

## Conference Report

Our 2012 *Coming Together: To Keep Moms and Babies Together* joint Annual Conference held in March was a resounding success! Over 220 health educators, nurses, dietitians, managers, administrators, peer counselors, midwives, doulas and mothers/fathers from all over Utah and our neighboring states attended our conference featuring Dr. Nils Bergman from South Africa. UBC teamed up with Perinatals Professionals Consortium, Utah Doula Association and WIC to bring this amazing event to Salt Lake City. It was such a great pleasure to have Dr. Bergman explain the importance of and implications of skin-to-skin contact as well as the neurobehavioral approach to feeding frequency. We were also fortunate to hear presentations from Dr. Jerry King, Ellen Lechtenberg, Marilee Simmons, Kimberly Buck, Elizabeth Smith, Deanne Francis, Dr. Julie Shakib, Dr. Nelangi Pinto, Karin Hardman and Suzanne Smith. Thank you to everyone who helped in any way for this event to have been possible. Thanks in addition to those that donated prizes as well as our fantastic vendors. We received such great feedback from this event. You all helped make this possible!

## Note From The New President Elect

Hi Utah Breastfeeding Coalition!

My name is Meghan Reed and I'm excited to begin working with UBC this year! I'm currently a dietitian and lactation consultant for the Salt Lake Valley Health department. I received my IBCLC in November 2011 and since then I have worked as the WIC breastfeeding coordinator for Sandy Public Health Center. I really enjoy my job and love getting to help families with breastfeeding. I actively support long term breastfeeding and baby wearing. I received my master's degree in nutrition from the University of Utah in June 2010 and before that I lived in New Orleans where I completed my bachelors of science at Tulane University. I don't have any children of my own yet (although I'm hoping that will change soon!) and most of my free time is spent hiking and skiing in our beautiful mountains. I have plenty of time and energy to devote to UBC and I look forward to meeting you all soon!

Meghan Reed MS, RD, CD, IBCLC

## Become a Member of the Utah Breastfeeding Coalition

Your membership of the UBC helps sustain our continuous efforts to increase public understanding that breastfeeding is the normal course for nourishing children. Communities benefit from the outreach we offer for supporting breastfeeding in public, returning to work and breastfeeding, and facilitating events and resources that educate about the hazards of not breastfeeding.

### **Membership benefits include:**

- *Discounted rates to UBC sponsored lactation education events*
- *Quarterly newsletter filled with local and national lactation events, information and research*
- *Opportunity to access and be listed in breastfeeding friendly healthcare provider directory*
- *Network with others committed to breastfeeding*
- *Invitation to bimonthly USBC call with pertinent breastfeeding topics*

This is a great opportunity to be a part of an organization that works to bring positive change to the lives and health of families and society through breastfeeding advocacy and education!

To join, visit our website at [utahbreastfeeding.org](http://utahbreastfeeding.org)