Best Practice: Managing Early Breastfeeding Challenges  
(a one-day basic workshop)

April 7 or April 8, 2005  
(choose one day only)

Presented by  
Molly Pessl, BSN, IBCLC  
Evergreen Perinatal Education, Seattle, Washington and  
Fairview Health Services Minneapolis, Minnesota

8:00 a.m. – 5:00 p.m.  
Park Plaza Auditorium  
Fairview-University Medical Center  
Minneapolis, Minnesota

CEUs: 9 hours  
CERPs: 9 hours

This one-day workshop provides the basics of breastfeeding promotion and early infant feeding issues in the hospital, clinic and community. It is a helpful and effective beginning for staff education in breastfeeding support. It is useful for maternity and pediatric nurses, MDs, CNMs, clinic staff, childbirth educators, occupational/respiratory therapists and dieticians.

Topics include:  
Applying science to practice  
Getting breastfeeding started  
Communicating about infant feeding  
How much milk is enough?  
Attachment  
Supplements/mixed feedings  
Challenging feeding issues  
Early breastfeeding expectations  
Biology and culture conflict

Cost:  
Fairview staff: $40  
Non-Fairview staff: $85  
(There is no group discount for this one-day class.)

There will be no discount for partial course attendance.

To earn any contact hour credit, attendance at the entire course session is required.

Course fee includes:  
- All course learning materials  
- Two refreshment breaks  
- Lunch is not included, but there are several restaurants nearby.

Cancellation policy: Any cancellation received by March 25 will forfeit a $15 processing fee. Any cancellation after March 25 will forfeit the entire course fee. Exceptions may be made for medical/family emergencies.

To register, call or e-mail for a form:  
Mark Spitzack  
F-UMC  
2450 Riverside Avenue South MB449  
Minneapolis, MN 55454  
612/672-4119 Tel  
612/672-7302 Fax  
Mspitza1@fairview.org E-mail

Once you registration form and fee are processed, a confirmation letter will be mailed, which will provide you with driving directions, a list of nearby restaurants, a study guide, and other conference information.

For more information about course content, please see:  
www.evergreenperinataleducation.com

Speaker: Molly Pessl, BSN, IBCLC, has spent most of her career with a focus on family-centered maternity care. During her years at Evergreen Hospital, Molly developed a comprehensive parent and professional education program, the regional breastfeeding center, a postpartum follow-up clinic, and Baby-Parent groups. These programs led to the first U.S. designation of “Baby Friendly” by UNICEF and the World Health Organization. Molly is currently the director of Evergreen Perinatal Education, a consulting an education program for professionals. She is registered nurse, childbirth educator and Internationally Board Certified Lactation Consultant.