

MONMOUTH/OCEAN BREASTFEEDING CONSORTIUM

31ST ANNUAL CONFERENCE

Breastfeeding Conference

Connecting evidence, practice, and community



DATE

August 5, 2026



FORMAT

Virtual



TIME

8:00 AM – 1:45 PM

Agenda

- | | |
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| 8:00 AM | Welcome and Introduction |
| 8:10 AM | TikTok Times: The Impact of Social Media on Parents During Pregnancy and Lactation
<i>Laurel Wilson, IBCLC, RLC, INHC, BSc, CLSP</i> |
| 9:40 AM | Morning Break |
| 10:00 AM | Critical Thinking: Herbal Options in Lactation Care
<i>Melissa Cole, MS, IBCLC, PMH-C</i> |
| 11:30 AM | Lunch Break |
| 12:15 PM | Reclaiming the First Food: Confronting Social Injustices in Breastfeeding and Human Milk Feeding
<i>Jennifer Day, IBCLC</i> |
| 1:45 PM | Closing Remarks |

Recorded webinar will be available for viewing 8/6/2026 – 9/5/2026
for registered participants.

Register online at www.cjfhc.org | Scan QR code to register →



Conference Information & Registration

NURSING CONTACT HOURS

This activity has been submitted to New Jersey State Nurses Association for approval to award contact hours. The New Jersey State Nurses Association is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

Accredited status does not imply endorsement by Monmouth/Ocean Breastfeeding Consortium (MOBC), Central Jersey Family Health Consortium, NJSNA, or ANCC Commission on Accreditation of any commercial product discussed/displayed in conjunction with this program.

STEPS FOR SUCCESSFUL COMPLETION

In order to receive a certificate, you must register for the webinar, participate in the webinar, and complete an online evaluation. A certificate will be emailed to all eligible participants.

SPEAKER DISCLOSURES

Speaker Melissa Cole, MS, IBCLC, PMH-C, has disclosed authorship of the *Herbal Handbook*, which is relevant to the content of her presentation, "Critical Thinking: Herbal Options in Lactation Care." Attendees are encouraged to consider this relationship when evaluating the educational content.

All relevant financial relationships listed for this individual have been mitigated. The remaining faculty and planners do not have any relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

No other planners or speakers for this educational activity have relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

LEARNING OUTCOME

Following this program, 80% of participants will self-report three areas that they plan to focus on in their clinical practice.

CERPs

This activity has been awarded 4.5 L CERPs by the International Board of Lactation Consultant Examiners® (IBLCE®) for eligible participants. IBLCE Preferred Provider Recognition Number: C2026406.

TikTok Times: The Impact of Social Media on Parents During Pregnancy and Lactation 1.50 L (Psychology, Sociology, and Anthropology)

Critical Thinking: Herbal Options in Lactation Care 1.50 L (Pharmacology and Toxicology)

Reclaiming the First Food: Confronting Social Injustices in Breastfeeding and Human Milk Feeding 1.50 L (Psychology, Sociology, and Anthropology)

TARGET AUDIENCE

Nurses, Physicians, Lactation Consultants, Peer Breastfeeding Counselors, Nutritionists, and other Health Care Professionals

Registration

Online: **Central Jersey Family Health Consortium**

www.cjfhc.org



Name

Address

City / State / ZIP

Credentials

Phone

Agency/Institution

*Email

**Your email will be used to send registration confirmation, link to view, evaluation, and CE hours/CERPs. Please use your home email if you have issues receiving emails at work.*

Registration Fee

\$30
NO REFUNDS

Mail To:

WIC Office

790 Rt 35

Middletown NJ 07748

ATTN: MOBC Conference

Monmouth/Ocean Breastfeeding Consortium has been accepted by the International Board of Lactation Consultant Examiners® (IBLCE®) as a Preferred 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. As a Preferred Provider, Monmouth/Ocean Breastfeeding Consortium attests that it complies with the WHO Code and subsequent WHA resolutions.

CONTACT US

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