

Thursday, September 16, 2010 or
Tuesday, September 21, 2010

FOSTERING THE BEST IN BREASTFEEDING SUCCESS

Registration begins at 7:30 a.m.
Conference begins at 8:00 a.m.

Session 1: 8:15a.m.–9:15a.m. Best Practices in Breastfeeding Initiation

Examine the best standardized practices in breastfeeding initiation. Learn how to eliminate mixed messages in the first three days.

Session 2: 9:15a.m.–10:15a.m. When Latch is Not Achieved

Review interventions known to support and promote breastfeeding when challenges arise.

Session 3: 10:30a.m.–11:30a.m. The Late Preterm Infant

Review the distinctive feeding characteristics, and breastfeeding support skills which are necessary to support healthy, stable, late preterm infants.

Session 4: 11:30a.m.–12:30p.m. Listening so They Will Talk and Talking so They Will Listen

Rehearse conversational techniques that express breastfeeding support, build patient confidence, and inspire dialogue.

Fostering the Best In Breastfeeding Course Objectives:

- At the completion of this course, participants will:
1. Describe signs of swallowing
 2. Summarize the general sleep/awake cycle of full term infant less than 48 hours old
 3. Identify common feeding patterns of a baby less than 48 hours old
 4. Describe 2 indications for use of a nipple shield
 5. List 2 medical indications for use of supplement in the first 48 hours
 6. Summarize 3 risks to formula use
 7. Summarize 2 common feeding challenges of a late preterm infant
 8. Demonstrate 3 communication techniques which convey breastfeeding support.

Special Babies Special Focus Course Objectives:

- After completion of this course, participants will:
1. Describe 2 macronutrients found in breastmilk
 2. Identify common feeding patterns of a premature infant
 3. Describe 2 indications for use of a nipple shield
 4. Describe 3 techniques to improve milk supply
 5. Summarize 3 risks to formula use
 6. Summarize 2 common feeding challenges of a late preterm infant
 7. Demonstrate 3 communication techniques which express empathy and breastfeeding support
 8. Summarize 2 appropriate strategies to support a mother's milk supply while separated from her infant

Program Speakers

Sonja Dahl BSN, RN, IBCLC
Sonja has been working with breastfeeding mothers for the past 20 years. She is a Registered Nurse and International Board Certified Lactation Consultant. Sonja became a lactation consultant in 1995 and was instrumental in developing the Lactation Program at Good Samaritan Hospital. She is the Lactation Coordinator for Franciscan Health System. She lives with her husband and two children in Puyallup, WA.

Michelle Kinne BA, IBCLC, RLC, ICCE, CD(DONA)
Michelle has worked in the field of maternal-child health for over 16 years. She is an International Board Certified Lactation Consultant, International Certified Childbirth Educator and International Certified Doula. Michelle is a Magna Cum Laude graduate of Western Washington University where she majored in Human Services. Michelle currently works as a Lactation Consultant for Franciscan Health System. She is also adjunct faculty for Bates Technical College where she trains perinatal educators, lactation educators, & birth doulas. Over her career, Michelle has taught over 5,000 students and provided training to hundreds of birth professionals, and future educators and doulas.

Cancellation Policy

If written notice is received prior to September 7, 2010, a full refund will be made. No refunds will be made after September 7, 2010. You may substitute another attendee. In the event this conference is cancelled, a full refund will be made.

Wednesday, September 29, 2010

SPECIAL BABIES: SPECIAL FOCUS

Registration begins at 7:30a.m.
Conference starts at 8:00 a.m.

Session 1: 8:15–8:45 a.m. What's So Unique About Breastmilk?

Examine the amazing characteristics of human milk and its numerous benefits for the fragile preterm infant.

Session 2: 8:45–9:30 a.m. “The Great Pretenders”

Review the unique breastfeeding personalities of late preterm infants and learn how to optimize breastfeeding support for this growing population.

Session 3: 9:45–11:00 a.m. The Preterm Infant

Investigate and review how you can support the premature breastfeeding infant in the special care nursery including Kangaroo Mother Care.

Session 4: 11:00–11:30 a.m. Creating a Full Milk Supply

Examine the most current instructions on preserving maternal milk supply when mothers and infants are separated.

Session 5: 11:30 a.m.–12:30 p.m. Personal & Cultural Influences on Breastfeeding

Practice communications strategies that demonstrate empathy and compassion for breastfeeding families of preterm infants.

Registration

Name: _____

Address: _____

City: _____ State: _____

Phone: _____

E-mail: _____

Confirmation will be sent by e-mail

Organization: _____

Job Title: _____

License or Certification # _____

FHS Cost Center: _____

For FHS staff only

Thursday September 16, 2010

St. Francis Hospital

Tuesday September 21, 2010

St. Joseph Medical Center

Wed. September 29, 2010

Special Babies: Special Focus

St. Joseph Medical Center

Send Registration to:

Sonja Dahl
FHS Lactation Consultants
1812 South J Street suite #30
Tacoma, WA 98405
FHS Mail Stop 02-04

Questions call:

Sonja Dahl 253-426-6756 or e-mail
sonjadahl@fhshealth.org

Conference Summary:

Hospital nurses and staff who care for and support breastfeeding families in the immediate postpartum period are critical to assuring mother and babies get off to an optimal start. This course material will emphasize strategies known to successfully improve breastfeeding outcomes and overcome breastfeeding obstacles that professionals working in the hospital setting commonly address.

Cost:

Free to all Franciscan Health System staff. All other attendees cost is \$25.00. Please call 253-426-6756 for payment information and requirements.

Continuing Education

Franciscan Health System Educational Services has applied to the California Board of Registered Nursing, Provider #CEP 14239 for four contact hours. We have ICEA approval for four contact hours (CNTC09-73 and CNTC09-74).

Confirmation

Confirmation will be sent via e-mail... please write legibly. Please include a self stamped envelope if you prefer confirmation sent postal mail.

Funding for this program is provided by the Washington State WIC Nutrition Program.



† CATHOLIC HEALTH
INITIATIVES

Franciscan Health System

Fostering the Best in Breastfeeding Success

Thursday, September 16, 2010

ST. FRANCIS HOSPITAL
34509 Ninth Ave So. Federal Way, WA 98003
Medical Office Building B
Conference Room
8:00 a.m.–12:30 p.m.

Tuesday, September 21, 2010

ST. JOSEPH MEDICAL CENTER
1717 South J Street, Tacoma, WA 98405
Lagerquist Conference Room A & B
Tower Ground Floor
8:00 a.m.–12:30 p.m.

Special Babies: Special Focus

Wednesday, September 29, 2010

ST. JOSEPH MEDICAL CENTER
1717 South J Street, Tacoma, WA 98405
Lagerquist Conference Room A & B
Tower Ground Floor
8:00 a.m.–12:30 p.m.

Questions about these conferences, call: Sonja Dahl,
253-426-6756 or e-mail sonjadahl@FHShealth.org.

Franciscan Health System
ADVANCED MEDICINE, TRUSTED CARE

FOSTERING THE BEST IN BREASTFEEDING SUCCESS

THURSDAY SEPTEMBER 16, 2010
OR TUESDAY SEPTEMBER 21, 2010

SPECIAL BABIES: SPECIAL FOCUS BREASTFEEDING THE PREMATURE INFANT

WEDNESDAY SEPTEMBER 29, 2010

