Making Breastfeeding the Choice for Minnesota Moms: A Call to Action

Jan Barger RN, MA, IBLCLC, FILCA
Mary Johnson RD, MPH, LN, CLS

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The Grand Event Center
Mora, MN
April 27 & 28, 2011

This training was made possible through Kanabec County Public Health’s Statewide Health Improvement Program (SHIP).
KEvNoTE
PREseNTeRs
■ Jan Barger
■ RN, MA, IBCLC, FILCA
Jan Barger is an RN with a bachelor’s degree in psychology and a master’s degree in counseling. She became an IBCLC in 1987 and a FILCA in 2008. She has worked in Maternal-Child Health since 1972, and began a private practice as a lactation consultant with The Breastfeeding Connection in 1985. In 1988 she joined Wheaton Pediatrics as their lactation consultant. She is the administrative director of Lactation Education Consultants which provides lactation management, review courses, and does other lactation programs for hospitals and WIC clinics. Jan served as the 1990-92 ILCA President, on the IBLCE Board from 1992-1994, has been on the IBCLE exam committee, was the first editor of the ILCA Globe, is co-author with Linda Kutner of Clinical Experience in Lactation: A Blueprint for Internship and is a contributing author to Counseling the Nursing Mother by Lauwers & Swisher. Jan lives in Wheaton IL with her husband of over 40 years.

■ Mary B Johnson
■ RD, MPH, LN, CLS
Mary B Johnson is the Minnesota WIC Program Breastfeeding Coordinator. Her responsibilities within the WIC program include technical assistance, training, program planning, evaluation, policy development and other activities related to breastfeeding promotion and support. She developed and managed the Minnesota WIC Peer Breastfeeding Support Program from 2004 to 2010. In addition to training MN WIC staff she is a guest lecturer at the School of Public Health, University of Minnesota, and has been invited to train WIC staff in other states. She was a member of the Statewide Health Improvement Program (SHIP) intervention work group and helped develop the SHIP breastfeeding interventions. Other activities include: founding member of the Minnesota Breastfeeding Coalition, co-lead for implementation of the “Loving Support Makes Breastfeeding Work” campaign in Minnesota, and member of the professional advisory and media advisory groups for the Northside Breastfeeding Campaign. She previously worked in a local WIC program in North Carolina.

Program
■ April 27
8:15 a.m.  Registration Check-In
Continental Breakfast
8:45 a.m.  Housekeeping Items
9:00 a.m.  Breastfeeding Begins before the Baby is Born: Connecting with New Parents to Be
Jan Barger, RN, MA, IBCLC
10:30 a.m.  Break
10:45 a.m.  Breastfeeding Matters: A Practical Look at the 11 Steps to Successful Breastfeeding
Jan Barger, RN, MA, IBLCLC
12:00 p.m.  Lunch and panel discussion: “Breastfeeding Mom’s express Challenges and Successes”
12:45 p.m.  Breastfeed Early, Breastfeed Often—But Why?
Jan Barger, RN, MA, IBCLC
2:00 p.m.  Break
2:15 p.m.  The Enigma of Latching: Getting Mothers and Babies Attached
Jan Barger, RN, MA, IBCLC
4:00 p.m.  Program Adjourns
Program

April 28

8:15 a.m.  Registration Check-In
Continental Breakfast

8:45 a.m.  Housekeeping Items

9:00 a.m.  Baby’s Second Night
and Other Early
Quandaries
Jan Barger, RN, MA, IBCLC

10:30 a.m.  Break

10:45 a.m.  Common Breastfeeding Problems
in the First Couple of Weeks
Jan Barger, RN, MA, IBCLC

12:00 p.m.  Lunch and Panel Discussion:
“Breastfeeding Mom’s express
Challenges and Successes”

12:45 p.m.  Supporting Breastfeeding Moms:
Where have we been and where
do we go from here?
Mary Johnson, RD, MPH, LN, CLS

2:00 p.m.  Break

2:15 p.m.  Making Breastfeeding Easier for
Moms: Opportunities and Tools
Mary Johnson, RD, MPH, LN, CLS

4:00 p.m.  Program Adjourns

Course Description

From approaching new parents-to-be about
breastfeeding to teaching prenatal classes through
the hospital stay and into the early postpartum period,
this program will tackle some of the knotty problems
that face moms, babies, medical staff and lactation
consultants.

Who Should Attend

- Nurses
- Physicians
- Nurse Practitioners
- Physician assistants
- IBCLCs and CLCs
- Doulas
- Dieticians
- Public Health Professionals
- Breastfeeding Advocates
- Students
REGISTRATION
Early registration fee through April 11, 2011:
$20 for one day; $30 for both days
April 12 through April 27, 2011:
$30 for one day; $40 for both days
Students are free.

Payment methods:
Check or cash only.
Make checks payable to Kanabec County Public Health.
Mail payment to Ellie White,
Kanabec County Public Health,
905 East Forest Avenue Suite 127
Mora, MN, 55051.

Cancellation policy:
There will be no refunds for this course.

- DATE TO ATTEND
  - April 27
  - April 28
  - April 27 and 28

Name: ____________________________
Title: ____________________________
Organization: ____________________
Address: __________________________
Phone/Cell: ________________________
E-mail: ____________________________

ADDITIONAL INFORMATION
Conference Location
The Grand Event Center
2025 Rowland Road, Mora, MN 55051
320-679-1000

Hotel Lodging
AmericInn Lodge and Suites
$81.12/night
1877 Frontage Road, Mora, MN 55051
www.americinn.com
320-679-5700

Education Credit: Application for Continuing Education 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.

Number of contact hours available:
April 27: 5.25 hours
April 28: 5.00 hours

Questions/Contact:
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To Minneapolis
To St. Cloud
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Highway 65
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North