



Europäisches Institut für Stillen und Laktation

Preview of the 2010 VELB-ILCA Congress in Basel **- Annex to the Newsletter 5/2010 -**

Many interesting speakers are expected in Basel. Here, we want to give you the first brief overview of some of the major speakers and their talks.

„Born to be wild – are our Infants still Stone Age Babies?“

Dr. Herbert Renz-Polster, a German pediatrician and scientist at the Mannheim Institute for Public Health of the University of Heidelberg, recently published his book in which he highlights the conditions for and expectations of infant and child care as well as upbringing from an evolutionary point of view. His approach to this is less one of giving concrete advice for parents or child-care workers but rather much more of revealing the reasons for behaviors in infants and small children. Thereby, he contributes to recognizing this behavior in its evolutionary context as reasonable and understandable. Dr. Renz-Polster already gave a very enjoyable and refreshing lecture at the VELB symposium in Freising, (Germany) in April of this year. In his lecture in Basel, he will go into the typical worries and questions of new parents - Classics such a “spoiling” or “sleeping” are perennial topics in every parent café. Yet what requirements and biologically built-in behavioral patterns do our children actually bring with them? What is “generic” for us? How did a Stone Age mother behave and how does the mother of today? Are “Stone-Age” methods at all in keeping with the times today? Are they necessary and what does the current brain and behavior research say about this subject? Dr. Renz-Polster will get to the bottom of these questions in Basel.

If you would like to know more about him, have a look here: www.kinder-verstehen.de :

For English speakers see: <http://www.kinder-verstehen.de/international.html> and http://www.kinder-verstehen.de/images/KV_Expose_englisch_020609.pdf

“Breastfeeding and Cavities in Toddlers“

Dr. Vera Hüttemann, a dentist in private practice in Southern Germany, will tell us in Basel about the endlessly discussed connection between breastfeeding and healthy teeth in toddlers. She cites the newest studies, according to which breastfeeding can, generally speaking, protect against cavities and gives general advice on hygiene and prevention. Additional topics: How can we advise mothers well? Are the prejudices against nighttime breastfeeding true? What role does the parents’ oral hygiene play?

“Does Nighttime Breastfeeding Increase the Risk for Postpartum Depression?“

Dr. Kathleen Kendall-Tackett is an IBCLC and psychologist who teaches at the Texas Tech University School of Medicine in Amarillo, Texas/USA. She is the author and publisher of countless articles, books and professional journals. In Basel she will present her current studies which have to do with nighttime breastfeeding, sleep duration and quality as well as daytime tiredness of new mothers. She reports that more and more recommendations to new mothers say that nighttime breastfeeding should be limited to prevent depression. Her study looks into these questions: What effects does such advice have? Is depression in new mothers really prevented this way? In addition she will give tips to help mothers get more sleep.

Many other speakers will be present in Basel and will report on exciting topics. In the next edition of our Newsletter we will present further lectures to you.