

REGISTRATION FORM

**Registrations must be received before
May 1, 2011**

Please Print Clearly

Name _____

Address _____

City _____

State _____ Zip _____

Home Phone _____

Work Phone _____

Email Address _____

Agency _____

Title _____

REGISTRATION INFORMATION

- ✓ Registrations will be accepted by phone or e-mail only.
- ✓ Due to limited space availability, do not send payment prior to receiving confirmation of your registration.
- ✓ Checks must be submitted **within 10 business days of confirmation**, payable to:

**Otter Tail County Public Health
Memo: Golden Start Initiative**

Upon receipt of payment, a confirmation letter, receipt, directions to the course facility and other course information will be provided.

Course Coordinators:

**Leslie Anderson and Laura Pearson
Lake Region Healthcare
Golden Start Breastfeeding Initiative
712 S. Cascade Street
Fergus Falls, MN 56537
218.736.8625 (phone)
goldinit@lrhc.org (email)**

SCHEDULE

**T: 8:00 a.m. – 5:00 p.m.
W: 8:00 a.m. – 5:00 p.m.
Th: 8:00 a.m. – 5:00 p.m.**

Break times for refreshments and lunch are provided each day.

FEE

- **DISCOUNTED FEE \$300.00**— this training was made possible through funding from the Statewide Health Improvement Program (SHIP) of the Minnesota Department of Health. Golden Start Breastfeeding Initiative is a SHIP project.

Course fee includes all course materials and refreshment breaks. **Lunch will be on your own.**

Cancellation policy: There will be no refunds after May 6, 2011. No refunds or CEUs will be given for partial attendance. You must attend all class sessions.

VENUE

The course will be held at Concordia College Moorhead, MN, in Jones Science Center room 212. On –Campus parking will be available.

Directions to campus and information about parking will be provided upon confirmation of registration.

OVERNIGHT ACCOMMODATIONS

You are responsible for making your own arrangements for overnight accommodations. Rooms have been set aside at **Courtyard by Marriott**, located at 1080 28th Ave. S., Moorhead, MN. The cost is \$109.00 per night for course participants. There are single and double rooms available. Call 218.284.1000 **before 4/25/11**, and note that you need to reserve a room under the “Golden Start” room block.

Back by popular demand!

Golden Start Breastfeeding Initiative sponsors...

**Best Practice:
Breastfeeding!**

**Evergreen Perinatal Education
Molly Pessl, BSN, IBCLC**

May 24-26, 2011

Concordia College
Jones Science Center Room 212
Fugelstad Auditorium
Moorhead, MN 56560



MINNESOTA'S
VISION
A Better State of Health

Statewide Health Improvement Program | SHIP

COURSE DESCRIPTION

This in-depth course enables participants to provide accurate, current and consistent information about breastfeeding and lactation and to support new families in feeding their babies in the early weeks.

This *3-day workshop* provides the fundamentals for *all* healthcare staff across the continuum of care to manage early breastfeeding issues with accuracy and confidence.

Each participant will be given the knowledge to work with other healthcare providers to ensure continuity of care for the breastfeeding mother and her infant(s). In addition, each participant will receive a certificate of completion at the end of the course.



COURSE TOPICS

- Commitment to breastfeeding
- External and internal anatomy of the breast
- Getting breastfeeding started
- Care that makes sense for good breastfeeding outcomes
- Positioning and latching babies at the breast, including multiples
- Early breastfeeding expectations
- The science behind milk production
- The wonders of human milk
- World-wide influence of formula marketing
- Caring for Preterm and Late Preterm infants
- Early clinical challenges in breastfeeding
- Communicating effectively with new mothers
- Tools and techniques of the trade
- Insufficient milk – intake and/or supply
- The importance of a cohesive healthcare team
- Does it all make a difference?
- And MUCH MORE!

WHO SHOULD ATTEND?

This program is for you if you are...

- IBCLC requiring CERPs or exam preparation for re-certification
- Public health nurse or staff person working with new families
- Maternity or pediatric nurse working with families with small babies
- Obstetrician, midwife, pediatrician, or family medicine physician involved with the daily feeding and parenting issues of new families
- Childbirth educator
- Labor and/or postpartum doula
- WIC clinic staff member
- Facilitator of early parenting education
- Social Worker or Early Head Start staff
- La Leche League leader who wants updates and new scientific resources
- Occupational or respiratory therapist working with breastfeeding newborns
- Registered Dietician working with pregnant women, new mothers, and their babies

EDUCATION CREDITS

You will receive a certificate of attendance upon completion of the course. *To earn any contact hour credit, attendance at all events is required.*

Starting in 2007, the International Board of Certified Lactation Consultant Examiners (IBLCE) and most nursing credentialing organizations calculate CERPs or continuing education credits on a *60-minute hour*, rather than the previous 50-minute hour. The following CERPs reflect that change. Nurses will need to consult with their state's Board of Nursing to calculate the hours needed for license renewal if a 50-minute hour is used. Nurses will also be responsible for determining whether this activity meets the requirements for acceptable continuing education.

- IBLCE (Provider No. CLT108-4)
 - **22.5 total CERPs**
 - 21.5 L CERPs
 - 1 E CERP
- California Board of Registered Nursing (Provider No. CEP 14127)
 - **22.5 contact hours**
- CDR (Commission on Dietetic Registration)
 - **22 CPE hours**, Category II

For more registration information:
Leslie Anderson or Laura Pearson
218.736.8625
goldinit@lrhc.org

For more course content information:
www.evergreenperinataleducation.com

FACULTY

Molly Pessl, BSN, IBCLC

Director of Evergreen Perinatal Education

Molly has spent most of her career with a focus on family-centered maternity care. She worked at Evergreen Hospital Medical Center in Kirkland, Washington from 1985-2003, following five years as a health educator, clinician, and lactation consultant for a hospital-based nurse-midwifery service. During her years at Evergreen Hospital, Molly developed a comprehensive parent and professional education program, the regional breastfeeding center, a postpartum follow-up clinic, and Baby-Parent groups. These programs led to the first U.S. designation of "Baby Friendly" by UNICEF and the World Health Organization. Molly is currently the director of Evergreen Perinatal Education, a consulting and education program for professionals and is a past ILCA representative to the US Breastfeeding Committee. Molly served on the board of the Lactation Consultant Examiners and is a past president of that board. She is a registered nurse, childbirth educator, and Internationally Board Certified Lactation Consultant.

Lactation Room
available upon request



GOLDEN START
Breastfeeding Initiative

Project Coordinators: Laura Pearson, RN, PHN and Leslie Anderson, RN, PHN