

**PARTNERS IN PERINATAL HEALTH CONFERENCE  
MAY 20, 2009**

“The Surprising Link between Breastfeeding and Mother’s Well-Being”

**Kathy Kendall-Tackett, PhD, IBCLC**

Acquisitions Editor, Hale Publishing  
Clinical Associate Professor of Pediatrics  
Texas Tech University School of Medicine

**Objectives:**

Upon completion, participants will be able to:

- Learn the key components of the human stress response, what triggers it, how it relates to depression, and how breastfeeding can provide protection. .
- Identify an array of effective treatments for postpartum depression that are compatible with breastfeeding.

# **Kathleen Kendall-Tackett, PhD, IBCLC**

Acquisitions Editor, Hale Publishing  
Clinical Associate Professor of Pediatrics  
Texas Tech University School of Medicine

## **Internet Resources**

[WWW.GraniteScientific.com](http://WWW.GraniteScientific.com)

[WWW.BreastfeedingMadeSimple.com](http://WWW.BreastfeedingMadeSimple.com)