



## Memorandum

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#22-059

**TO:** WIC Regional Directors  
WIC Local Agency Directors

**FROM:** Amanda Hovis, Director  
Nutrition Education/Clinic Services Unit  
Nutrition Services Section

**DATE:** August 4, 2022

**SUBJECT: Recorded 2022 NBF Conference Sessions are now available to view in the WIC LMS**

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The State WIC Office is excited to announce that the recorded 2022 NBF Conference sessions are now available to view in the WIC LMS. These recorded sessions are only available for a limited time until 10/31/22.

They can be found under the "[2022 NBF Conference Sessions](#)" training tag in the WIC Training Catalog.

If you have any questions, please contact Angela Gil at [Angela.Gil@hhs.texas.gov](mailto:Angela.Gil@hhs.texas.gov).



## **Neuroplasticity and Laughter for Resilience**

### **Speaker: Indy Rishi Singh**

Neuroplasticity Meditations are immersive learning experiences that introduce the science and benefits of practicing one's neuroplasticity. Expect to laugh, connect, and contemplate how we approach our individual and collective health and happiness. Indy Rishi combines his education in medical school, his guidance in Ayurveda and Kundalini, and his training with leading storytellers, facilitators, & shamans from around the world to present an experience that combines active and passive experiences of Neuroplasticity Meditation.

Indy Rishi Singh is a wellbeing engineer. He runs a think tank focused on integrating Eastern and Western modalities of health and technology and he leads corporate wellness workshops with Fortune 500 companies, mindfulness workshops with students in schools and universities, and is an active volunteer locally and globally.

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## **The Long-Term Legacy: Human Milk, Epigenetics, and the Microbiome**

### **Speaker: Laurel Wilson IBCLC, RLC, CLE, CLD, BS**

The study of epigenetics has proven that environmental impact has a profound impact on the developing human both in utero, during lactation, and throughout the lifetime. The genome is the genetic information inherited from one's parents and epigenetic action is how the exposome (environmental factors) activates and inactivates genes. Epigenetic changes can potentially be transferred from generation to generation. A baby's first nutrition sets the stage for epigenetic transcription, seeds the baby's microbiome, and propels the baby into the future with specific health legacy. This presentation discussed how epigenetics works and how human milk changes both the short and long-term health of the child through epigenome and the microbiome.

Laurel Wilson IBCLC, RLC, CLE, CLD, BS, is a TedX and international speaker, pregnancy and lactation specialist, consultant, educator, and author. Laurel has authored two books, *The Attachment Pregnancy* and *The Greatest Pregnancy Ever*. Her passion is blending today's recent scientific findings with mind/body/spirit wisdom to highlight the magnitude and importance of the perinatal period.

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## **Intuitive Eating and Health At Every Size (HAES)**

**Speaker: Malak Saddy RD, LD/LDN, CEDS-S**

With the consistent bombardment of nutrition tips and health documentaries disordered eating patterns are often being used to cope with stress and emotions. During this conversation listeners will learn how to adopt a non-diet mentality through understanding the Health At Every Size (HAES) principles, the impact of weight stigma, and how to break free of diet culture.

Malak Saddy RD, LD/LDN, CEDS-S, is a dietitian in private practice in seeing clients in person and virtually in Chicago and virtually in the states of Illinois, Texas, Florida, Louisiana, and Wisconsin. She is a Certified Intuitive Eating Counselor, body positive facilitator, and a non-diet advocate. She is well versed in the treatment of eating disorders in children, adolescents, and adults. She uses her own personal experiences of growing up in an American Lebanese Muslim household and attributes her career to her cultural background.

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## **Baby Led Weaning and WIC: Yes, You Can!**

**Speaker: Meghan McMillin MS, RD, IBCLC**

Baby Led Weaning as an approach to introducing solids has been growing in popularity over the past 15 years. However, despite the growing demand from parents, there remains a lack of guidance from health care professionals. Additionally, there are some misconceptions around baby led weaning including safety and that it is incompatible with WIC. This presentation looks to provide further understanding of what baby led weaning is and dispel the misconceptions.

Meghan McMillin holds a Master's Degree in Human Nutrition from the University of Illinois at Chicago. She has been a Registered Dietitian (RDN) for 8 years and an International Board Certified Lactation Consultant (IBCLC) for 2 years. Meghan is the owner of Mama & Sweet Pea Nutrition, a private practice and consulting company that specializes in lactation and postpartum and infant care. The introduction of solids, food allergies, and baby led weaning are among her specialties. Meghan is a member of the International Lactation Consultant Association and the United States Lactation Consultant Association.

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## **Responsive Feeding: How to Raise Self-Regulated Eaters**

**Speaker: Jill Castle MS, RDN**

Self-regulation of eating begins in utero. It's reinforced or diminished during infancy and toddlerhood, setting the foundation for eating behaviors later on. Attendees will learn how responsive and non-responsive feeding affects a child's ability to self-regulate. We'll explore the continuum of feeding and how it changes over time, including the role of food parenting and developmental milestones, and how these influence eating habits, behaviors and health outcomes. This session will end with tips for encouraging responsive feeding among young children.

Jill Castle MS, RDN, is one of the nation's premier childhood nutrition experts. Known as a paradigm shifter who blends current research, practical application and common sense, Jill inspires audiences to think differently about feeding kids. Jill serves on the Board of Advisors of Parents Magazine, and has been featured as a guest expert in CNN, The Washington Post, The New York Times, Forbes and many other outlets. Jill is the creator of The Nourished Child®, a parent nutrition education website, and author of the books, Eat Like a Champion, Try New Food, The Smart Mom's Guide to Starting Solids, The Smart Mom's Guide to Healthy Snacking, and co-author of Fearless Feeding. She interviews experts on her podcast of the same name.

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## **Does Breastfeeding Protect Maternal Mental Health? The Impact of Oxytocin and Stress**

**Speaker: Dr. Kendall-Tackett PhD, IBCLC, FAPA**

This session describes oxytocin vs. stress and then applies this knowledge to recent studies to understand whether breastfeeding actually protects maternal mental health.

Dr. Kendall-Tackett PhD, IBCLC, FAPA, is a health psychologist and International Board-Certified Lactation Consultant, and the Owner and Editor-in-Chief of Praeclarus Press, a small press specializing in women's health. Dr. Kendall-Tackett is Editor-in-Chief of the journal, Psychological Trauma and was Founding Editor-in-Chief of Clinical Lactation, a position she held for 11 years. She is Fellow of the American Psychological Association in Health and Trauma Psychology, Past President of the APA Division of Trauma Psychology, and the chair-elect of APA's Publications and Communications Board.

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## **Winning Tactics for Nourishing Individuals with Autism**

**Speaker: Sharon Lemons MS, RD, CDCES, FAND, LD**

Families with children who have autism may first notice challenges in feeding before many of the other signs of autism. This session will give you some strategies for working through those challenges by using stories, predictability, and habits to create a person-centered approach to focus on healthy and joyful meals.

Sharon Lemons MS, RD, CDCES, FAND, LD, current focus is nutrition in the Mental Health setting and educating Dietitians about nutrition for individuals, who have autism. She participated in the development of the Standards of Practice and Standards of Professional Performance for Dietitians working with Individuals with Intellectual and Developmental Disorders in 2012. She has held various positions in the Behavioral Health Nutrition Dietary Practice Group over the last 15 years where she now serves as House of Delegates Representative. She worked in the field of developmental disabilities as a pediatric dietitian for Early Childhood intervention ten the Denton State Supported Center for a total of 9 years. She worked 6 years as a Renal Dietitian for both Fresenius and Davita. Lemons is currently the Dietitian representative for the Pediatric Acute-Neuropsychiatric Syndrome (PANS) Advisory Council for the state of Texas.

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## **Breastfeeding Through Times of Trauma**

**Speaker: Alicia C. Simpson MS, RD, IBCLC, LD**

None of us function at our best during times of trauma. Trauma has many faces and is not limited to a pandemic, resettlement, natural disasters, poverty, or substance abuse. Yet, the need to feed the next generation continues through times of trauma and times of triumph. In this talk, Alicia will discuss ways to optimize the support provided to breastfeeding parents through times of trauma. Exploring how health care providers can be nimble to meet the demands of an ever-changing global landscape with a focus on culturally specific and equitable structures of communication and care.

Alicia C. Simpson MS, RD, IBCLC, LD is a nutritionist, lactation consultant, feeding therapist, and the award-winning published author of 4 bestselling books including her latest title Boost Your Breastmilk. She has authored chapters on Maternal and Pediatric Nutrition for the Breastfeeding Child in the international Core Curriculum For Lactation Consultant Practice (2018 and 2022) and Breastfeeding and Human Lactation, 6th Edition (2019 and 2022). Alicia is the Executive Director of Pea Pod Nutrition and Lactation

Support, a 501 (c)3 non-profit organization whose mission is to empower families through evidence-based nutrition and lactation education, counseling, and support to reduce the risk and prevalence of lifestyle-related chronic diseases in Georgia families.

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## **Can a Baby Be Allergic to Breastmilk - Lactose Intolerance, Sensitivities, Allergies and Galactosemia**

**Speaker: Laurel Wilson IBCLC, RLC, CLE, CLD, BS**

Lactation professionals often hear from their clients that their breastfed babies have been diagnosed as lactose intolerance. This lack of understanding regarding types of lactose intolerance and potential issues with breastfeeding involving the newborn gut often leads to a cessation of breastfeeding. This session will cover the three main types of lactose intolerance as well as galactosemia. Maternal gut damage and protein sensitivity and how that can impact the breastfed baby will also be addressed. Attendees will also learn about the most common foods that cause food sensitivity and allergy and what referrals are best made with these issues.

Laurel Wilson IBCLC, RLC, CLE, CLD, BS, is a TedX and international speaker, pregnancy and lactation specialist, consultant, educator, and author. Laurel has authored two books, *The Attachment Pregnancy* and *The Greatest Pregnancy Ever*. Her passion is blending today's recent scientific findings with mind/body/spirit wisdom to highlight the magnitude and importance of the perinatal period.

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## **Advancing a Trauma-Informed Approach to the WIC Participant Experience**

**Speaker: Kini-Ana Tinkham, RN**

Trauma Informed Systems is an organization change model that creates contexts that nurture and sustain a trauma informed practice. We will introduce the transformation for systems that can sustain healing practices and wellness. Participants will learn how positive childhood experiences and protective factors mitigate the impact of adversity and trauma.

Kini-Ana Tinkham, RN is the Executive Director for the Maine Resilience Building Network, a nonprofit working to promote resilience in all people by increasing the understanding of adversity and the importance of building resilience through protective factors including positive childhood experiences. She has worked in the

field of maternal and child health for 40 years as a RN, educator, and advocate. Her leadership in systems change to improve access and health outcomes has reached across maternity, breast feeding, home visitation, school-based health centers, family planning and school health.

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### **2022 NBF Conference Welcoming Remarks**

Join the WIC State staff for the opening remarks of the 2022 WIC NBF Conference, "Reaching New Heights". Speakers include Amanda Hovis, Edgar Curtis, Connie Cheng, Lindsay Rodgers, and Eddie Longoria.

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### **State Office Updates and Closing Remarks**

Join the WIC State staff for the state updates as we go back in time to look at all that Texas WIC has accomplished over the years and learn more about what's coming in the near future.

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