

## Program Description

*This one day seminar will provide evidence based practices from experienced clinicians on addressing the challenges of supplementation facing mothers. Formula supplementation is generally associated with a shorter duration of breastfeeding.*

*We will provide information on community, clinic and hospital practices to address mothers who believe breastfeeding and using formula (doing both) gives their children the best of both worlds. Additional topics to be covered include: mothers who use formula to help them cope with infant behaviors such as crying and waking, mothers who see formula as the normal way to feed babies since that is what they have observed in the media and in their neighborhoods, and mothers who think they do not have enough milk.*

*Supplementation for medical indications sometimes undermines a mother's confidence and/or leads to disappointment and feelings of failure. We will discuss plans of care for medically indicated supplementation which include: attending to maternal feelings, reasons for supplementation, what to supplement, how to deliver it, how much to give, and how to reduce supplementation and increase direct breastfeeding.*

*We will have a discussion on the issues of formula supplementation and the employed mother. It will include exploring the reasons for supplementation for both perceived and real milk supply issues, and family and co-worker pressures. Tips for developing a plan of care to support a mother's decision to use formula and maintain part-time breastfeeding will be highlighted.*



Participate in the Breastfeeding Task Force of Greater Los Angeles

**Make a contribution:** Your tax deductible contribution helps the Task Force continue the projects that support breastfeeding.

**Attend a Task Force meeting:** The Task Force meets Quarterly for networking and updates.

### Our Next Meeting:

April 27, 2010 8:30am–12pm  
2930 W. Imperial Hwy, Inglewood, CA  
Check Upcoming Meetings on our website!

### TARGET AUDIENCE

Physicians, Registered Nurses, RDs, Nutritionists, Occupational Therapists, CPHWs, Lactation Consultants & Educators, LLL Leaders, Health Educators, Case Managers, Home Visitors, Doulas, Breastfeeding Peer Counselors, Students and others interested in supporting families in the initiation and maintenance of breastfeeding.

### Susan Aldana, IBCLC



Lactation Consultant with experience in WIC, hospitals, CPSP, peer counselor supervision, and La Leche League

### Carole Chacon, CCCE, IBCLC



Lactation Consultant at Providence Holy Cross Medical Center, a Baby-Friendly designated hospital

### Terri Gass, RN, IBCLC



Lactation Consultant at Providence Holy Cross Medical Center, a Baby-Friendly designated hospital

## Stemming the Tide of Supplementation: Thinking Outside of the Box

Breastfeeding Task Force of Greater Los Angeles presents:

Featured Speakers:

**Susan Aldana, IBCLC**  
**Carole Chacon,**  
**CCCE, IBCLC**  
**Terri Gass,**  
**RN, IBCLC**

St Mary's Medical Center  
Health Enhancement  
Center  
1050 Linden Ave  
Long Beach, CA 90813

Date: February 5, 2010  
Time: 9:00 AM to 4:00 PM

Co-sponsored by:  
St Mary's Medical Center  
Community Perinatal Network  
and  
PHFE, NEVHC, & SLAHP  
WIC Programs

**Agenda**

- 9:00 Registration
- 9:30 **She says she wants to do “both” - tips and tricks for the community setting**
- 10:45 Break
- 11:00 **Hospital Supplementa- tion - Part 1: Maternal request for formula**
- 12:15 Lunch
- 1:15 **Hospital Supplementa- tion - Part 2: Medically indicated supplementa- tion**
- 2:30 Break
- 2:45 **Employed Mothers and Supplementation**
- 4:00 Adjourn

**Objectives**

Following the didactic presentations, participants will be able to:

- Identify three questions to respectfully probe a mother’s desire to combine breastfeeding and formula feeding
- Discuss two infant behaviors that are associated with parental over-feeding behaviors
- List three medical indications for supplementation
- Describe three factors that influence an employed mother’s decision to supplement with formula

**Continuing Education Credits**

-offered at no additional charge

**Nurses:** The Community Perinatal Network is an approved provider by the California Board of Registered Nursing. This course offers 6 contact hours of continuing education. CPN’s provider number is CEP 14797. Licensee must maintain certificate for a period of four years.

**Lactation Consultants:** The Breastfeeding Task Force of Greater Los Angeles is an approved provider by the International Board of Lactation Consultant Examiners. This course offers 5 L CERPs. CERP application will be submitted.

**CHES:** The National Commission for Health Education Credentialing, Inc. designates Los Angeles County Department of Public Health, Health Education Administration (LACDPH/HEA) as a provider of continuing education contact hours (CECH) in health education (Provider number MEP 2460). Certified Health Education Specialists (CHES) may receive up to 5 Category I CECH for this event.

**Registered Dieticians:** maintain a copy of the agenda and certificate for CPEs for their Professional Development Portfolio.

**Registration Fees**

Registration includes continental breakfast, lunch, syllabus, and continuing education credit

- Up to Thurs Jan 28th \$90
- On or after Jan 29th/at the door \$100

**Location and Parking**

St Mary’s Health Enhancement Center is located across Linden Ave from the main entrance. No validation is available for parking. The Parking structure is north of the Enhancement Center. Parking is \$4 max per day.

**Participant Confirmation**

Confirmation by e-mail will be sent to participants providing an e-mail address. No other confirmation will be sent.

**Cancellation Policy**

Written cancellations received **one week** prior to the event will be granted subject to a \$5 fee. No refunds after this date.

**Registration Form - February 5, 2010**

<u>Registration</u>	<u>Price</u>
<input type="checkbox"/> Early Bird up to 1/28/10	\$90
<input type="checkbox"/> General on 1/29 or after	\$100
<input type="checkbox"/> Tax deductible Contribution	\$_____

Total: \_\_\_\_\_

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Name

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Job Title

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Company/Hospital

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Billing Address

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License No

Method of Payment

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Signature

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Security Code

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Billing ZIP

**Register online at [www.breastfeedla.org](http://www.breastfeedla.org) OR**

Complete this registration form and either  
**Fax this registration form to (213) 596-5776, OR**

**Mail Registration Form and check(s) Pay to:**  
BTFGLA, 1821A Speyer Lane,  
Redondo Beach, CA, 90278