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Registration for this course is limited

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

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)

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**Level 1  
Making a Difference:**

**Wed. March 16,  
Thurs. March 17  
& Fri. March 18, 2011**

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**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

**Level 1**

**Breastfeeding Course**

**“Making a Difference”**



Presented by:  
**The Halton Baby Friendly  
Initiative &  
Quintessence Foundation**

**Session Dates:**

**Wed. March 16,  
Thurs. March 17  
& Fri. March 18, 2011**

**Facilitator:**

Kathy Venter, RN, IBCLC

**Objectives**

This three day workshop 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. This course meets the BFI recommendation for education for staff providing direct care to breastfeeding families

**Duration:**

3 day: Wed March 16,  
Thurs March 17  
& Fri March 18, 2011  
8:30 – 4:00 pm

IBLCE “L” AND “E” Cerps  
Have been awarded

**Participants:**

Health and support workers in all fields related to maternal and child health who require a basic education in human lactation and breastfeeding

**Registration Fee: \$250.00**

**Contact:**

Liza Barcelona at (905) 825-6000 x 2942

**Cheques made payable to:**

*Halton Baby Friendly Initiative*

**Topics include:**

- Breastfeeding in the context of primary, preventive, cost-effective health care
- World health Organization and UNCEF guidelines for protecting, promoting and supporting breastfeeding (including the BFI and The Code)
- Anatomy and physiology of the breast – implications for successful breastfeeding
- Initiating breastfeeding and patterns of early breastfeeding
- Achieving effective latching and positioning
- Early challenges (engorgement, plugged ducts, sore nipples, mastitis, yeast infections)
- True versus perceived low milk supply
- Breastfeeding babies with health challenges and special needs
- Illness in mothers and medications
- Human milk banking
- Introduction of complementary foods
- History taking, counselling and care paths
- The process of change and implementing the BFI

**Registration Form****Breastfeeding Level 1  
18 Hour WHO Course**

**Wed. March 16,  
Thurs. March 17  
& Fri. March 18, 2011**

**Name:**

**Organization:**

**Address:**

**Telephone #:**

**Email:**

**Registration fee attached:**

YES     NO