

# Lactation Specialist Program

## Beyond the Basics: Effectively Assisting Breastfeeding Mothers



**July 16, 17, 18, 2010  
Santa Rosa, CA**

Presented by  
With Child  
Breastfeeding Support Services  
583 Summerfield Road  
Santa Rosa, CA 95405  
(707) 539-9457

### Course Description

The Lactation Specialist Program offers comprehensive information on breastfeeding with an emphasis on hands-on skills to enable the provider to give effective and individualized assistance to breastfeeding mothers.

A follow-up of five breastfeeding mothers of six weeks is required to receive a certificate of completion. Consultation and support are available for participants until the course work is completed.

### Course Objectives

Upon completion, the participant will be able to:

- Apply an advance knowledge of lactation to assess, assist and educate breastfeeding mother, including those with special situations.
- Describe the appropriate use of a variety of breastfeeding techniques and devices.
- Function as a resource for patients, other healthcare professionals and the community by providing breastfeeding information and referrals.

### Continuing Education

Provider approved by the California BRN #11761 for 30 CEHs: 18 CEHs for class attendance and 12 CEHs and certificate of completion for fulfillment of follow-up requirements.

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# Lactation Specialist Program



This program is for healthcare providers or educators who want to effectively help new mothers successfully breastfeed their babies.

While breastfeeding problems range from simple to complex, most can be resolved successfully so that breastfeeding is a joy for mother and baby as well as the optimal nutrition for the infant.

With an emphasis on evidence-based practice and practical skills, the Lactation Specialist Program will give you a solid foundation for working with mothers in many situations. From establishing breastfeeding with a normal newborn, to helping a mother with challenging circumstances, Lactation Specialists work with mothers in postpartum units, newborn nurseries, NICU's, freestanding birth centers, WIC programs, public health nursing programs, and medical offices.

The limited class size allows for interaction between the instructors and students and a great learning experience!

## Beyond the Basics: Effectively Assisting Breastfeeding Mothers

**Day 1 Friday** 8:30AM - 4:30PM  
Anatomy and Physiology of Human Lactation  
Nutrition and Breastfeeding  
Properties of Human Milk and Artificial Baby Milks  
Foreign Substances in Human Milk

**Day 2, Saturday** 9:00AM - 4:30PM  
Prenatal Factors Influencing Breastfeeding  
Infant Sucking  
The Immediate Postpartum Period  
Supporting Ongoing Breastfeeding  
Counseling the Breastfeeding Mother

**Day 3, Sunday** 9:00AM - 4:30 PM  
Common Problems in the Early Days  
Special Situations  
Breastfeeding Techniques and Devices  
Resources for Lactation Professionals

### Instructors:

Rosanne Gephart, MSN, CNM, IBCLC  
Director, Women's Health & Birth Center

Melinda Hoskins, MSN, CNM, IBCLC

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Santa Rosa, Ca  
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Registration Form  
Early Bird Registration \$395.00  
**Postmarked by July 4, 2010**

Regular Registration \$425.00

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Name

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Mailing Address

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City State Zip

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Phone: (H) (W)

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Employer: Title

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License #

For further information call Rosanne Gephart at (707) 539-1544  
Class size is limited. Early registration is strongly advised.

Cancellations must be received in writing by **July 4, 2010**  
To receive a refund.  
A \$25.00 processing fee will be retained.