

**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

Jefferson Tower

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 any time it is offered. Please email [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 \$7 (early bird) to \$30. 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 Jefferson Station. Take the 12<sup>th</sup> Street steps to 12th Street. Bear left to and go through the glass doors and up the escalator. 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 Jefferson 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 8<sup>th</sup> 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. 1101 Market is located near the corner of 11th and Market Streets. The Hard Rock Cafe is at one end of the block and the Santander Bank is at the other end. The entrance to 1101 Market is next to the Santander 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 on 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. Mom's Organic Grocery and the restaurant Naked Lunch are on 11<sup>th</sup> street, across Market Street from 1101, about halfway down the block.

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.*

**Please copy and share this form.**

**Registration Cut-Off:**

**Contact Nikki Lee TWO (2) weeks before your desired class date to see if seats are available.**

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

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

### 2020 DATES

You may mix and match classes.

DAY 1	DAY 2	DAY 3
Jan 21	Feb 4	March 10
April 22	May 13	June 17
July 23	August 27	Sept 24
Oct 14	Nov 18	Dec 16

The Pennsylvania State Nurses Association has approved this activity for **20.25 nursing contact hours**. (6.75 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. **6.75 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."

IBLCE has awarded 6.5 L CERPs/day

TALPP accepts 6.75 contact hours/day for CLCs

CAPPA accepts L-CERPs for re-certification.

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

### Location

Philadelphia Department of Public Health  
Jefferson 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, CKC, RYT  
Registered Lactation Consultant  
Advanced Nurse Lactation Consultant

Nikki has worked with mothers and babies since 1975 in every setting. She is a nurse, a lactation consultant, a childbirth educator, a craniosacral therapist, a baby bodyworker, a teacher, and a yoga instructor. Nikki educates healthcare professionals and works with City and community agencies towards the goal of meeting Healthy People 2020 Breastfeeding Objectives for the US.

Nikki represents the Philadelphia Department of Public Health on the Philadelphia Multi-Hospital Baby-Friendly™ Taskforce. In addition to teaching anybody anywhere about breastfeeding, she is working to bring breastfeeding education to Early Childhood Education programs, shelters and urgent cares.

**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 partial fulfillment of Step 2 of the 10 Steps to Successful Breastfeeding. The course is built on the BabyFriendlyUSA outline, and is updated monthly.

## Day One

Guidelines and resources from international, national, and local organizations.

Counseling skills.

Teaching pregnant women.

Anatomy and Physiology of Milk Making.

Hospital Policies and Practices that support exclusive breastfeeding.

## Day Two

Contraindications to breastfeeding.

Assisting mothers of term infants.

Supporting breastfeeding in the NICU.

Teaching bottle-feeding so that baby can regulate its intake.

Hypoglycemia and jaundice.

Counseling the mother who is using infant formula.

Breastfeeding the baby with special health care needs.

The many benefits of skin-to-skin care.

## Day Three

Management techniques for common breastfeeding problems in the first weeks

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:*

Assess breastfeeding and offer practical advice and encouragement in a variety of situations from pregnancy to employment.

Teach a mother how to hand express.

Facilitate establishment of a milk supply.

Support adoptive nursing, multiples, and relactation.

Identify current lactation resources for community support, education, and medications.