



BREASTFEEDING EDUCATION

For Iowa Communities

DEVELOPED BY THE IOWA BREASTFEEDING COALITION

Sponsored by the Breastfeeding Coalition of Polk County

The purpose of this training is to enhance your knowledge and assist you in providing support to breastfeeding families. The training was developed based on a survey conducted by the Breastfeeding Coalition of Polk County.

DATE: Monday March 5, 2012

TIME: 12:00 – 5:15 PM

PLACE: Conference and Learning Center, Iowa Methodist Medical Center
1415 Woodland Avenue, Des Moines, IA 50309

Objectives

- Review strategies that address barriers to breastfeeding
- Identify common myths about breastfeeding
- Identify factors that impact milk production
- Explain importance of position and latch in attaining breastfeeding success
- Explain how to maintain milk production during separation
- Identify breastfeeding concerns (engorgement, plugged ducts, sore nipples, and low milk production) and strategies to resolve them
- Review proper use of breastfeeding aids such as nipple shields, breastpumps, and supplementers

Intended Audience

Individuals who work with breastfeeding families including hospital staff, physician office staff, nurse practitioners, midwives, nurses, dietitians, public health staff, WIC staff, peer counselors, childbirth educators, nurse educators, doulas, family support workers, La Leche League, and other interested community supporters.

Presenters

- ◇ Angela E. Swieter, RN,BSN, IBCLC, RLC, ICPE. Angela is a Lactation Consultant and a Childbirth Educator at Mercy Hospital in Des Moines. Also owner of Basking Babies.
- ◇ Sara Macy, RN, IBCLC. Sara is a Lactation Consultant and OB Discharge Planner at Mary Greeley Medical Center in Ames. Also owner of Iowa Breastfeeding Services.

SCHEDULE

Noon-12:30 REGISTRATION
12:30-12:45 Welcome/Opening
12:45-2:45 CONFERENCE
2:45-3:00 Break (light snacks)
3:00-5:00 CONFERENCE
5:00-5:15 Evaluations/Certificates

Contact Hours

Nursing: 4.8 contact hours provided by the Iowa Board of Nursing Provider #59 Genesis Medical Center

Dietitian: 4.0 contact hours provided for registered and/or licensed dietitians

IBCLC: 4.0 L-CERPS provided

For questions or more information regarding the training please contact rlosh@mchsi.com

Please wear appropriate clothing as the conference room can be cool.



Breastfeeding Education for Iowa Communities Monday March 5, 2012

REGISTRATION FORM

Name _____

Address _____

City _____

State _____ Zip Code _____

Phone _____

Email _____

Employer _____

Title _____

CREDITS

Please check all that apply

- NURSES RN/LPN LICENSE NUMBER _____
- LICENSED DIETITIAN LICENSE NUMBER _____
- IBCLC LICENSE NUMBER _____
IBCLC CERTIFICATION YEAR _____

CONFERENCE FEE

\$40 All Participants

Make check payable to Broadlawns WIC Program

Mail Registration form and check to :

**Broadlawns WIC Program
ATTN March 5 Registration
2300 Euclid Avenue – Suite D
Des Moines, IA 50310**

Mail by Wednesday, Feb. 22, 2012