



Canterbury La Leche League Breastfeeding Study Day 2010

Breastfeeding

Just 10 Steps! the Baby-Friendly Way

Date: Saturday 14 August 2010

Time: 8:30am – 3:30pm

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

Programme:

8:30–9:00 am	Registrations
9:00–9:15 am	Welcome and notices
9:15–9:45 am	Keynote address Breastfeeding: Just 10 Steps! the Baby-Friendly Way <i>Raeleen de Joux (New Zealand Breastfeeding Authority)</i>
9:45–11:15 am	Concurrent sessions #1 A. Truly Terrific Toddlers – Breastfeeding and Beyond Part one of a two part workshop. The second part continues after morning tea. <i>Alicia Poroa, Julie Hackett, Marnie Erkkila (LLL Leaders)</i> B. Mastitis and Blocked Ducts <i>Alex Cronje (LLL Leader)</i> C. The Shortest Food Mile: Breastfeeding and sustainability This session will present breastfeeding from an ecological and environmental sustainability perspective. The unsustainable costs associated with not-breastfeeding and the increasing numbers of complex emergencies globally means that breastfeeding remains the key player in all infant feeding and health issues. As the global dairy industry continues to dominate, the consequences of water contamination, water quality, pollution and land damage are also considered. <i>Carol Bartle (Canterbury Breastfeeding Advocacy Service coordinator, Te Puawaitanga ki Otautahi Trust)</i>
11:15–11:40 am	Morning Tea
11:40–1:10 pm	Concurrent sessions #2 A. Truly Terrific Toddlers – Breastfeeding and Beyond (Part two) B. The Positive Possibilities of Birth A collaborative discussion. Find value in the birth experience and explore how the way we think and feel can affect childbirth. <i>Emily Coffey (Breastfeeding Peer Counsellor) and Nikki McKee (Mother with a passion for natural birth and child rearing)</i> C. Weaning as a Natural Process and in Special situations <i>(Isobel Fanshawe, LLL Leader)</i>
1:10–2:00 pm	Lunch
2:00–3:30 pm	Concurrent sessions #3 A. Breastfeeding and Allergies <i>Susan Procter (LLL Leader) and Kirsty Hobbs (Breastfeeding Peer Counsellor)</i> B. When Breastfeeding Doesn't Work Out How you might feel about this and how to be supportive of this mother. <i>Karen Holmes (private counsellor)</i> C. Hypnobirthing <i>Tracey Taunbure (Certified Hypnobirthing Practitioner)</i>



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Information for the day:

Who is the workshop for?

The workshop is for pregnant women, breastfeeding mothers, La Leche League Leaders, health professionals and all others interested in birth, breastfeeding and parenting. Fathers are also welcome to attend.

Registrations

Registration: LLL subscribing members: \$30, Non-members: \$45

If you are ordering lunch, please remember to add \$15 to your registration total.

Payments can be made by direct credit to bank account number 38-9009-0823514-01

Please include your full name and "Workshop" in the payment particulars.

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

Send registration forms to:
Julia Brown
11 Paeroa Street
Riccarton
Christchurch 8041

Registrations will be taken on the day, but please be aware that some sessions may already be full, and lunch orders can not be taken.

The venue

St Stephen's church is located on the corner of Shirley Road and Emmett Street. There is a car park located on-site off Emmett Street.

Children at sessions

Babies and children are welcome to attend sessions with you. Please bring quiet toys that will entertain your child but won't disturb the session. Out of respect for the speaker and those attending the session please leave the session if there are times when your child is not settled. Older children may be happier at home with someone they are close to.

Refreshments:

Morning tea will be provided.

Lunch

There is a lunch option which costs \$15 per person. Food will be provided by the Lotus Heart and is vegetarian including gluten free options. This must be pre ordered by 6 August 2010. Orders cannot be taken after this date.

Evaluation Forms

Please fill in a form and leave it at the registration desk at the end of the day. Alternatively you can post it to: Julia Brown, 11 Paeroa Street, Riccarton, Christchurch 8041.

Evaluations help us 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 Sarah at sarah.hall@lucidsolutions.co.nz

Attendance certificates will be provided for all attendees.



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Registration Form

Please complete the following and return by **Friday 6 August 2010** to:

Julia Brown
11 Paeroa Street
Riccarton
Christchurch 8041

Or email craig.julia@compassnet.co.nz

Name:

Address:

Email: Phone:

I am a: (please circle): Breastfeeding mother | Pregnant woman | LLL member | LLL Leader | Midwife
Well Child Nurse | Childbirth Educator | Breastfeeding Peer Councillor | Other (please specify):

LLL Group (if applicable)

Session Choices

Please circle the session you would like to attend. Please note:

- that three sessions run in each time slot
- if you choose “Truly Terrific Toddlers” you need to attend the session before morning tea and after morning tea.

	Option A	Option B	Option C
Concurrent session #1 9:45am – 11:15am	Truly Terrific Toddlers – Breastfeeding and Beyond <i>Alicia Poroa, Julie Hackett and Marnie Erkkila</i>	Mastitis and Blocked Ducts <i>Alex Cronje</i>	The Shortest Food Mile <i>Carol Bartle</i>
Concurrent session #2 11:40am – 1:10pm	Truly Terrific Toddlers – Breastfeeding and Beyond continued.	The Positive Possibilities of Birth <i>Emily Coffey and Nikki McKee</i>	Weaning as a Natural Process and in Special Situations <i>Isobel Fanshawe</i>
Concurrent session #3 2:00 – 3:30pm	Breastfeeding and Allergies <i>Susan Procter and Kirsty Hobbs</i>	When Breastfeeding Doesn't Work Out <i>Karen Holmes</i>	Hypnobirthing <i>Tracey Taumhare</i>

Payment Enclosed

(please indicate if you have paid by direct credit – bank account number 38-9009-0823514-01)

Please include your full name and “Workshop” in the payment particulars

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

Registration fee	LLL subscribing member \$30 Non member \$45	\$
Lunch \$15	Yes/No	\$
Total		\$