

# Live Webinar

April 29, 2023 | 9:00 AM - 1 PM PDT



San Diego County  
Breastfeeding Coalition

## CANNABIS, BIRTH TRAUMA, OXYTOCIN & STRESS: IMPACTS ON PREGNANCY & LACTATION

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[READ SPEAKER BIOS](#)

3.5 L-CERPs  
4 Contact Hours

The webinar will be recorded  
& shared with all registrants

# TRAUMA

## LIVE WEBINAR PROGRAM DETAILS

### PRESENTATIONS & OBJECTIVES

#### **Cannabis Use During Pregnancy and Breastfeeding**

1. Understand the incidence of cannabis use in pregnant and breastfeeding women and how it compares to other substances.
2. Understand the risks of cannabis use while breastfeeding vs. risks of formula and when the risks of breastfeeding exceed those of formula use.
3. Describe harm-reduction strategies for cannabis use during breastfeeding.

### REGISTRATION

#### **Early Bird Registration (until 04/22/23):**

Non-Member: \$72

SDCBC Member: \$50

#### **General Registration (starts 04/23/23):**

Non-Member: \$85

SDCBC Member: \$60

**Register at:**

[bit.ly/KathleenKendallTackett](https://bit.ly/KathleenKendallTackett)

#### **Birth Trauma: Causes and Consequences of Birth-Related PTSD**

1. Describe criteria for PTSD under DSM-V
2. Describe the prevalence of traumatic birth in the U.S. and other countries.
3. Identify the relationship between traumatic birth and breastfeeding.
4. Discuss the risk factors for traumatic birth.
5. Discuss risk of vicarious traumatization in HCPs who witness traumatic birth.
6. Describe characteristics of posttraumatic growth.

#### **Does Breastfeeding Protect Maternal Mental Health? The Impact of Oxytocin and Stress**

1. Describe the relationship between the stress and oxytocin systems
2. Understand how birth interventions, such as Pitocin and epidurals, increase the stress response and decrease naturally occurring oxytocin
3. Discuss the role of exclusive breastfeeding in better maternal sleep and mental health

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# OXYTOCIN

## POLICIES & CONTINUING EDUCATION

### CONTINUING EDUCATION

**IBCLC:** San Diego County Breastfeeding Coalition has been accepted by International Board of Lactation Consultant Examiners® (IBLCE®) as a CERP Provider for the listed Continuing Education Recognition Points (CERPs) programme. Determination of CERPs eligibility or CERPs Provider status does not imply IBLCE®'s endorsement or assessment of education quality. INTERNATIONAL BOARD OF LACTATION CONSULTANT EXAMINERS®, IBLCE®, INTERNATIONAL BOARD CERTIFIED LACTATION CONSULTANT®, and IBCLC® are registered marks of the International Board of Lactation Consultant Examiners.”

San Diego County Breastfeeding Coalition is an approved Long-Term Provider by the International Board of Lactation Consultant Examiners #CLT 112-10. 3.5 L-CERPs will be awarded.

**RN:** San Diego County Breastfeeding Coalition is an approved provider by the California Board of Registered Nursing. This course offers 4 contact hours of continuing education. San Diego County Breastfeeding Coalition's provider number is CEP 17550. Licensee must maintain certificate for a period of four years.

**RD & OT:** Maintain a copy of the agenda and certificate for CPEs for Professional Development Portfolio.

### CAN'T ATTEND THE LIVE EVENT?

Register today & receive a link to the recording within 2 weeks from the live event

### REFUND POLICY

A link to the recording of the webinar will be sent to all registrants within 2 weeks of the live event. The recording will be available to view for up to 1 year from its release. It is the responsibility of the registrant to view the webinar recording while it is still available. No refund will be provided or the deadline to view the webinar extended.

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