



www.lllitalia.org

La Leche League, a worldwide educational, non-sectarian, not-for-profit, volunteer-based organization, was founded in the United States in 1956 and has been active in Italy for the past 35 years. Its aim is to help mothers to reclaim their instinctive ability to nourish and nurture their little ones at the breast, as well as to assist them in dealing with any difficulties that may arise during breastfeeding. This is done through monthly meetings, phone counseling and publications.

Patrocini richiesti



ISS Istituto Superiore Sanità



Regione Autonoma de Sardinia
Regione Autonoma della Sardegna



Provincia di Cagliari
Provincia de Casteddu



Comune di Cagliari



AIMOS Provider
Nazionale ECM



ACP Associazione
Culturale Pediatri



OISG Osservatorio Italiano
sulla Salute Globale



AOU Cagliari



ASL Cagliari
ASL Oristano



Regione Autonoma della Sardegna
Azienda Ospedaliera G. Brotzu



Ordine dei Medici
di Cagliari



Comitato Italiano per l'UNICEF



Slow Food®
Cagliari



Slow Food®
Oristano



MAMI Movimento Allattamento Materno Italiano
affiliato nazionale WABA World Alliance for Breastfeeding Action

Si ringrazia



AL.MA Allattamento Materno Elmas

Testimonials:

Guido Chiesa (movie director) and **Nicoletta Micheli** (story and screenplay's author) of the film "io sono con te" (2010)
Elena Ledda (singer and musician)



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In connection with the First Mid Mediterranean
Event on Birth & Primal Health 5-9 March 2014
Cagliari, Sardinia, Italy

LA LECHE LEAGUE ITALIA ONLUS SARDINIA GROUP

Training event

BIRTH AND PRIMAL HEALTH HOW TO ALIGN PHYSIOLOGY, HEALTH CARE AND CULTURE

Thursday, 6 March 2014

Auditorium Banco di Credito Sardo- Viale Bonaria Cagliari



LA LECHE LEAGUE ITALIA ONLUS

6 credits assigned to 100 surgeons Interdisciplinary Area including General Practitioners, Gynaecologists, Obstetricians, Neonatologists, Paediatricians), Psychologists; Paediatric and General Nurses; Health Care Assistants

Without ECM credits. Social and health workers, educators, IBCLC consultants, volunteer breastfeeding support persons and peer-counsellors, childbirth educators and doulas, medical students or other students specializing in the study of Human Physiology, childbirth and the safeguarding of mother-infant health and health in general, all those who are interested in safeguarding health. Limited number of participants.

info www.aservicestudio.com

La Leche League enjoys an ONLUS status in Italy and consultative status with UNICEF, and is a member of the Italian Health Ministry's Interdisciplinary Breastfeeding Task Force. In Sardinia, the volunteer LLLSerdiana Leader is a member of the Regional Committee on Childbirth Issues. La Leche League, in addition to working with mothers, aims at increasing society's awareness of the importance of reclaiming our breastfeeding heritage.

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SEND REGISTRATION FORM TO

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REGISTRATION INFORMATION

Pre-registration compulsory. Limited number of participants.
Registration official after payment of registration fee.

PROGRAMME

8:30 am *Registration, sign-in and ECM material pick-up*
8:45 am *Opening remarks*
Hilda Garst, LLL *Serdiana*
Irene Pampallona, LLL *Palau*
James Akre, *Scientific Committee LLL France*
Editorial Board International Breastfeeding Review
Nils Bergman, Public Health Physician, researcher and promoter "Kangaroo Mother Care" - Videomessage
Carlos Gonzalez, paediatrician, founder and president Catalan Breastfeeding Association -Videomessage

Speakers: **Michel Odent** translate **Clara Scropetta**

FIRST SESSION PRIMAL HEALTH

Moderators **Elise Chapin - Maria Antonietta Grimaldi**

9:00 am The importance of the primal period for primal health development. The importance of the primal health data bank and research centre
9:30 am The scientification of love, the oxytocin system and the first scientific data on the short- and medium-term effects of the administration of synthetic oxytocin during labour and birth
10:00 am The microbiome revolution, new data on how the immune system works, the breast milk microbiome and the importance of the first contact between mother and baby
10:30 am The physiology of childbirth, information on C-sections, various C-section options, how to facilitate the physiology and start-up of breastfeeding after Operative or pharmacologically-assisted childbirth
11:00 am *Coffee Break*
11:15 am The correlation between childbirth methods, health assistance during the first year, cultural convictions and the duration/quality of breastfeeding
11:45 am *Discussion*
12:40 pm **James Akre**: greetings from the "International Breastfeeding Support Collective"
Adriano Cattaneo, epidemiologist, collaborator national/international projects on Breastfeeding protection, founder OISG (Italian Observatory Global Health), IBFAN member - videomessage
1pm *Lunch Break*

SECOND SESSION: MOTHER-FRIENDLY CARE (WHO-UNICEF) AND PRIMAL HEALTH-FRIENDLY CARE

Moderators **Elise Chapin and - M. Antonietta Grimaldi**

2pm How to respect/satisfy basic physiological needs during pregnancy, during labour and birth, and during the first hour after birth in order to safeguard primal health and the physiological start-up of breastfeeding

2:45 pm How to respect/satisfy basic physiological needs during the first week and during the whole first year of life in order to safeguard primal health and physiological calibration and consolidation of breastfeeding

3:30 pm *Discussion*

4:00 pm *Break*

THIRD SESSION : WORKING IN SYNERGY AND CREATING CULTURE

Moderators: **Elise Chapin - Stefania Mandrella**

4.15 pm The importance of global action and global strategies in creating a culture and a community which are custodians of primal health **James Akre**

4.30 pm General debate and discussion:
Safeguarding and promoting primal health locally: how to achieve effective collaboration between all the health workers and health centres operating in the field of mother-infant assistance, all institutions responsible for community health, all mother-to-mother support associations

5:15 pm Conclusions:
The future of *Homo Sapiens*...utopia or reality?

6:00 pm *Closing comments, questionnaires, sign-out*
And ECM credits awarded

Michel Odent: surgeon and obstetrical physician, published scientist, considered a pioneer in his field, has been studying and observing the physiology of birth for decades, as well as the difference between the human brain and that of other mammals. His numerous studies in this latter field have led to innovative theses. In London he has created "The Primal Health Research Centre", with a data bank which is freely accessible to the public, and which collects all of the scientific (random and controlled) and epidemiological studies that have been published in various specialized journals. These studies analyze the effects of the primal period of life (pregnancy, birth, breastfeeding, the first year of life) on the psycho-physical health of the individual during adulthood. In 2010 he directed The First International Congress on Birth and Primal Health, under the aegis of WHO, a veritable milestone for medical research, and the Second International Congress on Birth and Primal health in Honolulu in 2012. He is the author of 12 books translated into 21 languages, and has published numerous articles in prestigious scientific journals.

Clara Scropetta: a university degree in Chemistry and Pharmaceutical Technology, she is also mother to 3 children and for the past ten years has been an activist in the field of maternity rights, where she has put to fruitful use her own experience and her studies as a self-taught birth guardian. She has organized seminars on birth, with Michel Odent, over the past several years. In addition to offering her services as a doula to mothers and couples during pregnancy and during and after birth, she is also author (of various articles and of the book *Accanto alla madre*), translator, interpreter and tutor at meetings on the topics of birth and health.

James Akre: holds academic degrees in sociology and public and international affairs with an interdisciplinary emphasis on economic and social development. His career (1973-2004) in three United Nations agencies included 25 years at the World Health Organization working in the field of international public health nutrition. During his tenure, he participated in the drafting, adoption and implementation of the International Code of Marketing of Breast-milk Substitutes; the joint WHO/UNICEF statement on breastfeeding and the role of maternity services, which is the foundation of the Baby-friendly Hospital Initiative; and the Global Strategy for Infant and Young Child Feeding. Today he focuses on the sociocultural dimension of the universal biological norm for feeding children, and on pathways for making breastfeeding once more ordinary everywhere. He is a member of the editorial board of the International Breastfeeding Review and of the Scientific Committee of La Leche League France, and a past member of the board of directors of the International Board of Lactation Consultant Examiners (IBLCE).

Elise Chapin: Person in charge of the Baby-Friendly Hospital and Community Initiative for the Italian Committee for UNICEF

Maria Antonietta Grimaldi: Pediatrician at the Oristano Health Centre, WHO-UNICEF Breastfeeding Trainer, BFHCI representative at the Oristano Health District.

Stefania Mandrella: LLL Leader in Castelli Romani, Represents LLLItalia in the Italian Health Ministry's Interdisciplinary Breastfeeding Task Force.