



The Center for Breastfeeding
HEALTHY CHILDREN

Cruise to the Southern Caribbean

⊙ *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**

Special Offer on tuition when
you and one friend book
through
John Genovese at American
Express Travel Services
1-800-508-0274
ext. 46830

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!

Conference Registration

**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.**

Name _____
Home Address _____
City _____
State _____ Zip _____
Business Phone (____) ____-____ Fax (____) ____-____
Home Phone (____) ____-____
E-Mail _____
RN number _____
IBCLC number _____
Exam year for IBCLC _____

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.

Name _____
Home Address _____
City _____
State _____ Zip _____
Business Phone (____) ____-____ Fax (____) ____-____
Home Phone (____) ____-____
E-Mail _____
RN number _____
IBCLC number _____
Exam year for IBCLC _____

Tuition (tuition does not include travel expenses or cruise)

- () Core Conference \$265 () Core Conference \$245 Early Bird*
() I am booking as part of Healthy Children's group through John at American Express Travel Services and I am participating in the "Bring a friend" special** Limit 1 \$75.00 rate participant per 1 full core tuition participant)

A la carte optional individual learning opportunities

- () Ethics Module, \$67.00
() Journal Club \$50.00

Total to be charged to the card listed below _____

Mastercard/Visa/American Express/ Discover

□□□□ □□□□ □□□□ □□□□

Expires ____/____ V Code*** _____

Signature (required) _____

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

Tuition (tuition does not include travel expenses or cruise)

- () Core tuition for the friend (follow rules in flyer) \$75.00
A la carte optional individual learning opportunities
() Ethics Module, \$67.00
() Journal Club, \$50.00

Total to be charged to the card listed below _____

Mastercard/Visa/American Express/ Discover

□□□□ □□□□ □□□□ □□□□

Expires __/__ V Code *** _____

Signature (required) _____

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)



Royal Caribbean Cruise to the Southern Caribbean

OUTSIDE CABINS
CATEGORY H: \$470.00*†
BALCONY: \$800.00*†

*Plus Port fees,
and taxes \$227.85

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!

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

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!

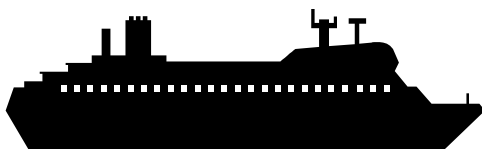
Please print or type all information.

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.*



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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.

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*.



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*

Saturday, May 07, 2011

8:30 pm depart from San Juan, PR

Sunday, May 08, 2011

Day at Sea

9:00 am— 12:00 pm Session I

Monday, May 09, 2011

8:00 am—5:00 pm Port of Call:

Bridgetown, Barbados

7:00 pm—9:00 pm Session II

Tuesday, May 10, 2011

9:00 am—5:00 pm Port of Call:

Castries, St. Lucia

7:00 pm—9:00 pm Session III

Wednesday, May 11, 2011

8:00 am—5:00 pm Port of Call:

St. John's Antigua

7:00 pm—9:00 pm Session IV

Participants must sign in at the beginning of each of the sessions and attend all sessions fully in order to receive any credit.

There are additional learning opportunities available outside of the classroom.

There are additional charges for these options.

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.*

Thursday, May 12, 2011

8:00 am—5:00 pm Port of Call:

Basseterre, St. Kitts

7:00 pm—9:00 pm Session V

Friday, May 13, 2011

8:00 am—5:00 pm Port of Call:

Philipsburg, St. Maarten

7:00 pm—9:00 pm Session VI

Saturday May 14, 2011

8:00 am—5:00 pm Port of Call:

Charlotte Amalie, St. Thomas

7:00 pm—9:00 pm Session VII

Sunday May 15, 2011

San Juan, Puerto Rico