

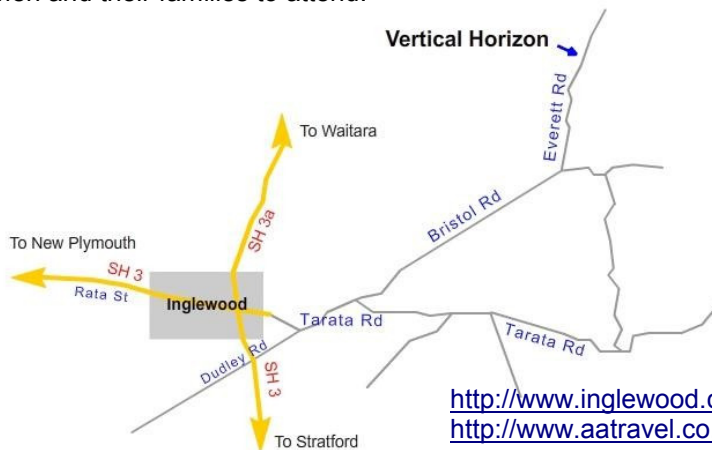


Enrichment Retreat ~ Hosted by La Leche League Area 3 19th & 20th November 2011



We invite you to join us in the charming rural outskirts of Inglewood surrounded by scenic native bush. Our venue Vertical Horizon is situated on 30 acres of park like surroundings with an on-site lake. Retreat away from the hustle and bustle of everyday life and join us on 19th & 20th November 2011.

Indulge in enriching your knowledge of breastfeeding management, toddler tips, nutrition & exercise. In addition, discover the difference a dad makes, enhance your communication skills, knit your family together and much, much more. Fabulous food, like-minded company, fun and laughter guaranteed. We welcome pregnant, breastfeeding and interested women and their families to attend.



Accommodation is on-site. Vertical Horizon has 2 accommodation lodges containing heated rooms each with 11 bunk beds, toilet and shower facilities in each. Attendees staying overnight will share accommodation with those they nominate on the registration form. Children under 5 stay for free. A breakdown of accommodation costs is listed in the registration form. Bunk beds include a mattress; you will need to bring your own pillow and bedding. Accommodation is available from 4pm on Friday 18th November 2011. If you would prefer alternative accommodation try

<http://www.inglewood.co.nz/information/accommodation/>
[http://www.aatravel.co.nz/new-zealand/New-Plymouth Accommodation.html](http://www.aatravel.co.nz/new-zealand/New-Plymouth_Accommodation.html)

Meals including morning and afternoon teas are included in the registration fee for the main attendee and children less than 5 years. Meal costs for partners and children over 5 are listed in the registration form. At LLL events children under 2, who eat small amounts of solids, eat from Mums and/or Dads plate. There is space on the registration to list special diet or food allergy sensitivities. You are welcome to bring your own/or additional food. There is a large commercial kitchen for our use. For safe food storage please place your food in a named sealed container. There is to be no cooking in accommodation rooms due to fire safety regulations. There is no catered meal on Friday evening; you will need to bring your own, purchase something from a supermarket or takeaways.

We have many session choices for you to choose from. Please choose carefully. We offer you the option to list your choices in order of preference in case some sessions reach attendee capacity quickly. Some Sunday sessions are open to Leaders and Leader Applicants only. Please note sessions and speakers may alter from those described in the programme due to unforeseen events.

Non-separating children are welcome in all sessions. Please bring quiet toys. Please be considerate of the needs of speakers and other participants and take your children out if they need to be settled. Older children may be happier with family or friends. An unsupervised activity room is available for family and/or friends to entertain your children while you attend sessions.

For other ideas on activities and places to visit around Inglewood and New Plymouth visit
<http://www.tourism.net.nz/region/taranaki/taranaki---new-plymouth/attractions-and-activities/>
<http://www.newplymouthnz.com/VisitingNewPlymouth/>
<http://www.doc.govt.nz/parks-and-recreation/national-parks/egmont/>

There is no cell phone coverage at Vertical horizon. While on site, you can be contacted on the camp phone (06) 756 8770. The camp phone has a toll bar, so can only be used for call local New Plymouth numbers. If you wish to make toll calls, you will need to bring a Telecom calling card.

Supervised adventure activities (Wired Bridge, Zip Line, Scavenger hunt and more) are scheduled on Saturday afternoon and Sunday morning. Each activity takes about an hour and is limited to ten persons at a time. These activities are suitable for older children and adults.

Family friendly Saturday evening entertainment of games, fun, laughter, a little pampering and some cheekiness is planned. After supper a walk to glow worm caves is planned, weather permitting. If you wish to join us remember to bring a torch, spare shoes and old clothes, as your feet will get wet.

\$2 coin operated laundry facilities are available for use on site. Raffles and sales/display tables will be stationed in the dining room.

Looking forward to meeting you and your family on the 19th & 20th November,
Jenny, Connor, Christine, Anthea and Anne – your Enrichment Retreat planning team.

Extra copies of our Enrichment Retreat programme and the registration form can be requested via email from jenny425506@hotmail.com or downloaded from <http://www.lalecheleague.org.nz/news-a-events>

Enrichment Retreat Programme – Saturday 19th

Registration and Morning Tea 9-10am	On arrival collect your Enrichment Retreat Programme Handbook and nametag from the registration. Take a few minutes to have a refreshing drink and some nibbles. If staying overnight drop your bedding off in your room before making your way to your 1 st session.
Session A 10-11:30 am	Your session allocations will be listed on your nametag. There will be a floor plan map on the front of your handbook to guide you around the venue.
A1. "Words can never hurt you" - Who says?! Angevhah	The Virtues are what is good about us - character traits such as patience, kindness, perseverance, courage and many more. The Virtues Project is a philosophy and 5 strategies that empower parents in raising children of good character. In this short workshop we will explore one of the Virtues Project strategies - Speak the Language of Virtues. We will look at some of the new understandings behind why and how language is powerful, and how we can draw on this knowledge to shape the way we view and speak to our children so as to bring out the very best in them.
A2. The Unhappy Breastfed Baby Debbie Graham	The Unhappy Breastfed Baby: Is it Too Much Milk, Colic, Reflux or Allergy? Involves discussion of signs and symptoms plus tips to help a mother manage and cope with her unhappy baby.
A3. Milk Supply: When the usuals don't work what's next? Jackie Wheeler	Milk Supply: When the usuals don't work what's next? Ideas on what to do when a mother has a low supply issue especially when positioning, increasing feeds and other issues have all been exhausted. What can you do next?
A4. Communication Skills: Celebrating Our teenagers. Liz Neill and Leslie Dalley-Williams	Celebrating Our Teenagers - to provide an understanding of the 13-19 year old passage, to provide encouragement and inspiration to those parenting teenagers and to encourage the use of appropriate communication skills for this stage.
Lunch 12-12:50pm	LLL New Plymouth is catering our Lunch on Saturday.
Session B 1-2:30pm	Session B allocation will be listed on your nametag.
B5. Cutting the Cord Alison Barrett	You may not have given much thought into your baby's umbilical cord, but the blood that's in it has immediate value. Some misconceptions about cutting the first ties that bind mother and child as well as the perceived 'benefits' of cord blood banking are explored in this talk.
B6. The First Year of Breastfeeding Anthea Brown	The first year of life is one of massive changes for mother and baby as baby grows from a totally dependent newborn to an active toddler. Come along and learn what behaviours and patterns are common and how breastfeeding supports normal growth and development.
B7. The Difference a Dad Makes. Dave Owens	Dave Owens of Great Fathers will talk about engaging fathers very early in their child's life, and the influence this has on their children. He will also discuss the effects father can have on the birth, on breastfeeding and postnatal depression.
B8. Communication Skills: Knitting your family together. Liz Neill and Leslie Dalley-Williams	Knitting your family together - Research shows that a sense of belonging is a key issue in the well being and healthy development of children. How can you plan and create patterns within your family that enhance your family's cohesion and sense of being a team? This session will explore practical ideas and communication tools to help each member feel knitted in.
Afternoon Tea 2:30-3pm	LLL Palmerston North is catering Afternoon tea on Saturday.
Session C 3-5pm	Session C allocation will be listed on your nametag.
C9. Healthy Inside & Out: Nutrition and exercise during pregnancy and breastfeeding. Connor Kelly and Lisa Yates	Healthy Inside & Out: Nutrition and exercise during pregnancy and breastfeeding.
C10. Mothering your growing baby: Breastfeeding beyond one year. Christine Vaughn	A discussion style session looking at some of the benefits and challenges of continuing to breastfeed when your baby is moving into toddler-hood.
C11. Attachment, Achievement and Creativity. Brendan Pittwood	The workshop will be a contrast of Theory, practical exploration and fun! The aim is to understanding a little of our own attachment style and how we relate to each other and our children. We then put that together with how birth and parenting style can really enhance our children's ability to achieve and be creative...And then... some playful and fun ways of helping our children through the tricky spots in life and behaviour.
C12. Communication Skills: Harmonious Co-Leading. Liz Neill and Leslie Dalley Williams	Harmonious Co-Leading - to identify ways to increase regular quality co-leader communication and including ways to approach and prevent co-leader conflict whilst celebrating the value of diversity in leadership

For Leaders and Leader Applicants only.

Enrichment Retreat Programme – Saturday 19th

Evening Entertainment

Supervised Activities 5-6pm	Wired Bridge, Zip Line, Scavenger hunt and much more!
Dinner 5:30–6:30pm	LLL New Plymouth is catering our Dinner on Saturday.
Entertainment 7–8:30pm	Games, fun, laughter, a little pampering and some cheekiness!
Supper 8:30pm	LLL Palmerston North is catering our Supper on Saturday.
Glow Worms Walk 9pm	Join us in a walk over to Everett Park Scenic Reserve and down to the Manganui River to view the Glow-worms on the roof of the 'cave' there. Spare shoes will be required, as your feet will get wet.

Enrichment Retreat Programme – Sunday 20th

Breakfast 7-8:30am	LLL Area 3 is catering breakfast on Sunday
Registrations 8-8:30am	For those whom are joining us on Sunday only or need to ask questions. Browse the display/sales tables. Check the lost property box.
Session D 8:30–10:30am	Session d allocation will be listed on your nametag.
D13. Communication Skills 1 – Powerful listening. Liz Neill and Leslie Dalley- Williams	Participants learn to identify and practice “attending behaviour” and non-verbal communication. They also learn to identify feelings and the reasons for the feelings and move on to making conversational empathetic responses. For Leader Applicants only
D14. Enrichment for Leaders. Janet McClean	‘Can You Teach Your Group to Dance? Recognizing and coordinating the enthusiasm of the mums in your Group’. For Leaders and Leader Applicants only.
D15. Meeting plans. Jenny Coles	Love that Book! Effectively using your LLL resources for meeting plans and enrichment. For Leaders and Leader Applicants only.
D16. Supervised Activities.	Wired Bridge, Zip Line, Scavenger hunt and more for those with an adventurous spirit.
Morning Tea 10:30-11am	LLL Palmerston North is catering our Morning tea on Sunday
Session E 11am-1pm	Session E allocation will be listed on your nametag.
E17. Communication Skills 1 continued from Session D. Liz Neill and Leslie Dalley- Williams	Communication Skills 1 continued from Session D For Leader Applicants only
E18. The Next Chapter: How LLL fits into your life after weaning. Jenny Coles	The Next Chapter: How LLL fits into your life after weaning.
E19. Write it here! Maree Sanger	Write it here – bring a pen, bring a laptop and write that concept or your birth & breastfeeding journey, growth through mothering breastfeeding story.
Lunch 1-2pm	LLL New Plymouth is catering Lunch on Sunday
Clean up 2-2:30pm	All hands on deck to clean accommodation rooms, session rooms, toilets and showers, kitchen and dining room. We will be charged a cleaning fee if we leave the venue dirty and untidy.

Introducing our guest speakers:

Alison Barrett: BSc, MD, FRCS, FRANZOG, IBCLC

Dr Alison Barrett is an obstetrician and gynaecologist in addition to being a LLL Leader and an IBCLC Lactation Consultant, and a member of the LLLNZ Board of Consultants. Alison has been described as a breastfeeding advocate who is “passionate and committed to, women’s health in all aspects”.

Debbie Graham: Administrator of Professional Liaison

Debbie has been a La Leche League Leader with the Cambridge and Te Awamutu Groups since 1996. Before having children, Debbie worked as a nurse and midwife. Since then her enthusiasm to help mothers with breastfeeding challenges led her to further study and attaining her Lactation Consultancy qualification. She works part time as a Breastfeeding Educator and aims to put all her skills and knowledge together to assist Leaders with their own learning.

Angevhan

Angevhan has been a teacher in early childhood and adult education fields for much of her working life. Becoming a Virtues Project Facilitator (2000) was the result of a search for tools in teaching that would help children take responsibility for their own choices and behaviour.

Dave Owens: Founder of The Great Fathers Project.

Dave Owens is a father, a writer, musician, documentary maker and active citizen who is committed to improving outcomes for children by changing the ways we view and support fathers. His intention is to see that every New Zealander knows that a positive, nurturing dad helps a child reach their potential.

Brendan Pittwood: Crainosacral Therapist, Prenatal and Birth Therapist.

Brendan has been in private practice for 17 years. He practices Remedial Body Therapies, Craniosacral Therapy and Prenatal and Birth Therapy. Brendan's passion, Prenatal and Birth Therapy, is a culmination of Pre and Perinatal Psychology, (with a focus on attachment and love based parenting) Osteopathic philosophy and Gestalt psychotherapy. He works with people of all ages, from infants through to the elderly.

Jackie Wheeler: Coordinator of Professional Liaison

Jackie Wheeler, been a member in Palmerston North for 16 years and Leader for almost 11 years. Also is the PI for area 3. Married to Colin and has 3 children, Jessie (21), Thomas (16) and Georgia (11). Jackie is also about to become a mother-in-law in February.

Anthea Brown: Area Coordinator of Professional Liaison

Anthea Brown is a mother of 3. She has been a LLL Leader for 8 years and is currently a co-leader with North Taranaki group and the ACPL for Area3. She steals time away from these roles and life on a farmlet to also be a Plunket Nurse 2 days a week.

Connor Kelly: MA BC-DMT Area Coordinator of Leader Accreditation

Connor has been a La Leche League Leader for more than 16 years in 4 different countries and in New Plymouth these last 8 years. She has a master's degree in dance/movement therapy with experience in many dance and movement modalities as well as teaches yoga classes. She is currently the consumer representative for Taranaki Standards Review team for the College of Midwives. She is passionate about breastfeeding, attachment, developmental movement and dance.

Lisa Yates: Physiotherapist

Lisa is a mother of two young girls and an experienced physiotherapist with a special interest in women's health. She is passionate about obstetric & continence physiotherapy and is also a women's personal trainer and wellness coach. Together with Fiona Ross, she founded FiLiFit Ltd to help nurture healthy lifestyles. *The Core & The Floor* DVD is New Zealand's first post-pregnancy exercise programme designed by health professionals. Lisa and Fiona are regular exercise presenters on TVNZ's Good Morning, and are the Fitness Experts for OHbaby magazine. Lisa is an experienced public speaker and educator with a passion for empowering women to "be the best they can be".

Christine Vaughn: La Leche League Leader

I'm a mum to three and I've been a LLL Leader for about six years, much of which I have spent in North America with groups in Santa Fe NM USA, Victoria, BC Canada and Salem Oregon USA. When not travelling overseas I've been involved with PlayCentre and if there is any spare time I like to scrapbook the pictures we take while travelling and make quilts.

Liz Neill: Communication Skills Tutor

Liz is a mother of 4 and has been a LLL leader for over ten years and a Communications Skills Tutor for over 4 years.

Jenny Coles: Area Coordinator of Leader

Jenny is has been a LLL Leader for eleven years and Coordinator of Leaders for Area 3 for 2 years. Jenny is married to Warren and combines LLL work with mothering their four children. In her rare moments of spare time Jenny likes to scrapbook, read and potter in her weedy garden.

Maree Sanger: La Leche League Leader

Maree is a mother of 3 aged 17, 14, 8 years. She has been a LLL leader for 3 years and is also a part-time relieving Kindergarten Teacher.

Leslie Dalley-Williams: Communication Skills Tutor

I have four children and joined La Leche League in the '80s when living in Kawakawa, Bay of Islands. Attended Wellington groups in the '90s. Began working with the Communication Skills team a few years ago. I enjoy the people I meet at La Leche League; they enrich my life.

Janet McClean: Administrator of Leaders

I have been a La Leche League Leader here since 1989. For me, this has been a wonderful way to fulfil the passion for community education I discovered working as a dietician before I had children. As part of my La Leche League 'career' I have had roles in the Leader Accreditation Department, the Communication Skills Department as well as my current role in the Leader Department.

Please complete the Enrichment Retreat registration form to ensure your session choices are met. Session spaces are allocated on receipt of paid registration forms. Some sessions have limited numbers for attendance. Remember to pack: Your pillow and bedding, food if you wish to bring extra or your own, a torch and batteries, spare shoes, \$2 coins for laundry facilities and/or raffles and sales tables, quiet toys for your child/ren.

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

The displays or exhibits at this Workshop are not necessarily endorsed by LLLNZ.