



**ALCI Annual Conference**  
***Creating Realistic  
Breastfeeding Expectations***  
**Green Isle Hotel, Clondalkin, Dublin**

**Guest Speaker: Linda Smith**

*IBCLC, author, birth educator, sports coach and more*

**Mind your language - creating expectations  
Coaching mums towards realistic expectations  
Impact of birth practices on breastfeeding  
Assessing feeding and sucking difficulties**

**Plus**

**Community initiatives for breastfeeding      Recent Irish research  
Small group discussions on: Choosing and using breast pumps, Is it time  
for BYOB in hospitals, Achieving change in practice, *and more.***

**Two full conference days and  
a social evening! Make sure you are there.**



**Association of Lactation Consultants in Ireland  
[www.alcireland.ie](http://www.alcireland.ie)**