



Canterbury La Leche League Breastfeeding Study Day 2009

Breastfeeding Knowhow - Everyday and in Emergencies

Where and when

Saturday 8 August 2009

St Stephen's Church Hall, corner Shirley Road and Emmett Street, Shirley, Christchurch

8.35am–3.30pm

Programme

8.30–9.00am	Registrations
9.00–9.15am	Welcome and notices
9.15–10.00am	Keynote address Attachment theory in everyday life <i>Lauren Porter (Centre for Attachment)</i>
10.00–10.30am	Morning Tea
10.30am–12.00	Concurrent sessions #1 A. Breastfeeding a Vital Emergency Response: Are you ready? <i>Carol Bartle (Coordinator Canterbury Breastfeeding Advocacy Service, Te Puamaitanga Ki Otautahi Trust, Lactation Consultant, researcher, midwife, BFHI assessor, Member LLLNZ Board of Consultants)</i> B. Breastfeeding and Mothering Toddlers – Ideas to hear and share <i>Nicola McInnes (LLL Leader)</i>
12.00–1.00pm	Lunch
1.00pm–2.00pm	Concurrent sessions #2 A. Sharing Sleep With Your Baby – Benefits and risks <i>Susan Procter (LLL Leader)</i> B. Canterbury Breastfeeding Peer Counsellor Programme – how can I be involved? <i>Marcia Annandale / Hazel McGregor (Baby Feeding Consultants, Rural Canterbury PHO)</i>
2.00–3.00pm	Concurrent sessions #3 A. Biological Nurturing <i>Ruth Martis/ Lorna Davies (Midwifery Tutors CPIT)</i> B. Could I Be a La Leche League Leader? – A session for breastfeeding women to discover more about the world of La Leche League <i>Janine Pinkham and Susan Procter (LLL Leaders)</i>
3.00-3.30pm	Afternoon Tea



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Information

This study day is for pregnant women, breastfeeding mothers, La Leche League Leaders, health professionals and all others interested in birth, breastfeeding and parenting.

St Stephen's church is on the corner of Shirley Road and Emmett Street. The car park entrance is off Emmett Street.

Registrations

Registrations: LLL subscribing members: \$25 / Non-members: \$40

Payment can be made by direct credit to bank account number 03 1598 0031 702 00

Please include your full name and Study Day in the payment particulars.

Please make cheques payable to: La Leche League S I Chapter 4.

Send with your completed registration form by **Monday 3 August** to:

Marnie Erkkila, 47 Dacre Street, Linwood, Christchurch,
or email Marnie on marniee@paradise.net.nz.

Registrations will be taken on the day, but some sessions may already be full.

Attendance certificates

Attendance certificates will be provided for all attendees.

Babies and children

Babies and children are welcome to attend sessions with you. Please bring quiet toys and feel free to leave the session if your child becomes restless. Some extra toys will be provided. Remember to consider the needs of your child. Pre-schoolers and older children may be happier at home with someone they are close to.

Refreshments

- Morning tea will be provided.
- Lunch may be ordered at \$15 per person. This will be provided by the Lotus Heart and will be vegetarian food including gluten free options. Please fill in your order on the registration form.

Evaluation forms

Please fill in a form and leave it at the Registration Desk or post it to the address above.

Evaluations will help us to plan future Workshops. We welcome your comments.

Disclaimer

The opinions expressed during this Workshop may not necessarily be those of La Leche League New Zealand.

More information

For more information, email Janine at pinkham@ihug.co.nz.



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Registration form

Please complete the following and return by Monday 3 August to:

Marnie Erkkila, 47 Dacre Street, Linwood, Christchurch,

or email Marnie on marniee@paradise.net.nz.

Name:
Phone:.....
Address:
Email address:
I am a: Breastfeeding Mother Pregnant Woman LLL Member LLL Leader Midwife Well Child Nurse Childbirth Educator Other:
.....
LLL Group (if applicable):

Session choices

Please circle the sessions you would like to attend.

	Option A	Option B
Concurrent session #1 10.30am–12.00	Breastfeeding a Vital Emergency Response: Are you ready? <i>Carol Bartle</i>	Breastfeeding and Mothering Toddlers – Ideas to hear and share <i>Nicola McInnes</i>
Concurrent session #2 1.00pm–2.00pm	Sharing Sleep With Your Baby – Benefits and risks <i>Susan Procter</i>	Canterbury Breastfeeding Peer Counsellor Programme – how can I be involved? <i>Marcia Annandale / Hazel McGregor</i>
Concurrent session #3 2.00pm–3.00pm	Biological Nurturing <i>Ruth Martis/ Lorna Davies</i>	Could I Be a La Leche League Leader? – A session for breastfeeding women to discover more about the world of La Leche League <i>Janine Pinkham and Susan Procter</i>

Early registration is advisable as some sessions are limited, but every effort will be made to secure your first choice. Registrations will be accepted on the day.

Payment enclosed

Registration fee	LLL subscribing member: \$25 Non-member: \$40	
Lunch	\$15 per lunch	
Total		

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Make direct credit payments to account 03 1598 0031 702 00 and enter your full name and Study Day as particulars.