

---

Registration for this course is limited

Please ensure your place by returning your registration form and fee before February 1st to:

Attention:  
Liza Barcelona  
690 Dorval Drive, 6<sup>th</sup> floor  
Oakville, Ontario, L6K 3X9  
Fax: (905) 845-0588

[Liza.Barcelona@halton.ca](mailto:Liza.Barcelona@halton.ca)

---

Refresher Course:

February 11 or 12, 2010

---

This course location:

Halton Regional Administrative Building

Glenorchy/Dakota Rooms

1151 Bronte Road  
Oakville, Ontario  
L6M 4G3

Just north of the QEW on Bronte Road

Parking is Free



Halton Baby Friendly Initiative  
Healthier Children Healthier Families Healthier Halton

**Breastfeeding  
Current  
Research and  
Updates**



Presented by:  
**The Halton Baby  
Friendly Initiative**

**Session Dates:**

**February  
11 or 12, 2010**

**Facilitator:**

Kathy Venter, RN, IBCLC

**Objectives**

This one day refresher course for health professionals explores evidenced-based, best practice that protects, promotes and supports breastfeeding. Practitioners will understand and be able to effectively and confidently implement care that facilitates the initiation and maintenance of breastfeeding

**Participants:**

The level One 18 hour WHO course is ideally the prerequisite for this one day session. Information presented will be a review and enhancement of knowledge based on current research

**Registration Fee: \$60.00**

**\*\*Group rates available\*\***

**Contact:**

Liza Barcelona at (905)825-6000 x 2942

Cheques made payable to:

*Halton Baby Friendly Initiative*

**Topics include:**

- Lactogenesis and pathways to plenty. Normal production rhythms 0-6 months
- A look at latching. The rhythms of breastfeeding. Hand expression
- Health challenges for moms and babies
- The impact of labour and delivery
- Choosing the key (practical) messages that will help mothers to breastfeed successfully
- Early and later breastfeeding challenges and options for dealing with them
- Review commonly used gadgets and their impact on breastfeeding
- Pumps and nipple shields, alternate feeding methods
- New strategies for complementary feeding
- Cultural perspectives on weaning
- A brief look at marketing strategies and their impact on families through the health care system
- A discussion on spotting code violations

**Registration Form****Breastfeeding Current Research and Updates**

**February 11 or 12, 2009**

**08:30-4:00**

**Name:**

**Address:**

**Telephone #:**

**Email:**

**Registration fee attached:**

YES     NO