

Inland Empire Breastfeeding Coalition presents:

FREE Virtual General Education Session

Maternal Self-Compassion May Protect Against Postpartum Depression and Anxiety



Objectives:

1. Participants will be able to list the three components of self-compassion.
2. Participants will be able to identify at least two ways in which self-compassion might influence breastfeeding outcomes.
3. Participants will be able to describe three strategies for incorporating the components of self-compassion into patient counseling.
4. Participants will be able to identify at least two evidence-based resources for parents interested in learning more about self-compassion and its effects.

October 22nd 2024

12:30-2:00pm PT

Register for Zoom Link

\$10 - 1.5 L CERPs/CEUs/1.0 BRN offered IBCLE CERP areas: Psychology, Sociology, and Anthropology & Clinical Skills



Jamie Mahurin Smith
PhD, IBCLC, CCC-SLP

Jamie Mahurin Smith has been helping breastfeeding dyads since 1998, when she was credentialed as a La Leche League Leader. She volunteered with LLL in Illinois, New York, and during a two-year stint in Scotland, and has been an IBCLC since 2004. Jamie is a speech-language pathologist with a wide range of clinical experiences. She is on the faculty at Illinois State University.

Self-compassion has been linked to lower rates of depression and anxiety in a variety of studies, and recent research indicates that it may be valuable for families coping with breastfeeding challenges as well. Have you ever worked with a client whose breastfeeding challenges were compounded by self-criticism and blame? Self-compassion offers a powerful toolkit for reframing these responses.

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