

REGISTRATION INFORMATION

Course Registration Number: 11057
Course Fee: \$150.00 plus \$18 HST
(includes refreshments, buffet lunch and door prizes)

Telephone Registration:

604.527.5472

(VISA or MASTERCARD only)

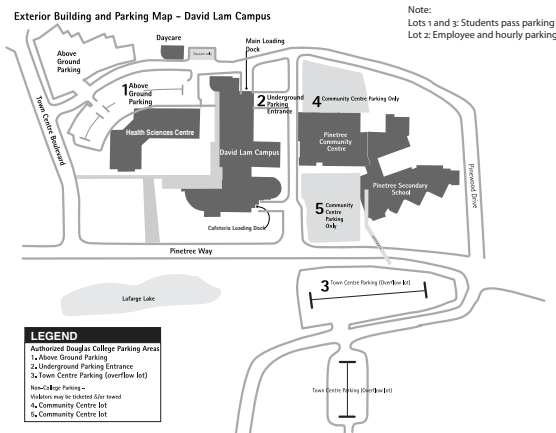
Toll Free Number: 866.930.5472

For additional information please call:

Virginia Towers at 604.777.6531 or
email: towersv@douglascollege.ca

CERPs HAVE BEEN APPLIED FOR

David Lam Campus Area Map
1250 Pinetree Way



The Douglas College Perinatal Program is recognized as a leader in perinatal education. We are committed to providing high-quality educational opportunities for those working or planning to work in the perinatal field. Our courses are regularly revised and updated to help ensure the most current, evidence-based information is made available to participants.

We, and our qualified, experienced, exceptional instructors, recognize different styles of learning and strive to provide a safe, nurturing, friendly and fun environment for our learners.

The ability to respond very quickly and efficiently to requests for programs and workshops is evidenced by Douglas College educational opportunities being offered throughout BC and Canada. These courses can be offered off-site in a variety of formats depending on location and participant needs.

www.douglascollege.ca/ce/perinatal

DOUGLAS

DOUGLAS COLLEGE



Faculty of Health Sciences
Continuing Education
Perinatal Programs

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Douglas College Perinatal Program

**17th
Annual Breastfeeding
Education Day**

**Saturday, March 10 2012
8:30 am ~ 4:30 pm**

Join us in welcoming

Suzanne Colson

Ph.D, RM, RGN, BA, MSc



Dr. Suzanne Colson is a midwife and a nurse. Her PhD thesis introduced a new paradigm called biological nurturing® ~laid-back breastfeeding and won the prestigious Royal College of Nursing Inaugural Akinsanya Award for originality and scholarship in doctoral studies. Suzanne is co-founder of The Nurturing Project, an organization created to disseminate biological nurturing research. Mother of three breastfed children, and grandmother of three breastfed children, she is an honorary member and a founding mother/leader of La Leche League France. She has over 35 years clinical experience supporting breastfeeding mothers, first in France working with Dr. Michel Odent, then in London hospitals as a caseload midwife and baby feeding advisor, and finally during her research appointments and university work as a senior midwifery lecturer. Suzanne is retired from the university and active midwifery practice but remains available for clinical consultation and lectures widely across the world.

www.biologicalnurturing.com

Held at:

Douglas College, David Lam Campus
1250 Pinetree Way, Coquitlam, BC
Lecture Theatre A1470

8:30 – 9:00 am - Registration

9:00 – 10:30 am

Biological Nurturing (BN)~Laid Back Breastfeeding Revolution

Mothers often say that breastfeeding does not feel natural or easy; few breastfeed exclusively, many stop way before they intend. This presentation reports PhD research examining the mechanisms of biological nurturing (BN)~laid-back breastfeeding. The aim was to find out if BN releases primitive neonatal reflexes (PNRs) comparing feeding positions; 20 PNRs were described as stimulants or barriers. The presentation introduces the components and describes how BN works. Compelling research video clips illustrate innate mother-baby reciprocity in the novel BN feeding positions offering a robust neurological framework to support breastfeeding initiation.

10:30 – 11:00 am - Refreshment Break

11:00 am – 12:30 pm

Don't Wake the Baby: Breastfeeding across neonatal behavioral states

Mothers are often advised to demand feed their newborn babies every three hours yet some babies oversleep. Conventional wisdom suggests that a sleeping baby will not feed so gentle rousing strategies are usually proposed. This presentation defines behavioral state and reviews some developmental sleep evidence. Then BN research video clips show babies latch on and feed in sleep states. Participants will practice identifying baby states and learn how to apply BN findings to overcome 'sleepy baby' latch and suck refusal and, time permitting, practice identifying baby states.

12:30 – 1:30 pm

The Famous Douglas College Lunch

1:30 – 2:45 pm

Is Breastfeeding a Learned Skill?

Experts suggest mimicry, not instinct, informs mothers how to breastfeed their first baby but do we really know? In this presentation, we examine the history of the ontogeny or how mothers develop the capacity to breastfeed differentiating between a nature and a nurture approach. We evaluate the strength of this evidence and then examine striking BN research video data. These clips present strong visual evidence suggesting that some mothers do have breastfeeding instincts and I will propose theories concerning how these maternal behaviors are released or suppressed. Finally, we will define hormonal complexion linking it to right/left brain maternal behavioral assessments. This perspective leads us to identify two clinical pathways in professional breastfeeding support.

2:45 – 3:00 pm – Quick Break

3:00 pm – 4:15 pm

Putting it all together: Using Biological Nurturing

Many health care providers say that using BN on postnatal ward saves them time; routine skills teaching becomes unnecessary for most mothers but not for all of them. The trick lies in identifying which mothers you need to teach. This workshop helps you do that using the two clinical pathways introduced in the third core presentation. BN is characterized by a set of observable mother-baby behaviors involving all its components. Your BN assessment is crucial to the nature of your breastfeeding support as well as your time investment. Participants will make a list of BN priorities and apply them using video clips as well as their real life situations to identify which clinical pathway to select.