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UNH Psychologist Named To International Breastfeeding Board Of Directorss

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UNH Psychologist Named To International Breastfeeding Board Of Directors

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Nov. 17, 2004

DURHAM, N.H. – Kathleen Kendall-Tackett, a board certified lactation consultant and a health psychologist in the University of New Hampshire’s Family Research Laboratory, has been elected to the La Leche League International Board of Directors.

La Leche League was founded in 1956 to help mothers worldwide breastfeed by offering mother-to-mother support, education, information and encouragement, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

Kendall-Tackett has been involved with the La Leche League for the last decade, and was a founding member of the New Hampshire Breastfeeding Promotion Task Force. She is chair of the state organization that reaches out to low-income women, and works to break down stereotypes about breastfeeding, and is a member of the International Lactation Consultant Association.

“This appointment is a great honor,” she said. “La Leche groups meet regularly in communities worldwide to share not only breastfeeding information but mothering experience, help and support. It is a vital resource.”

Kendall-Tackett is widely published in the fields of maternal depression, perinatal health and family violence. She is the author or editor of 10 books, including *The Hidden Feelings of Motherhood: Coping with Mothering Stress, Depression and Burnout* and *Depression in New Mothers*, which will be published early next year.