

### **Location:**

This seminar will take place at the Hampton Inn OKC/Airport, 1905 South Meridian Avenue, Oklahoma City, Oklahoma.

### **Hotel Reservations:**

A block of rooms at the Hampton Inn is reserved at a rate of \$83 for a single or double for the October seminar. The room rate is \$89 per night for the April seminar. To reserve a room at the special room rate call the Hampton Inn at (405) 682-2080 before 10/14/09 for 10/28/09 seminar and 3/24/10 for 4/7/10 seminar. Thereafter reservations will be taken on a space and rate available basis. Room reservations are made directly with the hotel. Payment is the responsibility of the attendee.

Courtesy transportation from the Oklahoma City Airport to the Hampton Inn is provided by the hotel. Arrange for this transportation at the time you make your hotel reservations.

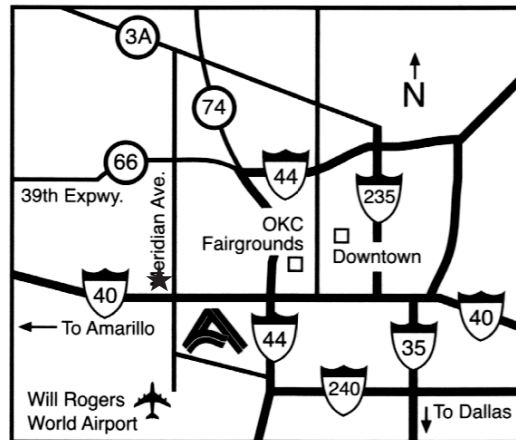
### **Directions to Seminar Site (Hampton Inn OKC/Airport):**

#### **From I-35 heading north or south:**

- Follow I-35 south to I-40 junction
- Take I-40 west
- Exit Meridian Ave and take a left (south)
- Hotel is approximately 2 mi. on right side

#### **From I-40 heading east or west:**

- Exit Meridian Ave. (just before I-44 junction)
- Take a left on Meridian (south)
- Hotel is approximately 2 mi. on right side



#### **From I-44 heading east or west:**

- Exit S.W. 15th St. (just before I-40 junction)
- Heading east take a left on S.W. 15th (west)
- Heading west take a right on S.W. 15th (west)
- Take another left at Meridian Ave.
- Hotel is 2 blocks on right side

# **Breastfeeding: A Continuing Education Program for Health Care Providers**

A comprehensive program designed to teach health care providers consistent, accurate, and current breastfeeding information without leaving home.



#### **This program is:**

- Evidence based
- Cost effective
- Multidisciplinary
- National research award winner
- Developed and owned by women
- A trainer guided self study that
  - ✓ Increases knowledge
  - ✓ Stimulates positive attitudes toward breastfeeding
  - ✓ Increases confidence and ability to assist moms and babies with breastfeeding

**LEARN HOW TO BECOME A TRAINER FOR THIS EXCITING PROGRAM!**

## **TRAIN THE TRAINER SEMINAR**

Wednesday, October 28, 2009 8:30 a.m. - 4:00 p.m.  
Wednesday, April 7, 2010 8:30 a.m. - 4:00 p.m.

**Oklahoma City, Oklahoma**

**Rising Star Education, Inc.**

P.O. Box 1661

Edmond, OK 73083-1661

[www.risingstareducation.net](http://www.risingstareducation.net)



## Registration Form

### Breastfeeding: A Continuing Education Program for Health Care Providers Train the Trainer Seminar

Name: \_\_\_\_\_

Credentials: \_\_\_\_\_

Work Affiliation: \_\_\_\_\_

Work Address: \_\_\_\_\_

Work Telephone Number: \_\_\_\_\_

Fax number: \_\_\_\_\_

Home Address and Phone Number if preferred contact: \_\_\_\_\_

\_\_\_\_\_

E-mail address: \_\_\_\_\_

Return this form postmarked on or before 10/14/09 for the 10/28/09 seminar and 3/24/10 for the 4/7/10 seminar with \$175 registration fee to Rising Star Education, Incorporated, P.O. Box 1661, Edmond, Oklahoma 73083. Registrations postmarked after the above dates will be \$200. \$100 of the registration fee will be refunded when a registration is cancelled before 2 weeks prior to the seminar.

Judith Komives Harris, EdD, ARNP focused her clinical nursing career on caring for women during the childbearing experience. She worked with mothers in the prenatal and intrapartum periods. She is certified as a women's health nurse practitioner. Promotion of breastfeeding and teaching breastfeeding mothers are an important part of her nursing care. She has many years of experience as an educator.

Linda Mitchell Miller, MEd, RN has spent most of her career in nursing caring for newborns and their families and providing staff development activities in hospital settings. Assisting the new mother and baby with breastfeeding and educating health care providers about breastfeeding are major priorities of her nursing career. She has extensive experience in developing and implementing community programs that care for families.

#### For questions or more information contact:

Rising Star Education Incorporated, P. O. Box 1661,  
Edmond, Oklahoma 73083-1661

Judith Harris, EdD, ARNP

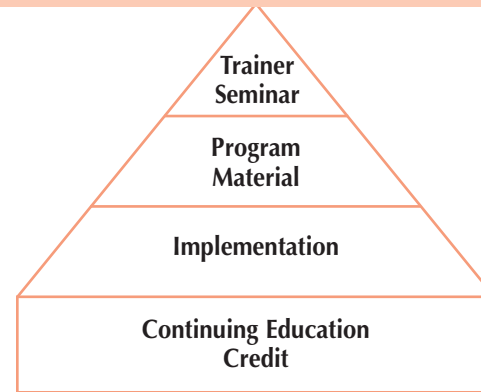
- telephone: 405-341-1517 • fax 405-844-4974
- e-mail: judith.harris@risingstareducation.net

Linda Miller, MEd, RN

- telephone: 405-364-4989 or 405-818-5304
- e-mail: linda.miller@risingstareducation.net

Visit our website at [www.risingstareducation.net](http://www.risingstareducation.net)

## Breastfeeding: A Continuing Education Program for Health Care Providers Model



### TRAIN THE TRAINER SEMINARS

Attend a one day Train the Trainer Seminar taught by the Program authors to learn how to offer the Program.

**Dates:** October 28, 2009      **Cost:** \$175/person  
April 7, 2010

#### Included in the cost of the seminar are:

- One copy of the Program Materials: *Breastfeeding: A Continuing Education Program for Health Care Providers*.
- Detailed discussion on how to implement this program.
- A Trainer manual needed to implement the Program.

The faculty for the Train the Trainer seminar are the creators and authors of *Breastfeeding: A Continuing Education Program for Health Care Providers*. They are registered nurses with many years of experience in caring for mothers and babies.

#### The seminar content:

- A description of the Program and how it works.
- How to recruit and enroll participants.
- How to guide participants through the Program.
- Practice of skills included in Program.
- Record keeping and documentation for staff development and continuing education credit.

Prospective trainers should have an interest in breastfeeding, continuing education and/or responsibilities working with pregnant women, breastfeeding mothers and babies. To offer the Program a trainer is required. A minimum of 2 trainers is suggested for each healthcare facility/region.

## PROGRAM MATERIAL

#### • Contents of Program Material

Unit I	Program Purpose and Organization
Unit II	Introduction to Breastfeeding
Unit III	Assessing Breastmilk Production
Unit IV	Basic Techniques of Breastfeeding
Unit V	Maternal Difficulties of Breastfeeding
Unit VI	Difficulties with Breastfeeding Related to the Baby
Unit VII	Breastfeeding when the Mother has Special Needs
Unit VIII	Babies with Special Breastfeeding Needs
Unit IX	Drugs and Their Effects on Breastfeeding
Unit X	Sustaining Breastfeeding and Weaning from the Breast Plus 3 skills: <i>Breastfeeding the Healthy Baby</i> <i>Alternative Feeding Methods</i> <i>Expressing and Storing Breastmilk</i>

Except for the skills, the content of the Program Materials will not be covered at the Train the Trainer Seminar

- **Cost of Program Materials** — \$75 for each participant in the guided self study program. Price includes shipping the Program Material and continuing education credits.
- One copy of the Program Materials is required for each participant in the guided self study program.

### IMPLEMENTATION

- The Program is designed for any health care provider caring for pregnant women, mothers and/or babies.
- Trainers may facilitate the Program in
  - Hospitals
  - Health Departments
  - Physicians Offices
  - Clinics
  - WIC sites

### CONTINUING EDUCATION

A maximum of 18 hours of continuing education can be awarded to licensed health care providers. Organizations granting credit are:

- Texas Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.
- International Board of Lactation Consultant Examiners (IBCLC)
- University of Oklahoma College of Medicine is accredited by the ACCME to provide continuing education for physicians (*AMA PRA Category 1 Credits™*)
- Commission on Dietetic Registration (CDEP)

When the maximum number of continuing education credits is earned, the participant will be certified as a Breastfeeding Adviser by Rising Star Education, Inc.