

# Supporting mothers who are exclusively pumping their milk

February 19<sup>th</sup> 9.30 - 12.30

West Dublin

## **Aims:**

- To update knowledge
- To discuss conflicting information
- To describe how to share information with parents and caregivers

## **Topics include:**

- Why mothers exclusively pump, for choice or by circumstance, feelings
- What is needed: techniques, equipment, milk storage and how to feed
- Establishing routines for long term pumping
- Overcoming difficulties including milk supply, soreness, attitudes of others
- Facilitating parents to learn skills for safe use of infant feeding products
- Sources of information and support

**Course facilitator:** Dr Genevieve Becker, PhD, MINDI. Genevieve is a dietitian who has specialised in infant and young child feeding for over twenty-five years. She has worked on this topic with the World Health Organization and UNICEF, as well as the Department of Health and the HSE and academic institutions. Genevieve has produced training manuals for health workers, parents' materials, policy documents and research publications on infant and young child feeding.

## **Book a place:**

[www.bestservices.ie](http://www.bestservices.ie) then Training > Courses

**Supporting the mother who is not breastfeeding her infant  
February 19<sup>th</sup>, 1.30 - 4.30.  
Book both together and get a discount.**

## **Who should attend:**

- Those who are (or will be) providing information and support to pregnant women and new mothers.
- Suitable for midwives, paediatric nurses, public health nurses, GPs and practice nurses, dietitians and nutritionists, IBCLCs, paediatricians, health educators, peer supporters, others working with infants and mothers.
- Prior knowledge of the basics of how milk is made would be useful.

## **Course fee:**

€ 35 includes handouts and tea/coffee.

Discount for early booking (before January 30<sup>th</sup>) and for group bookings.

Employer can be invoiced if a purchase order number or authorisation is provided at booking. Cancellations received more than 7 days before receive a full refund less €10 charge. Cancellations received less than 7 days before a w'shop date receive at 30% refund. No refunds made for cancellations on the day or afterwards. *BEST Services* reserves the right to cancel and refund fees if insufficient bookings are made.