

**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 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 (formerly Market East) Station. Take the 12th 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 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. The 15th 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.

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**

2018 DATES

You may mix and match classes.

DAY 1	DAY 2	DAY 3
Jan 3	Feb 7	March 7
April 3	May 1	June 5
July 12	August 9	Sept 6
Oct 10	Nov 7	Dec 5

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
Aramark Tower
1101 Market Street
8th Floor Training Room
Philadelphia, PA 19107
215-685-5225

If you have questions, contact Nikki Lee:
Nikki.Lee@phila.gov

A20-Hour Interdisciplinary Breastfeeding Management Course for the U.S.

Instructor

Nikki Lee

RN, BSN, MS, IBCLC, CCE, CIMI, ANLC, CKC
Registered 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 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 BabyFriendly™ Taskforce. She dreams of the day when Philadelphia, the City of Motherly Love, has five Baby-Friendly hospitals.

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.

Day One

The latest information from governmental agencies about breastfeeding.

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

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:

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 about medications and medical questions.