



Birth & Beyond Seminar

When:

April 18, 2012 & May 2, 2012

Registration: 8:30 a.m.

Program: 9 a.m. – 5:00 p.m.

Where:

Verdugo Hills Hospital
Council Room B & D
1812 Verdugo Boulevard
Glendale, CA 91208

Contact:

Karen Ochoa
(213) 538-0765
kochoa@hasc.org

Class size is limited to 18 attendees. Register Early!

Sponsored by:



This course provides the evidence, knowledge and skills participants need to confidently support, establish and protect both early mother-infant attachment and breastfeeding in the hospital setting. It will highlight the personal tools necessary to enhance early parent-infant attachment, and families to listen to and understand the language of the newborn. Emphasis will be on honoring the mother's beliefs and choices of infant feeding.

The course was adapted from the Perinatal Services Network at Loma Linda University Medical Center. Through the Birth and Beyond Course, Perinatal Services Network has provided education to over 2,200 health professionals in San Bernardino and Riverside Counties.

Course Objectives

- Create an environment that supports and enhances the newborn's natural capabilities
- Demonstrate the skills necessary to organize care to maximize mother and infant skin-to-skin contact and bonding
- Identify the biologic, nutritional and immunologic properties of breastfeeding and the risks of artificial milk
- Recognize and discuss solutions to alleviate common barriers to supporting mother's choice to exclusively breastfeeding

With permission of the California Department of Public Health (CDPH), this curriculum was adapted from the Birth and Beyond California (BBC) instructional materials developed using Title V funding from CDPH; Maternal, Child and Adolescent Health Division. BBC built upon the original concept developed by the Perinatal Services Network led by Carol Melcher.

Who Should Attend?

Physicians, Registered Nurses, Licensed Vocational Nurses, Dietitians/Nutritionists, Occupational Therapists, Lactation Consultants, Lactation Educators, and others interested in supporting families in the initiation and maintenance of breastfeeding.

Agenda Day 1

8:30 - 9:00 am	Registration/Breakfast
9:00 - 9:15 am	Welcome
9:15 - 9:45 am	Introduction Activity: Eating Patterns Handout Activity: Feelings & Emotions Activity
9:45 – 11:05 am	Science of Attachment Clinical Implications of Touch in Labor and Infancy
11:05 – 11:15 am	Break
11:15 – 12:25 pm	Anatomy & Physiology of Lactation Activity: Peppermint Candy Activity: Support vs Pressure Activity: Skin-to-Skin using a Hospital Gown
12:25 – 12:30 pm	Morning Wrap up
12:30 – 1:15 pm	Lunch
1:15 – 1:30 pm	DVD: Bergman (Kangaroo Mother Care II)
1:30 – 2:15 pm	Promoting Breast Feeding & the Risks of Not Breast Feeding Activity: Risk Reduction Statements Activity: L-O-V-E Activity: Role play
2:15 – 3:15 pm	Predictable Newborn Patterns Activity: Waking a sleeping baby Activity: Newborn Sleep/ Wake Cycles
3:15 – 3:30 pm	Break
3:30 - 4:20 pm	Baby-Friendly Hospital Initiative Activity: Hospital Practices that Influence Breastfeeding
4:20 - 5:00 pm	Day 1 Conclusion—Protecting Their Dreams Stone Activity Evaluation

Agenda Day 2

8:00 - 8:30 am	Registration/Breakfast
8:30 - 9:00 am	Greetings
9:00 - 9:30 am	Welcome Back - Homework Review Activity: Homework Review
9:30 – 10:40 am	Putting Baby to Breast Activity: Delivery room/Biological Nurturing Activity: Positioning Practice Activity: Stretch Activity (suck-swallow-breathe stretch) Activity: return Demo
10:40 – 10:50 am	Break
10:50 – 11:35 am	Assessment & Documentation Activity: Latch Assessment Activity: BF Assessment Tool–LATCH Scoring
11:35 – 12:05 pm	Expressing & Feeding Breast Milk Activity: Hand Expression practice with Breast Model
12:05 – 1:05 pm	Lunch
1:05 – 2:15 pm	Early Concerns Activity: Group Problem Solving Activity: Belly Balls
2:15 – 3:15 pm	Special Situations Activity : Hale Book or Lactmed on computer or phones
3:15 – 3:25 pm	Break
3:25 - 4:00 pm	Continuity of Care Activity : Breastfeeding Resources
4:00 - 4:30 pm	Next Steps: Working Towards Sustainability Activity: Group Discussion Wrap-up
	Post Test, Evaluation
4:30 - 5:00 pm	Adjourn

Birth & Beyond

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 1812 Verdugo Boulevard, Glendale, CA 91208
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Registration fees include continental breakfast, lunch and course materials. [Click here](#) for complete program information and online registration or visit <http://events.SignUp4.com/Birth&Beyond> . Class size is limited to 18 attendees.

****ADDITIONAL REQUIREMENTS: Each class participant should bring a baby doll, a pillow, a blanket, and a hospital gown. These items are used during the class for examples and teaching tools.*

\$200 HASC Hospital Members

First Name: _____ **Last Name:** _____ **Preferred Name:** _____

Title: _____

Organization: _____

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

Phone: (____) _____ **Email (required):** _____

Provider approved by the California Board of Registered Nursing, Provider Number 08593, for 16 contact hours

Circle one: RN, LVN CN A, PA, RT, PT Other _____ Professional License Number: _____

Last 4 digits of Social Security # (for accuracy) _____

Registrations received without BRN numbers will not receive a CE certificate.

Payment Method: MasterCard _____ Visa _____ AMEX _____ Discover _____ or Check # _____

Card #: _____ **Exp. Date:** _____ **Amount:** _____

Cardholder Name (please print): _____

IMPORTANT REMINDERS

- Registration deadline: **April 9, 2012**. Class size is limited to 18 attendees.
- Valid payment information must be received with your registration.
- Mail and make check payable to: HASC, Attn: Karen Ochoa, 515 South Figueroa St., Ste. 1300, Los Angeles, CA 90071. Please note program ID #**2175-146** on check.
- Fax registration form to (213) 482-8537.
- **ADDITIONAL REQUIREMENTS:** Each class participant should bring a baby doll, a pillow, a blanket, and a hospital gown. These items are used during the class for examples and teaching tools.

SPECIAL NEEDS or QUESTIONS

For ADA assistance or general registration questions, contact Karen Ochoa at (213) 538-0765 or kochoa@hasc.org

CANCELLATION

- All cancellations must be requested in writing and confirmed by HASC **no later than April 9, 2012**, and will be subject to a \$50 processing fee.
- Cancellations after January 25, 2012, and non-attending registrants will be invoiced for the entire registration fee.

Substitutions are accepted at any time for this program but will not be processed until full payment has been received. Fees are non-transferrable for other HASC seminars.

Required: I have read and understand the cancellation policy.

Signature: _____

