

Breastfeeding MATTERS!

Jan Barger
RN, MA, IBCLC, FILCA

This breastfeeding education program is intended for physicians, nurses, lactation consultants, dieticians, peer counselors, doulas, midwives and other professionals interested in improving breastfeeding practices.

Course fee includes all course materials and lunch.

Due to limited space availability, priority registration will be given to regional participants.

Cancellation policy: There will be no refunds after September 17, 2010.



SPONSORED BY:

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September 27, 2010
Duluth, Minnesota



www.communityhealthboard.org
218-733-2860

Breastfeeding MATTERS!



Jan Barger has worked in many aspects of maternal-child health including developing and coordinating an out-of-hospital birthing center in Michigan. She has been a lactation consultant since 1985 both in private practice and in practice with a large pediatric group in the

Chicago area. She is also a director and instructor with Lactation Education Consultants, an organization that provides courses for aspiring and practicing lactation consultants. Jan served as the 1990-92 president of the International Lactation Consultant Association, and on the board of the IBLCE from 1992-1994.

Education Credit

Application for CERPs has been submitted to the International board of Lactation Consultant Examiners and the Commission on Dietetic Registration. Contact hours for nurses meet the continuing education requirements as outlined by the Minnesota Board of Nursing.

Lactation Room available on request.

Breastfeeding Matters will be held at St. Luke's Hospital located at 915 East First Street, Duluth MN, in the Auditorium on 2nd floor center. Directions to the hospital and parking information are available at <http://www.slhduluth.com/patients/directions/>. Parking is \$5.00 per car per day.

Area lodging information is available at <http://visitduluth.com/lodging/>.

7:30 - 7:45 AM **Registration**

7:45 - 8:00 AM **Welcome and Introductions**

8:00 - 10:00 AM **Practical Approach to the Eleven Steps to Successful Breastfeeding**

WHO/UNICEF's 10 Steps to Successful Breastfeeding are an excellent jumping off point to look at what is happening in hospitals and how changes can be made to facilitate mother/baby interaction and getting breastfeeding off to a good start. The one step that was left out has been added -- that of labor and delivery interventions -- induction, epidurals, medications, C/Section on demand...and more.

10:00 - 10:15 AM **Break**

10:15 AM - 12:00 PM **Non-latching Babies...Frustrated Moms...Exasperated Staff**

What to do with the baby who won't latch? How can we keep moms from giving up? Why is staff so quick to supplement? When is it appropriate -- when is it not? What is the problem with "it's TIME to feed the baby?" What behaviors do parents and staff need to be watching for to facilitate a good breast-feed?

12:00 - 1:00 PM **Lunch**

- NE MN Statewide Health Improvement Program Breastfeeding Intervention—short presentation
- Sponsoring agencies host informational tables

1:00 - 3:00 PM **Overcoming Common Breastfeeding Problems**

Some problems start in the hospital -- some after mom and baby are discharged. Sore nipples, plugged ducts, mastitis, slow weight gain, poor milk supply, pumping concerns, the fussy and colicky baby, sleeping through the night -- and many other issues can plague breastfeeding moms. Sometimes the solutions are simple -- sometimes complex. What does the evidence say we should be doing about these?

3:00 - 3:15 PM **Break**

3:15 - 4:15 PM **Parenting on Cue and the Issue of Guilt**

Breastfeeding works best when babies are fed on a schedule they design themselves -- not one that is mandated for them. Parenting works best when mothers and fathers learn Baby-Talk, and what their babies need to grow and thrive. This session will take a look at some of the parenting philosophies and books that are currently popular, and will help participants understand the good, the bad, and the useless.

4:15 - 4:30 PM **Questions, Evaluations & Wrap up**

Breastfeeding MATTERS! Registration

Registration must be received before 9/17/2010

	Price
<input type="checkbox"/> Breastfeeding Matters Registration postmarked by 9/1/2010	\$60.00
<input type="checkbox"/> Breastfeeding Matters Registration postmarked after 9/1/2010	\$70.00

Name _____

Address _____

Phone _____

Title _____ Agency _____

Email Address _____

Method of Payment

Check enclosed.

Register by mail.
Make checks payable to:
C-C-L-StL CHB

Mailing address:

Carlton-Cook-Lake-St. Louis
Community Health Board
404 West Superior Street, Suite 220
Duluth MN 55802

Phone: 218 733-2860
Fax: 218 723-4679
www.communityhealthboard.org
Email questions: stacys@communityhealthboard.org

Prepaid registration pass enclosed

Register by mail
Voucher registration deadline is 9/1/2010.

Registration confirmation emails will be sent.