

Educate, Advocate, Motivate!

Whether you're brand-new to childbirth education or a seasoned professional, Lamaze's Reality Birth workshop is the perfect way to re-energize your creativity and gain new teaching ideas! Use this opportunity to network and earn contact hours while reconfirming your passion and commitment to women seeking a safe, healthy birth.

Using reality television show themes as a backdrop, this one-day evidence and skills update workshop will help you:

- ▶ Make your *Learning Channel* a good one.
- ▶ Explore the latest research to understand the *Amazing Race* pregnant women enter.
- ▶ Recognize the *Fear Factors* of pregnancy and birth while learning new ways to teach pharmacologic and non-pharmacologic pain management strategies.
- ▶ Understand the interplay of hormones and their role in *Dancing with the Stars*.
- ▶ Become a *MythBuster* on induction, epidural analgesia, cesarean surgery and breastfeeding.
- ▶ Give your classes an *Extreme Makeover*.

Who Should Attend?

Childbirth educators, nurses, doulas and other health care professionals who teach and support parents during pregnancy, birth and breastfeeding.

Opportunity for Contact Hours

In addition to providing professional enrichment, this workshop is approved for the following:

- ▶ 7 Lamaze contact hours
- ▶ 7 ICEA contact hours
- ▶ 7 Nursing contact hours
- ▶ 4.25 L-CERPS
- ▶ 2.75 R-CERPS

Please note: To obtain contact hours, participants must attend the entire workshop. Partial credit is not given.

Front Range Council of Childbirth & Parent Education Coordinators
The Women's Pavilion
Exempla St. Joseph Hospital
1835 Franklin Street
Denver, CO 80218



REALITY BIRTH: EDUCATE, ADVOCATE, MOTIVATE!

FRONT RANGE COUNCIL
PRESENTS

A LAMAZE® SPECIALTY WORKSHOP

Denver, CO
April 15, 2010

Instructors:

Julie Davlin, Ph.D., LCCE, FACCE
Cathy Heise, BSN, LCCE, FACCE,
IBCLC
Diane Leyba, LCCE, FACCE, CLE



Objectives

Whether you're teaching formal classes or working one-on-one, you will gain ideas to connect with expectant parents. In this workshop, you will:

- ▶ Review the current research on interventions and their impact on breastfeeding.
- ▶ Develop a plan to help alleviate parents' fears and concerns in pregnancy and childbirth.
- ▶ Explore effective ways to help consumers engage in informed decision making.
- ▶ Identify three skills that effective educators use.
- ▶ Develop a list of evidence-based sources of information about labor, birth and caesarean.
- ▶ Brainstorm ways to use celebrities' birth stories as a teaching tool.
- ▶ Compare and contrast "baby-led latch" with conventional latching methods.
- ▶ And more!

Workshop Facilitators

Julie, Cathy and Diane are seasoned Lamaze® Certified Childbirth Educators and presenters. They direct and train childbirth educators in the Denver area in conjunction with the local Lamaze® chapter and are committed to bringing current educational opportunities to our local area.

Workshop Schedule-at-a-Glance Continental Breakfast and Registration begins at 830am.

April 15, 2010 – 9:00 a.m. – 4:30 p.m.

- ▶ Scavenger Hunt: Pre-Workshop Assignments
- ▶ Creative Teaching Strategies
- ▶ Begin Early in Pregnancy to Plan for Birth
- ▶ The Hormones of Labor
- ▶ Facing Fears
- ▶ Birth in the Media
- ▶ Current Issues (Induction, Cesarean, Epidural)
- ▶ Breastfeeding & Baby Led Latch
- ▶ Transparency in Birth

Workshop Location

The Russell Pavilion Conference Center
Exempla Saint Joseph Hospital
1900 Lafayette Street, Denver, CO 80218

Complimentary valet parking available.

Questions? Contact (303)866-8600

Important Cancellation Information

A full refund will be given if a written request is received by March 15, 2010.

Conference fee includes workshop notebook, breakfast, luncheon, afternoon refreshments and contact hours.

REALITY BIRTH: EDUCATE, ADVOCATE, MOTIVATE! REGISTRATION FORM

Denver, CO • April 15, 2010

NAME (as you would like it to appear on name tag)

ADDRESS

CITY STATE ZIP

HOME PHONE

BUSINESS PHONE

E-MAIL ADDRESS

Workshop Fees

Early Registration \$95.00
(on or before **3/12/2010**)

Regular Registration \$120.00

Questions about registration?
Call 303.866.8600

**Make checks payable to Front Range Council
and mail to:**

**Exempla, St. Joseph Hospital
The Women's Pavilion
Attention: Pat Maass
1835 Franklin Street
Denver, CO 80218**

