

The Peterborough County-City Health Unit is hosting

# Breastfeeding:

Best Practice for  
Health Care Professionals

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**May 3, 2011**

8:30 a.m. - 4:30 p.m.

## Registration

Registration is limited, so register early.

Cost of the one day workshop is \$160 per participant, payable by cash or cheque prior to the workshop.

The workshop will be held at Peterborough County-City Health Unit, 10 Hospital Drive, Peterborough.

Catered lunch is provided.

The self-learning module materials will be sent to participants prior to the course.

**To register contact:**

Remy Budarick at (705)743-1000, ext. 281  
or email [rbudarick@pcchu.ca](mailto:rbudarick@pcchu.ca).



Peterborough County-City  
**HEALTH UNIT**  
...because health matters!

[www.pcchu.ca](http://www.pcchu.ca)

## Course Information

This course is for all health professionals who provide services to breastfeeding mothers and babies. This may include, doctors, nurses, midwives, nurse practitioners, community workers and students.

The breastfeeding course, offered by the Perinatal Partnership Program of Eastern and Southeastern Ontario (PPESO), consists of three parts:

- a self-learning module to be completed prior to the day of the workshop (3 hours)
- a workshop to be held Tuesday, May 3, 2011 (8 hours); and
- clinical placement with a lactation consultant (7 hours).

This course was developed to meet health professionals' requests for hands-on experience in managing breastfeeding problems. It is evidence-based, and contains case studies.

## Presenter

*Susan Lepine, RNC, BScN, M.Ed, IBCLC*

Susan holds a certificate in Neonatal Intensive Care Nursing, and since 2001 has been a certified Lactation Consultant (IBCLC). Susan works part-time as a Coordinator for the Perinatal Partnership Program of Eastern and Southeastern Ontario (PPESO), and part-time in the NICU at the Children's Hospital of Eastern Ontario. Susan also teaches in the Nursing program at the University of Ottawa.

## Objectives

- Increase awareness of the benefits of breastfeeding and of the risks associated with formula feeding.
- Provide training and clinical experience in basic lactation management.
- Increase and strengthen the support system for breastfeeding mothers in the community.
- Familiarize participants with the Baby-Friendly Initiative and the International Code of Marketing of Breastmilk Substitutes.

## Content

- immunological effects of breastmilk
- factors that interfere with milk supply
- breastfeeding - cultural and societal influences
- impact of labour and birth on breastfeeding and strategies that support breastfeeding
- position, latch, and evidence of milk transfer
- common problems of the breastfeeding dyad
- management of feeding problems