



# Lisa Marasco: Protecting Breastfeeding

## INDEPENDENT STUDY MODULE (ISM)

- **Begins:** August 15, 2026
- **Format:** Independent Study Module (ISM)
- **Info:** [nwgabfcoalition.com](http://nwgabfcoalition.com)
- **Register:** Opens July 15, 2026

### EDUCATION CREDITS

**6.5 LCERPs recognized by IBLCE**  
IBLCE Preferred Provider  
Recognition Number: C2026500

## REGISTRATION

- **Individual Registration**  
[nwgabfconference.org/studymoduleindividual/](http://nwgabfconference.org/studymoduleindividual/)
- **Group Registration**  
[nwgabfconference.org/registration-for-study-module-group/](http://nwgabfconference.org/registration-for-study-module-group/)

## FEATURED SPEAKER



Lisa Marasco, MA, IBCLC, FILCA  
35+ years working with breastfeeding mothers · Board Certified IBCLC since 1993 · Fellow of ILCA (2009)

Co-author: Making More Milk  
Contributing author: Core Curriculum for Interdisciplinary Lactation Care  
Cochrane Collaborative author

## CONFERENCE SESSIONS

- **Recognizing When Things Are Heading South**  
*1 LCERP in Pathology & 1 LCERP in Clinical Skills*
- **PCOS: Emerging Evidence for Lactation**  
*1.5 LCERPs in Physiology & Endocrinology*
- **Lactogenic Food for Milk Production**  
*1.5 LCERPs in Development & Nutrition*
- **Counseling the High-Need Parent**  
*1.5 LCERPs in Clinical Skills*

The Northwest Georgia Breastfeeding Coalition has been accepted by the International Board of Lactation Consultant Examiners® (IBLCE®) as a Preferred Provider for Lisa Marasco: Protecting Breastfeeding. Determination of CERPs eligibility or CERPs Provider status does not imply IBLCE's endorsement or assessment of education quality. As a Preferred Provider, the Northwest Georgia Breastfeeding Coalition attests that it complies with the WHO Code and subsequent WHA resolutions.

## REGISTER TO WATCH — INDEPENDENT STUDY MODULE

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*Breastfeeding today... makes a world of difference TOMORROW!*



## Conference Session Abstracts

### 1 Recognizing When Things Are Heading South

2 hours

Insufficient milk production is a common concern for many parents, and assessment can be tricky. The "differential diagnosis" starts with determining Perceived versus Real production problems and then proceeds to screening for Secondary vs Primary/Delayed lactation problems through a thorough history and assessment of the nursing dyad. Delayed lactation occurs in 30% of patients and there are a number of risk factors to screen. Second to delays is management problems, followed by infant suck-related issues. When these are ruled out, maternal/parental physical factors should be explored.

### 2 PCOS: Emerging Evidence for Lactation

1.5 hours

Polycystic Ovary Syndrome (PCOS) emerged as a potential risk factor for lactation over 25 years ago. Validating research has been mixed, with some studies showing modest correlations while others cast doubt on any correlations, despite clinical experiences and observations. Investigations extending to potential treatments for lactation problems in PCOS patients have been equally disappointing. One glaring omission to much of the research is the lack of recognition that PCOS is a syndrome with varying presentations rather than a disease with a distinct specific set of causes and symptoms. Current trends in PCOS research are focusing on the phenotypes with an eye towards a more effective, individualized approach to therapy rather than assuming that one treatment is appropriate for anyone with the PCOS diagnosis. Understanding these phenotypes may help lactation helpers as well to zero in on potential treatment strategies that have a higher likelihood of helping related lactation problems.

### 3 Lactogenic Food for Milk Production

1.5 hours

One of the most common questions lactation professionals receive is "Is there something I can eat/drink to make more milk?" yet traditional lactation training shies away from this topic. What evidence exists to answer this question, and what does it say? This session explores historical perspectives, nutrients necessary or supportive of milk production, and reputed lactogenic plants, foods and drinks.

### 4 Counseling the High-Need Parent

1.5 hours

We all have those parents who just seem to get the best of us, and we aren't always sure why or what to do about it. This session discusses who the high need parent is, including situational issues and the impact of personality disorders on the helping relationship. Appropriate boundary setting and proactive strategies are discussed to help cope more successfully with these.

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