

Practical Tips for Supporting Breast Feeding Mums, Bubs & Dads in a GP Practice

Presenter: Kath Chapman: BSc, RN, C&FHN - Elanora Heights Practice Nurse

Kath has over 30 years as a paediatric nurse supporting families in various settings & countries. For the last 4 years she has supported the GP team and families at Elanora Heights Medical Practice. She qualified as an International Board-Certified Lactation Consultant in June 2002, supporting mother and baby groups via the La Leche League organisation. Since then she has worked in various roles and settings and has maintained the passion for supporting the breast-feeding journey of families with new babies.

Objectives:



- To be able to observe when a baby is attached well at mothers' breast so they can effectively breast-feed
- To be able to assist families on their breast-feeding journey
- Know where to go to get breast feeding assistance / information
- Strategies for assisting toddler siblings of new breast-feeding babies

Date: Tuesday 10th March 2020

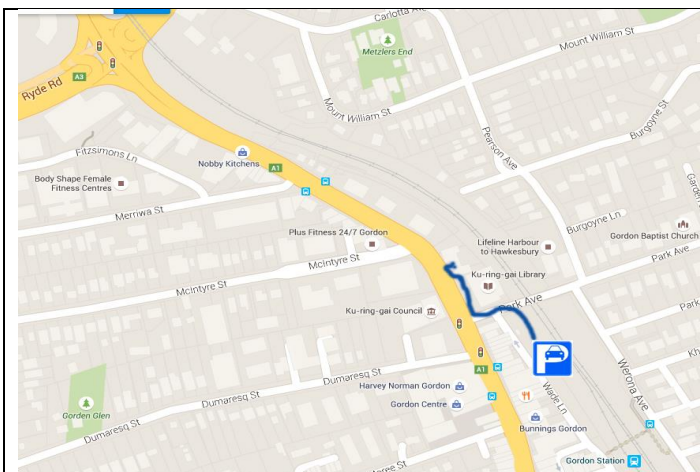
Time: 6.30pm for networking and event starts at approximately 7pm.
 Should conclude about 8:30pm.

Light refreshments will be provided at 6:30pm

Venue: Ku-ring-gai Libraries, Gordon, Meeting Room 2, corner Pacific Hwy and Park Ave. *Please see directions below*

Cost: Non-members will be invited to join on the night. Membership forms are available on the Website
<http://northernsydneynursesnetwork.com.au>

RSVP: Thursday 5th March 2020: info@northernsydneynursesnetwork.com.au
 Please include your full name, mobile number and any dietary requirements



There is ample free parking in the Park Ave council car park. Enter up the ramp, opposite the Police Station

To locate Meeting room 2, walk toward the modern entry of the library, and then detour to the left and walk around the front of the old sandstone school building enter through the second door.

Look out for the NSNN banner.

Northern Sydney Nurses Network

Email: info@northernsydneynursesnetwork.com.au

Website: <http://northernsydneynursesnetwork.com.au>

★ **Warning: Breasts may be shown at this event**