

# Breastfeeding: Healthy from the Start!

**Jan Barger**  
RN, MA, IBCLC, FILCA

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

Course fee of \$25 includes all materials, continental breakfast and lunch.

Due to limited space availability, priority registration will be given to Washington County area participants.

Cancellation policy: There will be no refunds after March 25, 2011.



## Sponsored by:

### *Washington County Breastfeeding Coalition*

whose mission is to promote, support and protect breastfeeding through education, outreach, and collaboration within our community.

*We envision a community where breastfeeding is the norm and where families are supported and empowered to achieve their breastfeeding goals.*

### Goals of the Washington County Breastfeeding Coalition:

1. Increase initiation and duration rates in Washington County.
2. Advance breastfeeding knowledge and the skill base of health care professionals in the county.
3. Provide families with access to accurate information, community support and the resources to successfully breastfeed.
4. Link healthcare professionals, breastfeeding families, and the community with up-to-date referral and educational materials.

### In collaboration with:

- Fairview Lakes Medical Center
- La Leche League of South Washington County
- Lakeview Health
- Washington County Department of Public Health and Environment
- Women, Infants, and Children (WIC)
- Woodwinds Health Campus



This training was made possible through funding from the Statewide Health Improvement Program (SHIP) of the Minnesota Department of Health. The SHIP strives to help Minnesotans lead longer, healthier lives by preventing the chronic disease risk factors of tobacco use and exposure, poor nutrition and physical inactivity.

For more information, visit:

<http://www.health.state.mn.us/healthreform/ship>

# Breastfeeding: Healthy from the Start!

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**April 4, 2011**

7:30 AM–4:30 PM

The Grand  
301 South 2nd Street  
Stillwater, Minnesota

# Breastfeeding: Healthy from the Start!



**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 (ILCA), and on the Board of the International Board of Lactation Consultant Examiners (IBLCE) from 1992-1994. She was conferred title of Fellow of the International Lactation Consultant Association (FILCA) in 2008, the first year that ILCA initiated the FILCA program.

## Education Credit

Application for Continuing Education Recognition Points (CERPs) has been submitted to the IBLCE and the Commission on Dietetic Registration. Contact hours for nurses meet the continuing education requirements as outlined by the Minnesota Board of Nursing.

## Breastfeeding: Healthy from the Start! will be held at :

The Grand  
301 South 2nd Street  
Stillwater, MN 55082

**\*\*Please note: Entrance is on Olive Street\*\***

For Directions: [www.grandbanquethall.com](http://www.grandbanquethall.com)

## Parking Information

Here is a link to a map of Stillwater parking: <http://www.stillwaterparking.com/stillwater-map/locations.htm>. Lots 12 and 13 are free parking and are within two blocks of The Grand.

**Cancellation Policy:** There will be no refunds after March 25, 2011.

**Lactation space is available.** Please call 651-982-7864.

# Program

7:30 - 7:45 AM *Registration & Continental Breakfast*

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. Jan will address an 11th step -- that of labor and delivery interventions -- induction, epidurals, medications, C/Section on demand...and more.

10:00 - 10:15 AM *Break*

10:15 AM - 11:45 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 watch for to facilitate a good breast-feed?

11:45- 12:45 PM *Lunch provided*

12:45 - 2:45 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, reflux, 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?

2:45 - 3:00 PM *Break*

3:00 - 4:15 PM *Pop Culture Parenting and the Second Night*

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 differentiate between the good, the bad, and the useless.

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

# Breastfeeding: Healthy from the Start! Registration

**Register by Mail:** Registration must be postmarked by March 23, 2011.

**Registration confirmation emails will be sent.  
Please check method of payment:**

\_\_\_ Prepaid registration pass enclosed - pass registration deadline is March 14, 2011. Passes will not be accepted after this date.

\_\_\_ Check for \$25 per person -- Make payable to: **Washington County Public Health & Environment**

\_\_\_ Purchase order number \_\_\_\_\_

Name \_\_\_\_\_

Title \_\_\_\_\_

Organization/Agency \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email (required): \_\_\_\_\_

Please describe any special needs you may have: \_\_\_\_\_

**Enclose the registration pass or check and mail to:**

Chris Fennern  
Washington County Public Health & Environment  
14949 62<sup>nd</sup> Street North  
Stillwater, MN 55082

**For registration questions,** call Chris Fennern at 651-430-6653.

**For conference questions,** call Sheila Humphrey, Breastfeeding Coalition Coordinator at 651-982-7864.