

These products are designed to help maternity units educate their staff in breastfeeding management.

**Breastfeeding Management Workshop:  
Presented by course coordinator**

We can facilitate this at your institution as either an all day session (8 hours) or as 2 half day sessions (2 x 4 hours). The workshop includes the topics below and is presented in an interactive manner to ensure all participants' needs are met within this context. Methods used in the workshops include several self assessments, visual aids, a video, and small and large groups discussions. Participants are provided with a set of materials for use during the workshop and also have access to many other resources. The workshop is conducted within BFHI requirements.

A Certificate of Completion is presented to each participant at the end of the workshop if the participant has correctly answered 80% of the post workshop assessment.

**Content of workshop:**

- Introduction - 10 Steps to Successful Breastfeeding and 7 point plan for community health centres
- Benefits of breastfeeding/ hazards of formula feeding
- Anatomy and physiology of breastfeeding
- Breastmilk composition
- Management of breastfeeding
- Management of common problems
- Issues impacting on breastfeeding
- Community resources
- A self assessment of the 10 Steps to Successful Breastfeeding

Cost: \$165 /participant (min 10, max 20 ).  
travel and accommodation costs of facilitator  
photocopying of participant materials

Please contact  
Jen Byrne (08) 82718740  
email: jen\_byrne2000@hotmail.com  
to organise date/s:

**Breastfeeding Management Workshop:  
purchased as a complete package for use by a  
health professional facilitator**

This workshop package on breastfeeding management can be used by a health professional (with an interest in breastfeeding) within an institution to facilitate a workshop that meets the education requirements for BFHI.

The package incorporates the following:

- the workshop is designed to be delivered as 2 x 4 hour workshops, as an 8 hour workshop or as a self-learning package for those unable to attend the workshops.
- the workshop content is the same as that listed for the workshop presentation.
- all resources (video/DVD, overhead transparencies, photocopyable handouts, evaluation etc) needed for the presentation of the workshop are included. CD of powerpoint presentations are also included
- pre and post course assessment tools form part of this package
- Certificate of Completion (to be issued if participant correctly answers 80% of the post course assessment)
- information regarding application for CERPs and CPD points for the workshop
- notes, readings and other resources to assist the facilitator
- adaptation of the workshop for individual self learning (for those unable to attend sessions)

This package can be reused either in workshop format or as a self learning process. It can also be used as a refresher course. All that is required is a health professional (with an interest in breastfeeding) to facilitate it.

Cost: \$1200 (includes GST).

Any further questions? Please contact  
Jen Byrne (08) 82718740  
email: jen\_byrne2000@hotmail.com  
PO Box 336, Unley, SA 5061  
www.australasianlactationcourses.com

**Australasian Lactation Courses  
Breastfeeding Management Workshop:  
purchased as a complete package for use  
by a health professional facilitator**

**Order form—2013**

Please send order form and payment to:  
Australasian Lactation Courses  
PO Box 336, Unley, SA 5061  
ABN 88 681 087 408  
*Cheques should be made payable to  
Australasian Lactation Courses.*

This form may be considered a Tax Invoice

Cost \$1200 (includes GST).

Contact name \_\_\_\_\_

Name of institution \_\_\_\_\_

Address \_\_\_\_\_

State \_\_\_\_\_

Postcode \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_

“Follow me Mum” is available in either

DVD

or

Video

Please indicate your preference

## Mission Statement

We believe in the promotion of lactation education for health professionals who work with parents and their babies to enable all mothers to want to breastfeed and to be able to do so successfully. We are strongly committed to the promotion, protection and support of breastfeeding.

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The **Australasian Lactation Courses (ALC)** has been actively promoting breastfeeding since 1989 through workshops, seminars and distance education courses. During this time, over 2000 students have completed lactation courses via workshop attendances or distance education. Numerous other health professionals have gained breastfeeding knowledge through attending the seminars organised by Australasian Lactation Course providers.

**Jen Byrne** is a midwife and has conducted a private practice since 1986 as a childbirth educator and lactation consultant. The Childbirth Education sessions attracted a rebate from private health insurance companies in Adelaide. Jen has a Masters degree. She is a lecturer in midwifery at Flinders University, Adelaide.



**AUSTRALASIAN  
LACTATION  
COURSES**

## 2013 BREASTFEEDING MANAGEMENT WORKSHOP

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coordinator

or

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package for use by a health  
professional facilitator

*Used in maternity units Australia-wide*

Jen Byrne

RM IBCLC  
Dip App Sc(CHN)  
BN MNSt FACM