

## Program Description

Please join us for this special day-long seminar with Dr. Nils Bergman, focused on the role of **neuroscience in birth, bonding, and breastfeeding**.

**Kangaroo Mother Care** has been proven to significantly impact the survival and positive outcomes of premature and **very low weight babies**. Skin-to-skin contact for full term babies has also been shown to contribute to better outcomes for breastfeeding and neurodevelopment.

Dr. Bergman will share his research on how Kangaroo Mother Care and other biological practices contribute to better outcomes for all infants and especially the most vulnerable neonates. Attendees will leave with concrete tools to improve outcomes in their facilities and practices.

### Faculty

**Dr. Bergman** graduated at the University of Cape Town, and has worked in South Africa, Ciskei and, Sweden, before working seven years as Medical Superintendent and District Medical Officer at Manama Mission, Zimbabwe. Here he, together with Midwife Agneta Jurisoo, developed and implemented Kangaroo Mother Care (KMC) for premature infants right from birth. He now researches and promotes KMC fulltime.

He was for 6 years Senior Medical Superintendent of the Mowbray Maternity Hospital (7000 deliveries per year) and five Midwife Obstetric Units (11000 deliveries per year). Dr Bergman continues to live and work in Cape Town, as a Consulting Public Health Physician. He is also an Honorary Research Associate at the University of Cape Town, South Africa

### Continuing Education Credits offered at no additional charge

**RN:** BreastfeedLA is an approved provider by the California Board of Registered Nursing. This course offers 7 contact hours of continuing education. BreastfeedLA's provider number is CEP 16435. Licensee must maintain certificate for a period of four years.

**IBCLC:** BreastfeedLA is an approved Long-Term Provider by the International Board of Lactation Consultant Examiners #CLT113-36. 6 L-CERPs will be awarded.

**RD & OT:** Maintain a copy of the agenda and certificate for CPEs for Professional Development Portfolio.

# Neuroscience of Birth, Bonding, & Breastfeeding with Dr. Nils Bergman



Sponsored by



2851 W. 120<sup>th</sup> St., Ste. E #335  
Hawthorne, CA 90250  
Phone: (323) 210-8505  
[www.BreastfeedLA.org](http://www.BreastfeedLA.org)

Co-sponsored by  
MemorialCare Miller Children's & Women's Hospital, Long Beach

Photo Credit: <http://maternalchildconnect.com>

Monday, July 30, 2018  
8:45 am to 5:30pm

MemorialCare Miller Children's & Women's Hospital, Long Beach

Breakfast and Lunch Provided



## Agenda

8:45	Welcome & Introductions
9:00	The neuroscience of birth, and the case for zero separation
10:40	Break
10:50	Skin-to-skin contact: current evidence and future directions
12:30	Lunch
1:30	A neurobehavioral approach to breastfeeding
2:40	Break
2:50	The vital importance of sleep-feed cycling in neurodevelopment
4:00	Break
4:10	Maternal perinatal neurobehavior (including non-gestational parents)
5:20	Closing Remarks and Adjourn

## Objectives

Following the didactic presentations, participants will be able to:

- Summarize principles from various disciplines that impact breastfeeding.
- Describe the relevance of neuroscience to the early neonatal period.
- Apply neurobehavioral techniques to support breastfeeding, in preterm and full term infants
- Link sleeping behavior with feeding behavior
- Start applying healthier principles in maternal-infant care

## Registration Fees

Registration includes continental breakfast, lunch, and continuing education credit.

**Early Bird \$130 - Up to July 16**

**\$165 - On or after July 17 and at the door**

### Location and Parking

MemorialCare Miller Children's & Women's Hospital, Long Beach  
2801 Atlantic Ave.  
Long Beach, CA 90806

Parking is available on site and carpooling is recommended.

### Participant Confirmation and Handouts

Registration confirmation will be sent to participants providing an e-mail address. Presentation handouts are sent via e-mail 2 business days prior to the seminar.

### Cancellation Policy

Credit for future seminars is available under special circumstances until one week prior to event.

### Target Audience

Physicians, Midwives, Therapists, LCSWs, MFTs, Registered Nurses, Registered Dietitians, Nutritionists, Occupational Therapists, CPHWs, Lactation Consultants & Educators, LLL Leaders, Health Educators, Case Managers, Home Visitors, Doulas, Breastfeeding Peer Counselors, Students, and others interested in supporting families in the initiation and maintenance of breastfeeding.

## Registration Form

04/23/2018

**Register Online** at [www.BreastfeedLA.org](http://www.BreastfeedLA.org)  
**OR** <https://tinyurl.com/bergman2018>

**Mail:** BreastfeedLA, 2851 W. 120<sup>th</sup> St., Ste. E #335, Hawthorne, CA 90250

	Price
<input type="checkbox"/> Early Bird (on or before Midnight Pacific Time 7/16/2018)	\$130
<input type="checkbox"/> General (on or after 7/17/18) – <b><i>All check payments at this price</i></b>	\$165
<input type="checkbox"/> Tax Deductible Contribution	\$ _____
	<b>Total:</b> \$ _____

Name \_\_\_\_\_

Job Title \_\_\_\_\_

Company/Hospital \_\_\_\_\_

Billing Address \_\_\_\_\_

Billing City, ZIP \_\_\_\_\_

Email Address—required to receive confirmation \_\_\_\_\_

Phone \_\_\_\_\_

IBCLC? If yes, check this box  
 RN? License # \_\_\_\_\_

I prefer a vegetarian meal

### Method of Payment

- Check
- Visa
- MasterCard

CCV \_\_\_\_\_

Credit Card # \_\_\_\_\_

Exp.Date \_\_\_\_\_

Signature \_\_\_\_\_

Billing ZIP \_\_\_\_\_