does NOT promote skin to skin and says they promote evidence-based care is lying! #BCLCA2012

26-Oct-12 17:52 | goldconf



C.Genna: How to improve latching/feeding behaviours? SKIN TO SKIN, lots of it, and lots of breast stimulation (pump, hand) for mom #BCLCA2012

26-Oct-12 17:51 | goldconf



C.Genna: Human babes don't expect to be yanked/pulled/drugged during birth. Those will negatively affecting feeding behaviours #BCLCA2012

26-Oct-12 17:50 | goldconf



C.Genna: Birth injured babies (vacuums, forceps) can cause difficult #bfing - a baby in pain can't feed effectively #BCLCA2012

26-Oct-12 17:49 | goldconf



C.Genna: Anatomical variations can make #bfing difficult, such as jaw malformations, tongue tie, illness #BCLCA2012

26-Oct-12 17:47 | goldconf



C.Genna: Infants who can't maintain oxygen level or who cannot coordinate suck/swallow/breathe may refuse breast or poor latch #BCLCA2012

26-Oct-12 17:46 | goldconf



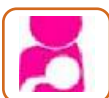
RT @goldconf: C.Genna: With tongue tied baby, there might be nipple damage, pain, secondary infections of thrush or mastitis #BCLCA2012

26-Oct-12 17:35 | MilkWhisperer



Cc @mira_puspita RT @goldconf: C.Genna: Pumping after breastfeeding great way to build milk supply #BCLCA2012

26-Oct-12 17:33 | nuinunui



Interest in tongue ties / frenulotomy? Check out C.Genna at #BCLCA2012. Lots of good tips being posted.

26-Oct-12 17:31 | BreastfeedingBR



RT @goldconf: C.Genna: 5)Beep, bop, boop from nose, chin, tongue...make it a game for baby to bring out tongue #BCLCA2012

26-Oct-12 17:29 | BreastfeedingBR



RT @goldconf: C.Genna: Mothers of tongue tied babes with feeding difficulties need extra support - help them access peer support #BCLCA2012

26-Oct-12 17:23 | mama_naturale



RT @goldconf: C.Genna: It's baby's tongue that holds onto the breast, not the lips and cheeks! #BCLCA2012

26-Oct-12 17:20 | MilkWhisperer



RT @drOei: RT @goldconf: C.Genna: Pumping after breastfeeding great way to build milk supply #BCLCA2012

26-Oct-12 17:17 | WidyGonza



C.Genna: Any type of soft tissue massage or exercise can aid in stretching and more effective movements, even the tongue #BCLCA2012

26-Oct-12 17:14 | goldconf



RT @goldconf: C.Genna: Pumping after breastfeeding great way to build milk supply #BCLCA2012

26-Oct-12 17:14 | drOei



C.Genna: There are THREE frenula 1)under tongue 2)bottom lip 3)upper lip - often all too tight or too short together #BCLCA2012

26-Oct-12 17:13 | goldconf



RT @goldconf: C.Genna: We are seeing more minor birth defects than in the past; babes under stress while developing in utero? #BCLCA2012

26-Oct-12 17:11 | humanmilknews



C.Genna: Target tongue exercises to what baby is doing 'wrong' in terms of sucking motions (look at where nipples wounded) #BCLCA2012

26-Oct-12 17:11 | goldconf



RT @goldconf: C.Genna: It's baby's tongue that holds onto the breast, not the lips and cheeks! #BCLCA2012 #breastfeeding

26-Oct-12 17:11 | humanmilknews



MT @goldconf is tweeting live from BCLCA workshop TODAY 2/ Catherine Watson Genna! #breastfeeding Challenges&Solutions: Follow #BCLCA2012

26-Oct-12 17:09 | humanmilknews



C.Genna: Mothers of tongue tied babes with feeding difficulties need extra support - help them access peer support #BCLCA2012

26-Oct-12 17:08 | goldconf



C.Genna: 5)Beep, bop, boop from nose, chin, tongue...make it a game for baby to bring out tongue #BCLCA2012

26-Oct-12 17:04 | goldconf



C.Genna: << 3)tongue massages along sides, on top to front 4)counter pressure with finger tip on top of tongue during finger suck #BCLCA2012

26-Oct-12 17:02 | goldconf



RT @goldconf C.Genna: When bfing, if baby's lips are moving or cheeks sucking in, baby's tongue is not holding on correctly #BCLCA2012

26-Oct-12 17:01 | Stylin_Momma



RT @goldconf C.Genna: It's baby's tongue that holds onto the breast, not the lips and cheeks! #BCLCA2012

26-Oct-12 17:01 | Stylin_Momma



RT @goldconf C.Genna: Some tongue tied babes will just 'fall off' the nipple because their tongue cannot creat a seal & hold on #BCLCA2012

26-Oct-12 17:01 | Stylin_Momma



C.Genna: Mom's like galactagogues, even though only prescription meds are proven; but what works for mom is what works! #BCLCA2012

26-Oct-12 16:56 | goldconf



C.Genna: Pumping after breastfeeding great way to build milk supply #BCLCA2012

26-Oct-12 16:56 | goldconf



C.Genna: How build mom's milk supply? Power pumping everytime mom passes it, put in bathroom at night, clean kit once in 6 hours #BCLCA2012

26-Oct-12 16:54 | goldconf



RT @goldconf: C.Genna: Good supplementing tools: Lactaid, syringe, SNS, tube feeding #BCLCA2012

26-Oct-12 16:53 | as3pram



RT @goldconf: C.Genna:'Sometimes baby's lips are open, but their JAW is not, this leads to shallow latching #BCLCA2012

26-Oct-12 16:52 | as3pram



C.Genna: Good supplementing tools: Lactaid, syringe, SNS, tube feeding #BCLCA2012

26-Oct-12 16:52 | goldconf



RT @goldconf: C.Genna: Good breastfeeding positioning for optimum latch: Nipple on baby's filtrum/chin on breast #BCLCA2012

26-Oct-12 16:52 | as3pram



RT @goldconf: C.Genna: With tongue tied baby, there might be nipple damage, pain, secondary infections of thrush or mastitis #BCLCA2012

26-Oct-12 16:52 | as3pram



C.Genna: Parental instinct is to protect baby-some parents resist frenotomy b/c don't understand effective feeding IS protective #BCLCA2012

26-Oct-12 16:51 | goldconf



C.Genna:'Sometimes baby's lips are open, but their JAW is not, this leads to shallow latching #BCLCA2012

26-Oct-12 16:49 | goldconf



@DrVLavigneDC @SKEdman @pumpingmummy @AnnetMulder Thanks for retweets of C.Genna: #BCLCA2012

26-Oct-12 16:39 | goldconf



C.Genna: Affects on untreated tongue tie? Years of speech therapy/ \$thousands in orthodontics/ sleep apnea/ loss of production #BCLCA2012

26-Oct-12 16:35 | goldconf



RT @goldconf: C.Genna: Frenotomy is a MINOR procedure, take mere moments, babies fine afterwards! #BCLCA2012

26-Oct-12 16:32 | as3pram



RT @goldconf: C.Genna: Sucking blisters on babies lips can be indication of LABIAL tongue tie (upper lip frenulum too tight) #BCLCA2012

26-Oct-12 16:31 | as3pram



C.Genna: Muscle wins against bone every time! If baby's teeth come in with a gap or 'crooked' it might be tongue tie #BCLCA2012

26-Oct-12 16:31 | goldconf



C.Genna: Sucking blisters on babies lips can be indication of LABIAL tongue tie (upper lip frenulum too tight) #BCLCA2012

26-Oct-12 16:31 | goldconf



C.Genna: Frenotomy is a MINOR procedure, take mere moments, babies fine afterwards! #BCLCA2012

26-Oct-12 16:29 | goldconf



C.Genna: After frenotomy, it can take a few days to strengthen babies tongue movements before effective feeding happens #BCLCA2012

26-Oct-12 16:27 | goldconf



C.Genna: 5-10% of frenotomies don't have desired results, other options for optimum tongue mobility/feeding need to be considered #BCLCA2012

26-Oct-12 16:24 | goldconf



RT @goldconf: C.Genna: When we do frenotomy, the more tongue elevation that is restored, better breastfeeding will go #BCLCA2012

26-Oct-12 16:22 | as3pram



RT @goldconf: C.Genna: Very very rare situations in which tongue tie NOT treated, such as Pierre Robin Sequence #BCLCA2012

26-Oct-12 16:22 | as3pram



RT @goldconf: C.Genna: Family history of speech problems or sleep apnea, etc, more incentive to treat tongue tie in infancy #BCLCA2012

26-Oct-12 16:22 | as3pram



RT @goldconf: C.Genna: We are seeing more minor birth defects than in the past; babes under stress while developing in utero? #BCLCA2012

26-Oct-12 16:21 | as3pram



RT @goldconf: C.Genna: MORE JAUNDICE in tongue tied babies! #BCLCA2012

26-Oct-12 16:21 | as3pram



C.Genna: When we do frenotomy, the more tongue elevation that is restored, better breastfeeding will go #BCLCA2012

26-Oct-12 16:21 | goldconf



RT @goldconf: C.Genna: We are seeing more minor birth defects than in the past; babes under stress while developing in utero? #BCLCA2012

26-Oct-12 16:16 | OliveSprouts



C.Genna: Family history of speech problems or sleep apnea, etc, more incentive to treat tongue tie in infancy #BCLCA2012

26-Oct-12 16:16 | goldconf



C.Genna: We are seeing more minor birth defects than in the past; babes under stress while developing in utero? #BCLCA2012

26-Oct-12 16:15 | goldconf



@iamambermccann @JeanetteIBCLC GOLD is tweeting live today from Catherine Watson Genna workshop! Follow #BCLCA2012

26-Oct-12 16:14 | goldconf



C.Genna: MORE JAUNDICE in tongue tied babies! #BCLCA2012

26-Oct-12 16:07 | goldconf



C.Genna:Tongue tie not something that just HAPPENED recently; but just been recently RECOGNIZED-lots more understanding necessary #BCLCA2012

26-Oct-12 16:07 | goldconf



@NurturedChild GOLD is tweeting live today from Catherine Watson Genna workshop on breastfeeding challenges. Spread the word? #BCLCA2012

26-Oct-12 16:05 | goldconf



C.Genna: the ability of tongue to LIFT to roof of mouth is very important with #breastfeeding; if babe can't, negative effects! #BCLCA2012

26-Oct-12 16:02 | goldconf



GOLD Lactation is tweeting live from the BCLCA workshop TODAY with Catherine Watson Genna! #BFing Challenges&Solutions: Follow #BCLCA2012

26-Oct-12 16:01 | goldconf



C.Genna: Is baby clicking while breastfeeding? This is because of ineffective seal, maybe due to tongue tie #BCLCA2012

26-Oct-12 15:58 | goldconf



C.Genna: Lots of REFLUX in adults if tongue tie not treated in infancy! #BCLCA2012

26-Oct-12 15:58 | goldconf



C.Genna: Nipple damage common with tongue tie b/c baby will 'crush' the nipple to the roof of their mouth in order to 'hold on' #BCLCA2012

26-Oct-12 15:57 | goldconf



C.Genna: When breastfeeding, if baby's lips are moving or cheeks sucking in, baby's tongue is not holding on correctly #BCLCA2012

26-Oct-12 15:56 | goldconf



C.Genna: It's baby's tongue that holds onto the breast, not the lips and cheeks! #BCLCA2012

26-Oct-12 15:55 | goldconf



C.Genna: Some tongue tied babes will just 'fall off' the nipple because their tongue cannot creat a seal & hold on #BCLCA2012

26-Oct-12 15:55 | goldconf



GOLD Lactation is tweeting live from the BCLCA workshop TODAY with Catherine Watson Genna! #BFing Challenges&Solutions: Follow #BCLCA2012

26-Oct-12 15:46 | goldconf