



**FRIDAY, JUNE 13<sup>TH</sup>, 2025**  
**BREASTSLEEPING: HUMANKIND'S  
MOST SUCCESSFUL SLEEP AND  
FEEDING ARRANGEMENT**

Join us for a full day conference featuring guest speaker, Dr James McKenna, a renowned expert in mother-infant sleep practices.

Dr McKenna will share findings from his extensive research on mother-infant bedsharing, addressing common concerns and highlighting the natural alignment of breastsleeping and co-sleeping.

6.5hr CME and 6.5hr CEU units pending.

**8:30am – 4:30pm**

**(doors open at 8am)**

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**Location:**

**Partnership HealthPlan  
of California**

**4665 Business Center Dr.**

**Fairfield, CA**

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**Hosted by the Napa  
Valley Breastfeeding  
Coalition**

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**Registration: \$125**

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**Conference is ideal for  
healthcare professionals  
and anyone including  
parents that are  
interested in the evolving  
understanding of infant  
sleep practices.**



**Scan QR Code to Register**

# Agenda

## Breastsleeping: Humankind's Most Successful Sleep and Feeding Arrangement

8:00 Doors open

8:00-8:30 Registration, coffee, & light refreshments

8:30-10:10 Part 1 *What we know to be true about breastsleeping and bedsharing in general. A New Protocol from the Academy of Breastfeeding Medicine (2016) and What is Evidence Based Medicine?*

10:10-10:20 Break

10:20-12 Part 2 *What a brief history of traditional infant sleep and feeding recommendations reveals: culture and maternal-infant biology in conflict. And how we got it all wrong*

12:00-1:00 Lunch provided

1:00-2:40 Part 3 *How and why Maternal-Infant Sleep Biology Evolved and Why Breastsleeping is on the rise and will not be eradicated nor nullified scientifically!*

2:40-2:50 Break

2:50-4:30 Part 4 *Laboratory Research on Breastsleeping Others and Infants*

4:30 Closing remarks