

Make your check payable to:

“City of Philadelphia”

Mail check with this registration form to:

Nikki Lee

Philadelphia Department of Public Health

Maternal, Child and Family Health

1101 Market Street, 9th Floor

Philadelphia, PA 19107

215-685-5237

FAX 215-685-5257

Registration fee: \$ 75 for 3 days

For less than 3 days: \$ 30 per day

\_\_\_\_\_  
Name

\_\_\_\_\_  
Home Address

\_\_\_\_\_  
City/State/Zip code

\_\_\_\_\_  
Home Phone ( )

\_\_\_\_\_  
E-mail address:

\_\_\_\_\_  
Credential/Occupation

\_\_\_\_\_  
Hospital/Work Site

\_\_\_\_\_  
Work Phone ( )

**NO REFUNDS. You may make up a class that you've paid for at anytime it is offered. Please tell [Nikki.Lee@phila.gov](mailto:Nikki.Lee@phila.gov) of your plans.**

Which dates will you be attending?

Day One: \_\_\_\_\_

Day Two: \_\_\_\_\_

Day Three: \_\_\_\_\_

## DIRECTIONS

Driving: Parking locally is \$15-\$27. Parking is available in the garage next to the Reading Terminal Market with entrances on 11th and Arch Street. There is another garage on 10th Street between Filbert and Arch Streets.

Train stop is the Market Street East Station. Take the 12<sup>th</sup> Street steps to 12th Street and the Convention Center. Bear left to and Go through the glass doors and up the escalator. (Turn 180°.) At the top of the escalator turn right and then right again and in front of you will be another set of glass doors. Once through these doors you will see the Aramark Tower on your right. Go through another set of glass doors. You will be required to show photo identification to receive a visitor's pass. Take the elevator to the 8th floor. Go through the glass door of the Department of Public Health to the training room on the left.

If you are lost, go outside. The Aramark Tower is located at the corner of 11th and Market Streets. The Hard Rock Cafe is at one end of the block and the Aramark Tower at the other end. The entrance to the Aramark Tower is next to the Sovereign Bank.

We are directly over the 11th Street stop of the Market Frankford El. The Route 23 bus goes north on 11th Street and south on 12th Street, and many busses run up and down Market Street.

### Lunch is on your own. You may eat in class.

There is a food court on the concourse level of the Gallery next door. The Reading Terminal Market and Chinatown are nearby. The 15<sup>th</sup> floor of the Aramark Tower is a lovely cafeteria.

A certificate of successful completion of contact hours will be awarded at the end of the day, which must be attended in its entirety. Verification of participation will be done with a sign-in sheet at the start of the day and submission of post-test and evaluation at the end of the day.

If you have a nursing baby less than 6 months of age or need to pump, bring your baby or your pump.

**This form may be copied and given away.**

### Registration Cut-Off:

**THREE (3) weeks before the class.**

**If the trains are running, class is ON.**

## A 20-Hour Interdisciplinary Breastfeeding Management Course for the US

### 2013 DATES

You may mix and match classes to suit your schedule.

DAY 1	DAY 2	DAY 3
Jan 9	Feb 6	March 6
April 11	May 9	June 13
July 9	August 6	Sept 10
Oct 9	Nov 6	Dec 4

The Pennsylvania State Nurses Association has approved this activity for **20.1** contact hours. (6.7 hours/day) PSNA is an accredited approver of continuing education in nursing by the American Nurses Credentialing Center's Commission on Accreditation.

"NASW-PA Chapter is a co-sponsor of this workshop. **6.7 class CEs** will be awarded for completion of this course. NASW has been designated as a pre-approved provider of professional continuing education for social workers (Section 47.36), Marriage and Family Therapist (Section 48.36) and Professional Counselors (Section 49.36) by the PA State Board of Social Workers, Marriage & Family Therapists and Professional Counselors."

**8:30 a.m. to 4:45 p.m.**

### Location

Philadelphia Department of Public Health

Aramark Tower

1101 Market Street

**8<sup>th</sup> Floor Training Room**

Philadelphia, PA 19107

215-685-5225

If you have questions, contact Nikki Lee:

[Nikki.Lee@phila.gov](mailto:Nikki.Lee@phila.gov)

# A 20-Hour Interdisciplinary Breastfeeding Management Course for the U.S.

## Instructor

Nikki Lee  
RN, BSN, MS, IBCLC, CCE, CIMI, ANLC  
International Board Certified Lactation Consultant  
Advanced Nurse Lactation Counselor

Nikki has worked with mothers and babies since 1975 in homes, birth centers, hospitals and clinics. She is a lactation consultant, a childbirth educator, a craniosacral therapist, an infant massage instructor, a teacher, and a nurse. Nikki keeps the *Philadelphia Breastfeeding Resource Handbook* up-to-date, creates promotional and education materials, educates healthcare professionals and works with various City agencies with the goal of meeting Healthy People 2020 goals for the US.

Nikki represents the Philadelphia Department of Public Health on the Pennsylvania Breastfeeding Coalition. She dreams of the day when Philadelphia, the City of Motherly Love, has at least one Baby-Friendly hospital and at least one HMBANA certified donor milk bank.

**Disclaimer:** Neither Nikki Lee nor the Philadelphia Department of Public Health have any influencing financial relationships nor any commercial support for this course.

## Program Description

This three-day course is a partial fulfillment of Step 2 of the 10 Steps to Successful Breastfeeding.

## Day One

The latest information from governmental agencies about breastfeeding.

Communication about breastfeeding.

Teaching pregnant women.

Anatomy and Physiology of Milk Making.

Hospital Policies and Practices to support exclusive breastfeeding.

## Day Two

Contraindications to breastfeeding.

Common areas of concern to new mothers and babies.

More hospital policies and practices that support exclusive breastfeeding.

Increasing milk production.

Counseling the mother who is using infant formula.

Breastfeeding the baby with special needs.

The many uses of skin-to-skin care.

## Day Three

Management techniques for breastfeeding problems.

Medical reasons for supplementation of the breastfed baby.

Using pumps, aides and devices.

Breastfeeding as a public health strategy.

The Baby Friendly™ Hospital Initiative.

Barriers and solutions to the implementation of the 10 Steps to Successful Breastfeeding.

## Program Objectives

*The participant will be able to:*

Discuss the anatomy of the breast and the physiology of lactation.

Assess breastfeeding and offer assistance if it is necessary.

Teach a mother how to hand express.

Facilitate establishment of a milk supply.

Implement ways to feed a baby who is not yet breastfeeding.

Develop worksite support for the breastfeeding mother.