Navigating the Milky Way
Spring 2011 Symposium at Sea
Cruise to the Southern Caribbean and Learn
from the Pioneers in the Field of Research-Based
Breastfeeding Education & Evidence-Based
Breastfeeding Practice

Spring 2011
Getting It Right From the Beginning:
Hospital Strategies to Improve
Breastfeeding Starting with Birth

May 7 – May 15, 2011 for 8 nights
Sail aboard a beautiful Royal Caribbean ship departing from San Juan, Puerto Rico

Ports of Call:
Bridgetown, Barbados
Castries, St. Lucia
St. John’s, Antigua
Basseterre, St. Kitts
Philipsburg, St. Maarten
Charlotte Amalie, St. Thomas

Oceanview Cabins including meals from $470.00 per person, double occupancy
Balcony Cabins including meals from $800.00 per person, double occupancy
(plus port fee and tax – subject to availability! Best prices if booked by February 21, 2011)

Tuition from $265.00 (See inside for “Bring a friend for $75.00” offer)

Healthy Children Project’s Center for Breastfeeding
327 Quaker Meeting House Road * East Sandwich, MA 02537
(508) 888-8044 / fax (508) 888-8050
www.healthychildren.cc info@healthychildren.cc
Spring 2011 Getting It Right From the Beginning: Hospital Strategies to Improve Breastfeeding Starting with Birth

Join us as we explore evidence based strategies that have been shown to make a difference for breastfeeding initiation and duration. Help the mothers and families you care for get off to a great beginning without struggle and pain. Learn from the experts, Karin Cadwell, PhD, FAAN, RN, IBCLC, Cindy Turner-Maffei, MA, IBCLC, Anna Blair, PhD, CLC, IBCLC and Kajsa Brimdyr, PhD, CLC authors of the Pocket Guide for Lactation Management, 100 Questions and Answers about Breastfeeding, Case Studies in Breastfeeding, Reclaiming Breastfeeding for the United States, Maternal and Infant Assessment for Breastfeeding and Human Lactation, and Breastfeeding A—Z. Who should attend? Lactation counselors, IBCLCs, CLCs, nurses, physicians, doulas, students, dietitians… you!

Fax this form to Healthy Children at (508) 888-8050 or mail to 327 Quaker Meeting House Road East Sandwich, MA 02537 Call (508) 888-8044 to register by phone.

If you booked as part of Healthy Children’s group through John at American Express Travel Services you can participate in the “Bring a Friend” Special Offer. Have your friend fill out this part of the registration form.

If your billing address is different than above, please write it below.

*An early bird registration discount is available if your check or credit card information is received by March 20, 2011.

** “Bring a Friend for $75.00” only refers to core conference tuition, not travel or cruise. Valid only if both participants (participant paying full core tuition and participant paying $75.00) book their cruise as part of our group through John at American Express Travel Services in Cambridge, Massachusetts. Limit one $75 rate per one participant paying full core tuition. Subject to cabin availability.

*** The V Code is the three digit code on the back of the card (MC, Visa, Discover) or the four digit code on the front of the card (American Express)
Enjoy all of the comforts of home while you sail aboard Royal Caribbean’s Serenade of the Seas. As you cruise the sparkling blue of the Caribbean, this luxurious ship offers you a wide range of activities both on and off the ship — relax at one of the pools with the great book you’ve been meaning to read, eat fabulous gourmet food, enjoy all of the facilities featured in the spa/fitness center. And then leave the ship behind and enjoy Barbados, Antigua, St. Lucia, St. Kitts, St. Maarten, and St. Thomas! This one cruise allows you the luxury of visiting 6 different islands all with unique sites, shopping and adventures!

Benefits of Booking with John at American Express Travel Services
1. You can “Bring a Friend for $75.00.”
   (Conference tuition only, does not include cost of travel or cruise. Valid only if both participants book as part of our group through John at American Express Travel Services! Limit 1 friend per 1 full-tuition participant)
2. John will arrange for our group to have dinner together.
3. John can help to find you a roommate.
4. John will give you a $75 per cabin onboard credit (shipboard credits are not combinable with any other offer)
5. John will arrange for a private cocktail party with the faculty for our group!

Cruise & Travel

Contact John Genovese at American Express Travel Services
to make your arrangements!
Fax to John at 1-617-876-9722
Or call 1-800-508-0274 ext. 46830
Or E-mail
John.S.Genovese@aexp.com

Please print or type all information.
Name _________________________________________ Date of birth (Month/Day/Year) ___/___/___
Address _______________________________________________________________________________________
City ___________________________________________ State ________________________ Zip _______________
Business Phone (___) ____-____ Home Phone (___) ____-____ Fax (___) ____-____
Email __________________________________
Cabin Category Requested _________________________________

Roommate information
Name _________________________________________ Date of birth (Month/Day/Year) ___/___/___
Address _______________________________________________________________________________________
City ___________________________________________ State ________________________ Zip _______________
Business Phone (___) ____-____ Home Phone (___) ____-____ Fax (___) ____-____
Email __________________________________

Air transfers and pre and post land packages can be arranged. American Express Travel Services, on behalf of Healthy Children, is holding a block of cabins in above mentioned categories. Additional types of cabins (inside, suites) are available upon request. On February 21, 2011 this block will be released. If your travel plans are made after that date, American Express Travel Services will do all that is possible to secure the best available rates and travel plans for you. Prices are per person, double occupancy. Prices are based on availability and subject to change. New this year: prepay your gratuities—one less thing to worry about on your adventure! If you are pregnant or traveling with young children, please contact John about Royal Caribbean’s policy.
**Healthy Children**

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**Contact Hours**

The core program provides 15 Contact Hours for RNs and CLCs. Provider approved by the California Board of Registered Nursing, Provider Number CEP4931 for 15 contact hours. Florida Provider number FBN3373. IBCLCs will receive 15 L CERPs from IBLCE. The Ethics Module provides 6 Contact Hours for RNs and CLCs. Provider approved by the California Board of Registered Nursing, Provider Number CEP4931 for 6 contact hours. Florida Provider number FBN3373. IBCLCs will receive 6 Ethics CERPs from IBLCE. The Journal Club provides 5 Contact Hours for RNs and CLCs. Provider approved by the California Board of Registered Nursing, Provider Number CEP4931 for 5 contact hours. Florida Provider number FBN3373. IBCLCs will receive 5L CERPs from IBLCE.

Please Note: In order to receive a certificate of completion and continuing education credit, the participant must attend all sessions. Contact hours will not be prorated. Participants will be required to sign in at the start of each session.

Healthy Children Project, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

**Tuition refunds** are given upon receipt of written notice up to 30 days prior to program. Refunds are subject to a $50 processing fee. Within 30 days prior to the training program, you may find a substitute or transfer your credit to a future course, if you notify us in writing. We are unable to refund any portion of the tuition within 30 days prior to the program, after the program begins, or for “no shows.” Early bird discounts and bring a friend specials are not given retroactively.

• Credit card charges for registration will appear on your statement as Healthy Children.

• Space is limited and the conference may fill to capacity months before the class date. Participant seats are not reserved until full payment is received and participant receives written confirmation. Your confirmation is your receipt. For participants using the “Bring a Friend” plan, your confirmation is sent after payment is received at Healthy Children and American Express Travel Services.

• Healthy Children is not responsible for any problems related to cruise or travel. Any questions regarding travel cancellation policies should be directed to John at American Express Travel Services.

• In the event of any act of God (severe weather, etc…) and the instructors are unable to arrive at the location or the teaching space is not available, Healthy Children will not be held liable. In such case, participant registration fees will be refunded by Healthy Children.

• Babies and Children will not be admitted to the teaching room except for quiet nursing babies under 6 months.

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**Ports of Call**

**Bridgetown, Barbados; Castries, St. Lucia; St. John’s, Antigua; Basseterre, St. Kitts; Philipsburg, St. Maarten; Charlotte Amalie, St. Thomas**

(Please note that you need your passport to board the ship!)

**Course times**

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<td>Time/Location</td>
<td>8:30 pm depart from San Juan, PR</td>
<td>Day at Sea</td>
<td>8:00 am—5:00 pm Port of Call: Bridgetown, Barbados</td>
<td>9:00 am—5:00 pm Port of Call: Castries, St. Lucia</td>
<td>8:00 am—5:00 pm Port of Call: St. John’s Antigua</td>
<td>8:00 am—5:00 pm Port of Call: Basseterre, St. Kitts</td>
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**Faculty**

**Karin Cadwell, PhD, FAAN, RN, IBCLC** is a nationally and internationally recognized speaker, researcher and educator. She convened Baby-Friendly USA, implementing the WHO/UNICEF Baby-Friendly Hospital Initiative in the US, and is a delegate of the US Breastfeeding Committee. Dr. Cadwell is the author of numerous books and articles including *Case Studies in Breastfeeding: Problem-Solving Skills & Strategies, Maternal & Infant Assessment for Breastfeeding and Human Lactation* and *Reclaiming Breastfeeding for the US*. Dr. Cadwell is a lactation counselor at the Center for Breastfeeding, a community-based lactation facility.

**Anna Cadwell Blair, PhD, CLC** has conducted research on sore nipples and positioning/latch. She counsels breastfeeding mothers on Cape Cod, is a co-author of many publications including *100 Questions and Answers about Breastfeeding* and is on the faculty of Union Institute & University.

**Kajsa Brimdyr, PhD** is an experienced ethnographer who has worked with health care, municipal and technological businesses, using ethnography to understand and appreciate the work practice of professions, workflows and services. She has conducted research in the United States, Sweden, Latvia, Egypt and Iceland, focusing on skin to skin in the first hour after birth.

**Cindy Turner-Maffei, MA, IBCLC** is national coordinator of Baby-Friendly USA. She has extensive experience as a nutritionist and breastfeeding educator in WIC and other Maternal Child Health programs. She is a delegate to state and national breastfeeding coalitions, including the US Breastfeeding Committee and is an adjunct professor at the Union Institute and University. She is an author of many books including the *Pocket Guide for Lactation Management and Breastfeeding A - Z: Terminology and Telephone Triage and Implementing Continuity of Care in Breastfeeding*.

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**Journal Club**

Earn 5 additional contact hours by reading and discussing newly published research studies with other participants.

**Breastfeeding Ethics Module**

Earn 6 additional contact hours by reading and working on questions of breastfeeding ethics.

* Subject to change without notification.