

Rowan Smith, IBCLC

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Education

2015 International Board Certified Lactation Consultant (IBCLC)
International Board of Lactation Consultant Examiners (IBLCE)
re-certification through CERPS (Continued Education Recognition Points)

2012

Birth Companions Doula Training

Montreal Birth Companions with Rivka Cymbalist, CD (DONA)

2010

International Board Certified Lactation Consultant (IBCLC)

International Board of Lactation Consultant Examiners (IBLCE)

1999 - 2002

Undergraduate Arts Program: Department of Psychology

Concordia University, Montreal

Work Experience

2014 - present

Mother's Group Co-ordinator & Facilitator (Lennoxville and District Women's Centre)

2014 - present

Instructor: Prenatal Course (Lennoxville and District Women's Centre)

2013 - present

Birth and Postpartum Doula (private practice)

2010 - present

Certified Lactation Consultant (private practice)

2009 - 2013

Instructor: Breastfeeding Basics for peer support volunteers (Nourri-Source Montréal)

Presentations

Prenatal Course: a series of 6 classes for expectant parents
© 2014 Mother Nurtured

Breastfeeding Basics: A training course for new volunteers
© 2009 Nourri-Source Montréal
co-author Karène Valladeau, IBCLC

Volunteer Experience

2010 - 2016

INFACT Québec (board member)

2013 - 2015

Nourri-Source Memphrémagog (breastfeeding counsellor)

2012 - 2013

Nourri-Source Montréal: Administrative Council (vice-president)

2003 - 2012

Nourri-Source Montréal (breastfeeding counsellor)

2009 - 2010

Nourri-Source Montréal: Administrative Council (invited member)

2010

Montreal Jewish General Hospital, Postpartum Unit (breastfeeding counsellor)

2005 - 2009

Nourri-Source Montréal, Notre-Dame-de-Grâce sector (group manager and animator for the CSSS Cavendish weekly breastfeeding drop-in)

Lectures & Courses Attended

2016

INFACT Québec & Movement Allaitement Québec (MAQ): Montreal, QC
Infant and Young Child Feeding in Emergency Situations (IYCF-E)
speakers: Michelle Pensa Branco, IBCLC & Jodine Chase

AQC - Grande Conférence: Montreal, QC
Sweet Sleep
Where Baby Sleeps: ethics & outcomes
Hypoplastic Breast Syndrome: the hot new diagnosis?
Breastfeeding on the Insulin Dysregulation Spectrum
Deciphering the Lactation Curve...Lessons in Breastfeeding Physics from the Dairy Industry
Infant Contributions to Low Milk Supply
Breastfeeding After Cosmetic Breast Surgery
Helping Millennial Mothers Breastfeed
speakers: Diana West, B.A., IBCLC & Lisa Marasco, M.A., IBCLC

2015

AQC - Grande Conférence: Montreal, QC
Sensibilisation à la démarche de soin
Le toucher affectif
Effects of the Practice of Early Supplementation on Healthy Neonates
Assessment of the Breastfeeding Dyad: part 1 & 2
Back to Breast: returning to exclusive breastfeeding
speakers: Ingrid Bayot, Florence Vinit, Ph.D, Elizabeth Myler, BS, BSN, RN, IBCLC

AQC Montreal - Petit Soirée: Montreal, QC
Never Say Never: impact of infertility, hormones, and maternal age on lactation and breastfeeding.
speaker: Lenore Goldfarb, Ph.D, CCC, IBCLC

2014

YoniFest: Ayer's Cliff, QC
Healing the Difficult Experiences of Childbirth, Miscarriage, Caesarean Birth, Infertility, etc.
Childbirth in the Scientific Context of 2014
Design Your Birth: fear, insight, and outcomes
After the Baby: needs, skills, culture
speakers: Ina May Gaskin, Michel Odent, Aviva Romm, Jeen Kirwen

AQC - Grande Confèrence: Montreal, QC

Breastfeeding, Epigenetics, and the Maternal-Infant Gut Connection

Bottles: the good, the bad, and the ugly

Bottles & the Breastfed Baby: the missing chapter

Breasts, Bottles, and Pacifiers - Oh My!

Babies, Breasts, and Bottles: be the suck expert

speakers: Jennifer Tow, IBCLC; Amy Peterson, B.Sc., IBCLC; Mindy Harmer, MA, CCC-SLP.

2013

La Ligue Leche Symposium: Montreal, QC

Cracking the Code: Understanding the International Code of Marketing of Breastmilk Substitutes

Sore Nipples: looking outside the textbook

Delayed Lactogenesis: a waiting game

Breast Pumps and Milk Expression Protocols

Riding the Wave of Supplementation

speaker: Marsha Walker, RN, IBCLC

AQC - Grande Confèrence: Montreal, QC

Impact of Birthing Practices on Breastfeeding

Impact of Swaddling on Breastfeeding Infants

Infant and Young Child Feeding in Emergencies

Breastfeeding: More than Nutrition

Helping Health Professionals to Help Parents in Labour and at Birth

Early Parenting Informed by Neuroscience

Developmental Care for Parents of Preterm Infants

Parent-Centred Developmental Care for NICU Staff

speakers: Linda J. Smith, MPH, FACCE, IBCLC, FILCA; Dr. Jean Clinton; Jill Bergman, B.A, HDE

INFACT Canada & IBFAN North America: Toronto, ON

The International Code and North America: time for meaningful implementation

speakers: Elizabeth Sterken, INFACT Canada; David Clark, UNICEF, New York;

Annelies Allain, IBFAN-ICDC (International Baby Food Action Network -

International Code Documentation Center); Joo Kean Yeong, IBFAN-ICDC;

Marsha Walker, NABA (National Alliance for Breastfeeding Advocacy); Linda J.

Smith, WBTI (World Breastfeeding Trends Initiative)

2012

AQC - Grande Confèrence: Montreal, QC

The Baby's First 72 Hours and how it Affects Breastfeeding

What is New in Attachment and How Does it Work?

Breastfeeding and Human Rights

Breastfeeding Promotion: Comparing the American and Canadian Approaches

Nipple Pain and Trauma: a four stage assessment

The Natural Laws of Breastfeeding

Helping Mothers who Exclusively Pump

Transitioning the Premature Baby from the Bottle to the Breast

speakers: Nancy Mohrbacher, IBCLC, FILCA; Kittie Frantz, RN CPNC-PC;

Karen Kedrowski, Ph.D.

AQC Montreal - Petit Soirée: Montreal, QC

Informed Decision

speaker: Naznin Hébert, RN, IBCLC

AQC Laval/Rive Nord - Petit Soirée: Montreal, QC

Les mamelons inhabituels et les bébés refusant le sein

speaker: Carole Dobrich, RN, IBCLC

2011

INFACT Québec AGA: Montreal, QC

Conflit d'intérêt, l'industrie pharmaceutique et le Code international de commercialisation des substituts du lait maternel et son application.

speakers: Dr. Jean Claude Mercier & Dr. Suzanne Dionne

AQC Montreal - Petit Soirée: Montreal, QC

Ankyloglossia Demystified

speaker: Carole Dobrich, RN, IBCLC

AQC Grande Conférence: Montreal, QC

A New Paradigm for Depression in New Mothers

Treatment Options for Depressed, Breastfeeding Mothers

Breastfeeding and Survivors of Childhood Sexual Abuse

Night Nursing and Postpartum Depression

Science of the Mother-Infant Dyad: bio-cultural perspectives

Sleep Like a Baby. What Does that Really Mean?

Current Research on Breastfeeding and Bed Sharing

Physiologic and Comportemental Studies of Mothers who Sleep with their Babies

speakers: James J. McKenna, Ph.D & Kathleen Kendall-Tackett, Ph.D., IBCLC

AQC Montreal - Petit Soirée: Montreal, QC

The Breastfeeding Position: how to use the infant's inborn reflexes

speaker: Ghislaine Reid, IBCLC

Pleine Lune & Gayatri: Montreal, QC

La naissance: de la physiologie à la pratique

Vie foetale, naissance et santé

speaker: Dr. Michel Odent

Nourri-Source Laurentides: St-Jérôme, QC

Allaiter le bébé prématuré et à risque

Comment les pratiques liées à l'accouchement affectent l'allaitement

Allaiter après un an - pourquoi?

Comment allaiter affecte la santé du nouveau-né devenu adulte

Le peau-à-peau et la non-séparation dans les pays industrialisés

Prévenir et soulager la douleur du nouveau-né par l'allaitement et le contact
peau-à-peau

Co-dodo, partage du lit parental: ce que nous en savons

*speakers: Dr. Jack Newman; Dr. Louise Dumas, IBCLC; Linda Lemire,
IBCLC.*

2010

Comité Régional en Allaitement Maternel (CRAM)/CHU Sainte-Justine: Montreal

Impact de l'allaitement sur la prévalence des maladies respiratoires chez les
enfants montréalais

L'allaitement maternel: étude de cas pratique de Côte-des-Neiges

Initiative "Ami des bébés" à Montréal: où en sommes-nous?

Devenir "Amis des bébés" à Montréal: rêve ou réalité?

speakers: Dr. Louis Jacques; Dr. Marion Dove; Linda Langlais

AQC Montreal - Petit Soirée: Montreal, QC

Musculoskeletal Issues in the Breastfeeding Baby and Treatment

speaker: Dr. Valerie Lavigne, D.C., IBCLC

World Alliance for Breastfeeding Action (WABA) and l'Association pour la Santé
Public du Québec (ASPQ) - Birthing the World: Québec, QC

Breastfeeding and the Media: A Canadian Perspective

Nurturing our Babies: Why is it so Complicated?

"Enough is Enough!": The Influence of Parents on the Rewriting of the 'From
Tiny Tot to Toddler' Guide

L'Ostéopathie et le bébé: outil d'évaluation

Allaiter en public au Québec en 2010

Birth of a Peer Doula Program for Immigrant Women in Montreal

Feasibility Study on the Implementation of a Human Milk Bank in Québec:

(HÉMA-Québec)

Supplements During the First Six Months: When? What? How?

Introduction to Solids - Is there a Fixed Order and What to Do

The Goldfarb Breastfeeding Clinic: Sharing our Experience in Education and Research

Issues and Challenges of North American Culture in Breastfeeding and Perinatal Care

Epidural Anesthesia: Trivial or Not?

Les médicaments et l'allaitement: forcément incompatibles?

Practitioners are from Mars and Venus while Women and Families are Looking for a Friendly Planet. What Should we do? Attitudes Matter.

speakers: Miriam Labbok, MD, MPH, MMS, FACPM, FABM, IBCLC; Cynthia Mannion, PhD, RN; Chantale Audet; Patricia Reid, DO, Ostéopathe; Rivka Cymbalist, Louis-Phillippe Gagné, B.Sc.; Dr. Marc Germain M.D. FRCP, Ph.D; Dr. Suzanne Dionne, IBCLC; Daniel Sellen, PhD.; Nathalie Gagnon, B.Pharm., M.Sc.; Carole Dobrich, RN, IBCLC; Meira Stern, MDCM, IBCLC; Anjana Srinivasan, MDCM, IBCLC; Renée Bolduc, MD; Michael Klein, MD, CCMF, FCMF; Maxine Dumas-Pilon, MD; Michael C. Klein, MD, CCMF, FCMF

AQC Grande Conférence: Montreal, QC

Helping Infants Suck Correctly

Assessing for Tongue Tie

The Non Latching Infant: the first 48 hours and beyond

Whatcha Say, Baby? Infant Communication

Breastfeeding Multiples

Assessing a Breastfeeding - Empowering the Mother

A Variety of Case Studies

speakers: Catherine Genna Watson, BS, IBCLC; Kay Hoover, M. Ed, IBCLC, FILCA

AQC Montreal - Petit Soirée: Montreal, QC

Douleur des mamelons et blessures des mammelons

speaker: Anjana Srinivasan, MD, IBCLC

Montreal Birth Companions: Montreal, QC

Birth and Healing: Healing and Birth

speaker: Dr. Lewis Mehl-Madrona

Childbirth and Postpartum Professional Association (CAPPA): Montreal, QC
CAPPA Canada Lactation Education Workshop
instructor: Attie Sandink RN, IBCLC, RLC

Nourri-Source Lanaudière: Mascouche, QC
Les pleurs du bébé
Rythmes d'éveil du bébé et compétences relationnelles associées
Besoins des tous petits et leur évolution
speaker: Ingrid Bayot, RN, sage-femme

Montreal Institute for Lactation Consultants (MILC): Montreal, QC
Lactation Consultant Preparation Courses
instructors: Carole Dobrich, RN, IBCLC & Dr. Lenore Goldfarb, Ph.D., CCC, IBCLC
(September 2009-February 2010)

2009

AQC Montreal - Annual General Assembly: Montreal, QC
Under the Covers: Ethics and the IBCLC
speakers: Carole Dobrich, RN, IBCLC & Chantal Lavigne, IBCLC

La Ligue Leche (LLL) Symposium: Montreal, QC
Breastfeeding After Breast Surgery
Maternal Causes of Low Milk Supply
Infant Causes of Low Milk Supply
Making More Milk
speaker: Diana West, BA, IBCLC

AQC Montréal - Petit Soirée: Montreal, QC
A Bereavement Model for Helping Breastfeeding Mothers Cope With Infant
Loss
speaker: Kathleen Gray, RN, MSN, Med.

Coalition for Breech Birth: Ottawa, ON
Storytelling with Ina May Gaskin
speaker: Ina May Gaskin, CPM

AQC Montréal - Petit Soirée: Montreal, QC
Lactation Case Studies & Discussion
speakers: Luisa Ciofani, RN, M.Sc & Deborah Van Wyck, M.Sc, MA,
IBCLC

British Columbia Perinatal Health Program (BCPHP): Vancouver, BC

The Science Behind Skin-to-Skin Contact

Neurobehavioural Approach to Breastfeeding

Neurobehavioural Approach to Feeding Frequency

Perinatal Neuroscience

Perinatal Neuroscience and its Implication to the Birthing Unit & NICU

Implementing Best Practices Based on Neuroscience

What's Wrong with One Bottle?

Managing Jaundice in the Breastfed Baby

Could Infant Crying be a Challenge to Continued Breastfeeding?

Supporting Breastfeeding in the Late Preterm Infant

keynote speaker: Dr. Nils Bergman

speakers: Joan Meek, MD, IBCLC; Nancy Wight, MD, IBCLC; Dr. Ron Barr

2008

AQC - Grande Confèrence: Montreal, QC

Anatomy of the Breast - Macro to Microanatomy

How Does the Baby Suck, Swallow, and Breathe?

Breastfeeding Sucks - Breastfeeding Difficulties: what does the science show?

Evolution of Human Lactation and Contemporary Health Implications

Exclusive Breastfeeding: local causes of mismatch between recommendations and practice

Late Preterm: Caring for the baby born at 35-38 weeks gestation

Searching for Excellence: Our lives in the workplace

Breastfeeding as a Public Health Imperative Based on Anthropology, Research, Science, and Practice

speakers: Donna Geddes, Ph.D.; Molly Pessl, BSN, IBCLC; Daniel Sellen, Ph.D.

La Ligue Leche (LLL) Symposium: Montreal, QC

Breastfeeding as a Primary Health Strategy

Impact of Nutrition and Health Claims for Infant Formula on Infant Feeding Decision

speakers: Patricia Martens, Cert.Ed, B.Sc, M.Sc, Ph.D, IBCLC; Elisabeth Sterken, B.Sc, M.Sc, Dt, D.E., INFACT Canada

Nourri-Source Lanaudière: Repentigny, QC

La norme des bébés allaités

Allaiter le bébé prématuré et à risque

Les défis à venir

speaker: Dr. Jack Newman

2007

La Ligue Leche (LLL) Symposium: Montreal, QC

Watch Your Language!

What Would Mammals do?

The Baby who won't Latch

Importance of the Step 10

speaker: Diane Wiessinger, IBCLC

2006

La Ligue Leche (LLL) Symposium: Montreal, QC

Les bases de l'allaitement

La norme des bébés allaités

Allaitement et culpabilité

Allaiter le bébé adopté et la relactation

Initiative des Amis des Bébé (IAB): impacts culturels sur notre société

La dépression post-partum

Allaiter le bébé prématuré et à risque

Au juste! C'est quoi un bébé?

speakers: Dr. Jack Newman; Ginette Bélanger, IBCLC; Dr. Suzanne Dionne; Dr. Pierre Lévesque

2005

Ligue La Leche (LLL) Symposium: Montreal, QC

Rejoindre et être entendus par les clienteles vulnérables

Séquence de la tétée précoce "la première tétée"

La plagiocéphalie: la comprendre et la prévenir

Les sujets tabous de l'allaitement

speakers: Diane Choquet, Inf.; Nicole Briere, Inf.; Manon Campagna, Inf. IBCLC; Dr. Valerie Lavigne, D.C., IBCLC; Carole Dobrich, IBCLC, RN.

Directeur de Santé Publique de Montréal: Montreal, QC

World Health Organization (WHO)/UNICEF Training Course in
Breastfeeding

speakers: Marie-Hélène Doucet, BScN, IBCLC; Ginette Bélanger, IBCLC; Josée Paquin, Inf., IBCLC

(last updated September 2016)