



Breastfeeding for a Sustainable Life

La Leche League Workshop

Saturday 8th May 2010

St Francis Church Hall
92 Mansel Ave
HAMILTON

Workshop Information

We are delighted to welcome our guest speaker **Carol Bartle** from Christchurch. Carol has experience in NICUs as a Lactation Consultant, is a popular speaker for Capers Breastfeeding seminars that tour Australia and NZ and she coordinates the Canterbury Breastfeeding Advocacy Service. Carol is member of the LLLNZ Board of Consultants

Venue: St Francis Church Hall, 92 Mansel Ave, Hillcrest, Hamilton.

Parking: Access via 92 Mansel Ave or 13 Morrinsville Rd, Hillcrest, Hamilton.

Babies and Toddlers are welcome to attend sessions with you. Please bring quiet toys, and see to your child's needs as required. Quiet, happy noises will not be distracting, but unhappy sounds will. Older children may be happier left with Dad/another adult exploring Hamilton, or with a friend/family member at home.

Morning Tea: Please bring a plate to share for morning tea.

Lunch: A hearty, healthy soup and a roll will be available for lunch, at a **cost of \$5 per serve**. Please indicate how many serves you require on your registration form, and pay on the day.

Workshop Information

Cost: \$25—LLL Members

\$40—Non Members

\$55 —Health Professionals

(Associate and Professional Supporting Member Forms available at www.lalecheleague.org.nz)

Late booking Penalty \$10 . **Refunds :** If prior notice is given, an \$8 admin charge will apply.

Closing Date is Monday May 1st. Limited spaces available so to avoid disappointment book early.

Complete the attached Registration Form and forward to the address on the form.

For Registration Forms, or any further information, please contact Vicki Dewdney 078569194 dewdney@xtra.co.nz

Midwifery points pending

The opinions expressed during this workshop are not necessarily those held by LLLNZ.

Stalls: There will be a **fresh produce stall** and **LLLNZ bookstall**. LLL groups may **book a stall for \$2**. Contact Kim 078566499

For driving directions & maps please refer to www.maps.google.co.nz or www.wises.co.nz

Programme: Breastfeeding for a Sustainable Life

8.30—8.55 Registrations

9.00-9.15 Welcome, housekeeping

9.15 – 10.15 Opening address: Breastfeeding for a Sustainable Life

Carol Bartle, RM, IBCLC, Member of LLLNZ Board of Consultants, Coordinator of Canterbury Breastfeeding Advocacy Service

10.15 -10.45 Morning Tea

10.45 -12-00 Concurrent Session 1

- A. ***Impact of Birth Interventions on Breastfeeding*** ***Carol Bartle, IBCLC, Member Board of Consultants, Coordinator of Canterbury Breastfeeding Advocacy Service***
- B. ***Eating Well on a Budget.*** ***Chris Gower-Rudman - LLL Leader, Area Coordinator of Leaders***
- C. ***Acceptance is the Key to Growth— learning to value differences.*** *Tips, strategies and techniques to make your counselling an effective way to assist mothers in need.* ***Deirdre Hancock - LLL Leader & CS Tutor***
- D. ***Baby-led Weaning - Helping Your Baby to Love Good Food:*** *The natural transition from exclusive breastfeeding to family meals. Find out how your baby can feed them self from the start. Based on Gill Rapley's book.*
Lori Potts - LLL Leader

12.00-1. 00 Lunch (Soup and roll, \$5 per serve, please order with registration)

1.00—2.15 Concurrent Session 2

- A. ***The Fussy, Unsettled Baby: What could it be? Colic, reflux, overactive letdown, oversupply, or allergies.*** *Strategies for breastfeeding management to help mothers understand and cope.*
Debbie Graham - LLL Leader, Administrator of Professional Liaison, RGON, RM, IBCLC
- B. ***Mothers who Juggle: time and space management for busy mothers***
Carolyn Driver-Burgess - LLL Leader, GSL
- C. ***Meal-time moments. Communicating around the dinner table.*** *Making the most of meal times to boost our children's self-esteem and enable them to have great conversations.*
Deirdre Hancock - LLL Leader & CS Tutor
- D. ***Guiding toddlers and young children towards positive behavior .***
Kylie Ridder- LLL Leader, Lecturer in Early Childhood Education
- E. ***The Edible Garden: Provide nutritious food for your family - helpful ideas to plan your property and enable you to grow and harvest fresh seasonal food.*** ***Clare Jackson - LLL mother , Landscape Designer***

2-20-3.00 Closing address: La Leche League's Global Role in Sustaining Breastfeeding as a way of Mothering ***Rosemary Gordon – LLL Leader, South Pacific/Asia Zone Member, LLLI Board of Directors***

3.00 - 3.30 Evaluations, Clean up, and Home time

Registration: Breastfeeding for a Sustainable Life

Name: _____

Address: _____

Phone: _____ Email: _____

Please tick:

Leader Leader Applicant

Health Professional Group Mother

Names and Age of children attending with you:

LUNCH: I require _____ serves of soup (\$5/serve to be paid on the day)

Concurrent Session Choices:

Session 1 - 1st choice _____ 2nd choice _____

Session 2 - 1st choice _____ 2nd choice _____

Registration Fees Enclosed (please circle): Closing date May 1st. There are limited numbers for some sessions so to avoid disappointment book early

LLL Member **\$25**

Non-Member **\$40**

Health Professional **\$55**

Late Fee \$10

Please make cheques payable to : "La Leche League Westside Workshop" or internet banking account no: 03 1560 0049579 02

Please forward completed form, with registration fee to:

Vicki Dewdney, 73 Poplar Lane, RD4,

HAMILTON 3284