

# 2010 Continuing Education Seminars for Lactation Specialists

*Supporting Your Work with Mothers and Babies*

**Kathleen Kendall-Tackett, Ph.D., IBCLC**

## Dr. Kendall-Tackett's Books on Session Topics

### New for 2010

- *The Psychoneuroimmunology of Chronic Disease* (2010, American Psychological Association)
- *Depression in New Mothers*, 2nd Edition, 2010, Taylor and Francis

### On Breastfeeding

- *Breastfeeding Made Simple* authored with Nancy Mohrbacher, 2005, New Harbinger Publications)

### On Postpartum Depression

- *Non-Pharmacologic Treatments for Depression in New Mothers* (2008, Hale Publishing)
- *Hidden Feelings of Motherhood*, 2nd Edition (2005, Hale Publishing)

### On Psychological Trauma

- *Trauma & Physical Health* (2009, Taylor & Francis)
- *Intimate Partner Violence* (2007, Civic Research Institute)
- *Handbook of Women, Stress and Trauma* (2005, Taylor & Francis)
- *Child Victimization* (2005, Civic Research Institute)
- *Health Consequences of Abuse in the Family* (2004, American Psychological Association)

## 2010 Continuing Education Topics

### Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers

Each year, hundreds of thousands of women initiate breastfeeding only to stop in the first few days or weeks postpartum. Why does this happen? It's certainly not lack of information or lack of mothers' interest in the topic. This attrition suggests that a different approach is needed. In this presentation, I describe the seven natural laws for nursing mothers that simplify breastfeeding and help mothers tap into their own innate wisdom. These laws are based on the latest research from around the world and will help you teach mothers more effectively so they can have a successful breastfeeding experience.

### A New Paradigm for Depression in New Mothers

Recent research has revealed that depression is associated with systemic inflammation: specifically, the increase in proinflammatory cytokines. Puerperal women are especially vulnerable because inflammation significantly increases during the last trimester of pregnancy. In addition, common experiences of new motherhood, such as sleep deprivation, postpartum pain, and psychological trauma, also cause inflammation levels to rise. This session will describe how stress triggers the inflammatory response, and why breastfeeding and antiinflammatory treatments protect maternal mental health.

### Treatment Options for Depressed, Breastfeeding Mothers

The negative effects of postpartum depression, on both mother and baby, are too serious to ignore. Fortunately, there are a number of treatments for depression with empirically demonstrated efficacy, including a wide range of nonpharmacologic treatments. Almost all are compatible with breastfeeding. This session summarizes research findings on omega-3s, exercise, bright light therapy, cognitive and interpersonal psychotherapy, St. John's wort, and antidepressant medications. It also describes the implications of each for breastfeeding.

### Breastfeeding and Survivors of Adverse Childhood Experiences

Can events from childhood influence a woman's current mothering experience? Yes, they can. But they don't have to be the blueprint for the rest of her life. This session provides an overview of the latest research on the effects of childhood abuse; its impact on breastfeeding; how it can affect a woman's body, mind and spirit; and what she can do to cope.



# New Data from the Survey of Mothers' Sleep and Fatigue

## Sexual Trauma in the Lives of Childbearing Women

Approximately 1 in 5 women have a history of sexual assault, and this can affect their experiences of pregnancy, birth and breastfeeding. To date, only two small studies have empirically examined the impact of sexual abuse/assault on breastfeeding. This presentation will include findings from the Survey of Mothers' Sleep and Fatigue. In this sample, 994 women identified themselves as sexual abuse or assault survivors. The survey included 253 detailed questions about their pregnancy, births and breastfeeding experiences. The survey also included data regarding their sleep and fatigue, overall health, and history of depression, PTSD, and anxiety disorders. These findings will be described and compared with women in the sample with no trauma history. This is the first study with a sample of abuse/assault survivors of this size and it offers an unprecedented look into these women's experiences. The clinical application of these findings will also be presented.

## Nighttime Breastfeeding and Postpartum Depression

Does nighttime breastfeeding elevate the risk of postpartum depression? There are an increasing number of books that tell mothers not to breastfeed at night in order to prevent depression. While this advice is well-intended, no one knows if it even works. And it can be quite problematic for breastfeeding mothers to maintain. Using data from the Survey of Mothers' Sleep and Fatigue, a survey of 6,410 mothers from 60 countries, we examine the relationship between feeding method, where babies sleep and maternal fatigue. Preliminary analyses reveal that breastfeeding mothers report less fatigue than their formula-feeding or mixed-feeding counterparts. This presentation will also include an analysis of nighttime feedings, sleep deprivation, and depression, while accounting for other depression risk factors, such as trauma history, postpartum pain, and lack of support. All of these other factors can compromise sleep quality and increase daytime fatigue. The sample size allows us to determine the relative contribution of each and whether advising mothers to skip nighttime feedings is sound.

## Where do babies sleep?: An International Study of Mothers' Sleep and Fatigue

Health care providers and public health officials are increasingly telling mothers not to sleep with their babies. How is this impacting mothers' behavior? This presentation will show new data from the Survey of Mothers' Sleep and Fatigue, a survey of 6,410 mothers from 59 countries. The survey data provides information on where babies start and finish the night, what mothers are telling their friends, family and health care providers, and how they feel about their sleep arrangements. It also addresses the issue of whether the policy of asking mothers to never share a bed with their babies is having an unintended effect. Our findings show that roughly one third of mothers, in an effort to avoid bed sharing, are falling asleep with their babies on couches, sofas, and recliners--sleep surfaces that all sleep experts agree are dangerous for babies. This presentation will also consider the policy implications of current findings and current advice.



## Kathleen Kendall-Tackett, Ph.D., IBCLC

Dr. Kendall-Tackett is a health psychologist and an International Board Certified Lactation Consultant. She is a Clinical Associate Professor of Pediatrics at Texas Tech University School of Medicine in Amarillo, Texas, and Acquisitions Editor for Hale Publishing. Dr. Kendall-Tackett is a Fellow of the American Psychological Association in both the Divisions of Health and Trauma Psychology, and is Associate Editor of the journal *Psychological Trauma*. Dr. Kendall-Tackett is author of more than 230 journal articles, book chapters and other publications, and author or editor of 19 books in the fields of trauma, women's health, depression, and breastfeeding, including *Depression in New Mothers, 2nd Edition* (2010, Taylor & Francis), *Non-Pharmacologic Treatments for Depression in New Mothers* (2008, Hale Publishing), and *Breastfeeding Made Simple* (co-authored with Nancy Mohrbacher). She is a founding officer of the American Psychological Association's Division of Trauma Psychology, and is currently serving her second term as Division Secretary.

Dr. Kendall-Tackett received a Bachelor's and Master's degree in psychology from California State University, Chico, and a Ph.D. from Brandeis University in social and developmental psychology. She has won several awards including the Outstanding Research Study Award from the American Professional Society on the Abuse of Children, and was named 2003 Distinguished Alumna, College of Behavioral and Social Sciences, California State University, Chico.

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