Birth, Breastfeeding, and Beyond...

Hot Issues Parents Face...co-sleeping, prior traumas, emotional adjustments, depression, mood disorders.....

Oct. 23rd 8:30-4:00pm at the Early Learning Institute
311 Professional Center Dr., Rohnert Park, CA

Dia Michaels  Author, Scientist, and Publisher
What can we learn from other mammals about breastfeeding?
What are the facts about safe sleep with baby?

Rosanne Gephart  Midwife, Lactation Consultant
What are adverse childhood events (ACES)
How do they affect pregnancy, birth, breastfeeding, and parenting? How do we foster resiliency?

How and when do we assess for perinatal depression?

Dr. Erin Lund  Family Practice, director of New Beginnings
What are the treatment options and resources for perinatal mood disorders?

Cost: $90 and includes a box lunch
$15 additional fee for CEUs (6 CEUs), L-CERPs pending

www.betterbeginningsforbabies.org