

Spring 2012

Cruise to the Southern Caribbean

Breastfeeding Topics in the Lovely Warm Tropics:

*A 21st Century Exploration of Best Practices in Breastfeeding:
Research Updates, Case Studies, and Hospital Strategies*

*Warm breezes, eye opening lectures, mouth watering cuisine, in
depth intellectual discussions, relaxing evenings at sea,
outstanding instructors, exciting shore excursions... The reasons
to join us go on and on!*

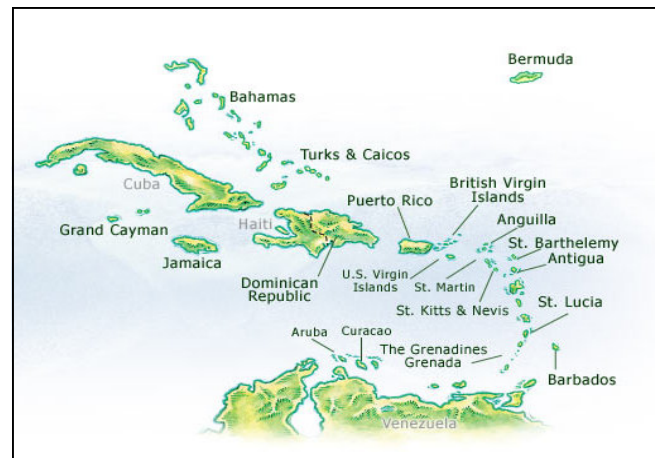
April 14 – April 21, 2012 for 7 nights

Sail aboard Royal Caribbean's beautiful Serenade of the Seas

Departing from San Juan, Puerto Rico

Ports of Call:

St. George's, Grenada
Castries, St. Lucia
St. John's, Antigua
St. Croix, U.S. Virgin Islands
Charlotte Amalie, St. Thomas



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



A 21st Century Exploration of Best Practices in Breastfeeding: Research Updates, Case Studies, and Hospital Strategies

Examine breastfeeding case studies and get up-to-date on the research that can make a difference in your breastfeeding clinical practices. Explore the past and chart the future as you integrate evidence, strategies and skills that can impact your practice! This course will teach the Lactation Consulting Model designed to solve difficult breastfeeding problems. You will work through the process of solving complex breastfeeding problems in small and large groups. Learn from our outstanding faculty, the leading experts in the field. Please see back of flyer for full details.

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, 2012.

** "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 STATEROOMS
CATEGORY H: \$740.00*†
BALCONY: \$920.00*†

*Plus Port fees,
and taxes \$208.90

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 Grenada, Antigua, St. Lucia, U.S. Virgin Islands, and St. Thomas! This one cruise allows you the luxury of visiting 5 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

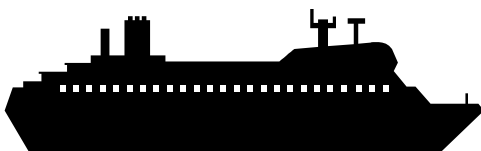
- 1. You can "Bring a Friend for \$75.00."**
(Conference tuition only, does not include cost of travel or cruise. Valid only if both participants book as part of our group through John at American Express Travel Services! Limit 1 friend per 1 full-tuition participant)
- 2. John will arrange for our group to have dinner together.**
- 3. John can help to find you a roommate.**
- 4. John will give you a \$75 per stateroom 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 staterooms in above mentioned categories. Additional types of staterooms (inside, suites) are available upon request. **On January 20, 2012 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.*

The Center for Breastfeeding 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.

FACULTY

KARIN CADWELL, PhD, FAAN, RN, ANLC, 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, CLC 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-MAFFEL, MA, ALC, 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



St. George's, Grenada; Castries, St. Lucia; St. John's, Antigua; St. Croix, U.S. Virgin Islands; Charlotte Amalie, St. Thomas

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

Course times*

Saturday, April 14, 2012

8:30 pm depart from San Juan, PR

Sunday, April 15, 2012

Day at Sea

9:00 am— 12:00 pm Session I

Monday, April 16, 2012

8:00 am—5:00 pm Port of Call:

St. George's, Grenada

7:30 pm—9:30 pm Session II

Tuesday, April 17, 2012

9:00 am—5:00 pm Port of Call:

Castries, St. Lucia

7:30 pm—9:30 pm Session III

Wednesday, April 18, 2012

8:00 am—5:00 pm Port of Call:

St. John's Antigua

7:30 pm—9:30 pm Session IV

Thursday, April 19, 2012

8:00 am—5:00 pm Port of Call:

St. Croix, U.S. Virgin Islands

7:30 pm—9:30 pm Session V

Friday, April 20, 2012

8:00 am—5:00 pm Port of Call:

Charlotte Amalie, St. Thomas

Saturday April 21, 2012

San Juan, Puerto Rico

Participants must sign in at the beginning of each of the sessions and attend all sessions fully in order to receive any credit. Credit Hours will consist of classroom time, group work, and self study time.

** Subject to change without notification.*

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.

