



La Leche League Area 2

Workshop

Saturday 9th April 2011

Omokoroa Community Church
139 Hamurana Road
Omokoroa, TAURANGA

Workshop Information

Venue: Omokoroa Community Church
139 Hamurana Rd, Omokoroa, TAURANGA

Parking: Available in front and behind church building.

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 happily left with Dad/another adult exploring Tauranga, or with a friend/family member at home.

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

Lunch: will be available on the day. Please indicate the number of people requiring lunch on your registration form, and bring a koha to pay for lunch at the Workshop.

Receipts will be available on the day. If you require confirmation of your registration please enclose a stamped addressed envelope for your receipt as confirmation of your registration.

Workshop Information

Cost: \$25—LLL Members Before Saturday 2nd April
\$45—Non Members Before Saturday 2nd April
\$30—LLL Members after 2nd April
\$50—Non Members after 2nd April

Registration & Membership Package—\$70 before 2nd April

Refunds If prior notice is given, a \$5 admin charge will apply.

Please fill in the attached Registration Form and forward to the address on the form.

If you require more Registration Forms, or any further information, please contact

Carolyn Keith on 07 548 1974 or carolynk@orcon.net.nz

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

The displays and exhibits at this workshop are not necessarily endorsed by LLLNZ.

For driving directions and maps please refer to

www.maps.google.co.nz or www.wises.co.nz

Or email carolynk@orcon.net.nz for driving directions by email.

WORKSHOP PROGRAMME

Registrations 8.30-9.00

Welcome and Housekeeping 9.00 – 9.15

Opening speaker 9.15 – 10.00

Why breastfeed? New and old reasons why it's so great. *Alison Barrett LLL Leader, LLLNZ Board of Consultants*

Session One 10.00 – 11.15

A. Baby-led Weaning - The natural transition from exclusive breastfeeding to family foods. Find out how your baby can feed themselves from the start, there is no spoon feeding and no purees. *Lori Potts (LLL Leader)*

B. Leading LLL Meetings (for Leaders and Applicants only) Comparing styles and techniques used to facilitate LLL Meetings *Chris Gower-Rudman (LLL Leader)*

C. Terrific Toddlers – Looking at loving guidance when your toddler has challenging behaviours. *Kylie Ridder (LLL Leader)*

Morning Tea 11.15 – 11.45

Session Two 11.45 – 1.00

A. Breastfeeding with Teeth A session discussing some of the issues about extended breastfeeding. *Carolyn Driver-Burgess (LLL Leader)*

B. Understanding and Coping with the Unsettled Fussy Baby A discussion covering oversupply, reflux and allergies. *Debra Graham (LLL Leader, Lactation Consultant)*

C. Knitting Your Family Together Feel as if you're all rushing in different directions? Worried your children want to head somewhere else for all their fun memories? How can you create routines, regular moments and special events that will knit your family together? This workshop provides a chance to reflect on how your family is, how you'd like it to be and how to narrow the gap. *Deirdre Hancock (LLL Leader, Communication Skills Tutor)*

Lunch 1.00 – 2.00

Session Three 2.00 – 3.15

A. 'Breastfeeding Gadgets' Information about, and basic management of equipment that may be used by breastfeeding mothers. Aimed at Leaders. *Wendy Pennell (LLL Leader, Lactation Consultant)*

B. Choice, breastfeeding and Modern Mothering: how we can support mothers to breastfeed their babies. *Alison Barrett (LLL Leader, Member of LLLNZ Board of Consultants)*

C. A session for Leader Applicants *Carolyn Keith (LLL Leader)*

Afternoon Tea and Clean up 3.15

Registration

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 lunch (koha to be paid on the day)

Concurrent Session Choices:

Session 1 - 1st choice _____ 2nd choice _____

Session 2 - 1st choice _____ 2nd choice _____

Session 3 – 1st choice _____ 2nd choice _____

Registration Fees Enclosed (please circle):

LLL Member **\$25– early bird before 2nd April \$30 after 2nd April**

Non-Member **\$45—early bird before 2nd April \$50 after 2nd April-**

Workshop & Membership Package **\$70**

Please make cheques payable to : “LLL Central Plateau District 4”

Please forward completed form, with registration fee to:

Carolyn Keith

3 Holyoake Terrace

OMOKOROA 3114