

## Speakers

**Karyl T. Rattay, MD, MS** is the Director of the Delaware Division of Public Health (DPH) and Delaware's State Health Officer. Dr. Rattay is board-certified in Pediatrics and Preventive Medicine. She has served as a Senior Public Health Advisor to the Surgeon General and Assistant Secretary of Health in the Office of Disease Prevention and Health Promotion, Department of Health and Human Services in Washington, D.C. She has published multiple articles in the field of childhood obesity. She is an associate professor in the Department of Population, Family, and Reproductive Health at the Johns Hopkins Bloomberg School of Public Health.

Dr. Rattay served as Initiative Chair of the Delaware Primary Care Initiative on Childhood Overweight, a Nemours quality improvement initiative.

---

Conference website:

<http://dhss.delaware.gov/dph/chs/breastisbestconference.html>

For questions contact Lisl Phelps  
(302) 424-7130 or  
[lisl.phelps@state.de.us](mailto:lisl.phelps@state.de.us).



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health

**Suzanne Colson, PhD** is a research midwife and a nurse. Her thesis introduced a new paradigm called biological nurturing®-laid-back breastfeeding and won the prestigious English Royal College of Nursing Inaugural Akinsanya Award for originality and scholarship in doctoral studies. Dr. Colson is an Ankinsanya scholar 2007, a former senior lecturer at Canterbury Christ Church University and co-founder of The Nurturing Project, an organization created to disseminate biological nurturing research. She is an honorary member and a founding mother/leader of La Leche League France and is on the professional advisory board of La Leche League of Great Britain. She has over 35 years clinical experience supporting breastfeeding mothers, first in France working with Dr. Michel Odent, then in London hospitals as a caseload midwife and midwife/lactation specialist and finally during her research appointments and university work as a senior midwifery lecturer. Dr. Colson is the author of numerous articles, research papers, a book and three DVDs. Retired from the university and active midwifery practice, she remains available for clinical consultation and lectures widely across the world. See [www.biologicalnurturing.com](http://www.biologicalnurturing.com)



*A collaborative  
educational event  
for health care providers*

# The 2014 Breast is BEST Conference

---

*The 6th Annual Conference*

**Wednesday, June 4, 2014**  
8:30 a.m. until 4:30 p.m.

**Dover Downs Conference Center**  
1131 North DuPont Highway  
Dover, Delaware 19901

*“Whether you’re a clinician, a family member, a friend, or an employer, you can play an important part in helping mothers who want to breastfeed.” - Former Surgeon General Regina M. Benjamin, MD, MBA.*

**A**t the end of this program you will be able to:

- Describe breastfeeding trends in Delaware, including the Baby Friendly initiative and resources available to support breastfeeding;
- Define Biological Nurturing and introduce its evidence base;
- Recognize the role played by neonatal behavioral states in breastfeeding;
- Describe inborn maternal breastfeeding behaviors and their release mechanisms; and,
- Illustrate the rationale for Biological Nurturing priorities and variables within the Biological Nurturing assessment.

## AGENDA

8:30 a.m. - 9:00 a.m.	Registration	
9:00 a.m. - 9:30 a.m.	Welcome and Synopsis of the Issues: Breastfeeding in Delaware	Karyl T. Rattay, MD, MS Director, Delaware Division of Public Health
9:30 a.m. - 10:30 a.m.	An Introduction to Biological Nurturing: More than Laid-Back Breastfeeding	Suzanne Colson, Ph.D., RM, RGN, BA, MSc
10:30 a.m.- 10:45 a.m.	Networking Break	
10:45 a.m.- 12:00 p.m.	An Introduction to Biological Nurturing (Continued)	Suzanne Colson, Ph.D., RM, RGN, BA, MSc
12:00 p.m.- 1:00 p.m.	Lunch	
1:00 p.m. - 2:00 p.m.	Don't Wake the Baby: Recognizing Cues and Breastfeeding Behaviors Across Neonatal Sleep States	Suzanne Colson, Ph.D., RM, RGN, BA, MSc
2:00 p.m. - 2:30 p.m.	Don't Disturb the Mother: Recognizing and Supporting a Maternal Oxytocin Hormonal Complexion - Part I	Suzanne Colson, Ph.D., RM, RGN, BA, MSc
2:30 p.m. - 2:45 p.m.	Networking Break	
2:45 p.m. - 3:15 p.m.	Don't Disturb the Mother: Recognizing and Supporting a Maternal Oxytocin Hormonal Complexion - Part II	Suzanne Colson, Ph.D., RM, RGN, BA, MSc
3:15 p.m. - 4:15 p.m.	Practicing Biological Nurturing Assessments	Suzanne Colson, Ph.D., RM, RGN, BA, MSc
4:15 p.m. - 4:30 p.m.	Evaluations and Wrap Up	Lisl D. Phelps, MSN, RN Delaware Division of Public Health