Mothers lean back and get comfortable with every part of their body supported

Nature does the rest!

Mainstreaming Biological Nurturing 1-day workshops

Going to the Next Level — Upgrading Your Breastfeeding Skills

DIFFERENTIATE BETWEEN:

* UPRIGHT AND LAID-BACK MOTHER POSITIONS
  DORSAL AND VENTRAL BABY POSITIONS

DISCOVER:

* REFLEX THEORY & SIGN STIMULI
* THE 4 COMPONENTS OF BN
* THE ROLE GRAVITY PLAYS
* THE MOTHER'S PROTECTIVE ROLE

LEARN HOW TO:

* PROMOTE AN OXYTOCIC ENVIRONMENT
* DEFINE AND ASSESS:
  HORMONAL COMPLEXION,
  NEONATAL LIE
  INFANT BEHAVIOURAL STATE
* HELP MOTHERS WITH BREASTFEEDING PROBLEMS

Suzanne Colson,
PhD, MSc, BA, RGN, RM
Akinsanya Scholar 2006
Independent Lecturer
Honorary Senior Midwifery Lecturer
Canterbury Christ Church University
Former Lactation Consultant with Dr. Michel Odent Pithiviers, France
Author of the DVD Biological Nurturing—Laid-Back Breastfeeding

Suzanne Colson is passionate about breastfeeding and postnatal midwifery care and has presented her research in conferences in over 20 countries

Indicative Programme

provides 5.5 contact hours / L-CERPs

Biological Nurturing(BN) (90 minutes) Compelling video data show how BN components inter-relate and interact releasing newly discovered primitive neonatal reflexes and maternal behaviours that aid breastfeeding (BF). Learn what this new research tells us about maternal/newborn feeding competence and how gravity can either help or hinder latch across BF feeding positions.

Interactive session (90 minutes)

Breastfeeding Across Neonatal Behavioural States (30 minutes)
Introducing mother-led BF across neonatal sleep states when there are common problems

Hormonal and Milk Transfer Assessment (60 minutes)
Part I: High maternal oxytocin pulsatility is associated with longer BF duration. Learn how to promote an environment conducive to BF success and how to observe behaviour from a hormonal perspective

Part II: Latch has traditionally been the way to assess successful BF, learn new parameters and how our teaching methods can either enhance or undermine maternal hormonal state.

Putting it all together (60 minutes) Group work using cue cards to establish BF promotion and assessment priorities the BN Way followed by feed-back and discussion

Wrap-up (5 minutes)

Testimonials

I truly felt that I learned something new about breastfeeding and the mother—infant relationship despite my initial scepticism. (Midwife Canterbury, UK)

I work with new mothers and tried your method on a six-week old baby with great success! (Health Visitor London, UK)

I find the whole idea of the reclining BN position revolutionary in my teaching of breastfeeding. It works so well and solves so many of the problems I encounter on a daily basis: painful latch, struggling baby, insecure mother, inadequate milk supply, sore wrists and shoulders for mum. (Lactation Consultant, Australia)

I use daily the things I learned... with beautiful results! (Lieve Humbrechts Midwife, Belgium)

This is a paradigm-changing approach (Nancy Mohrbacher, IBCLC & author of The Breastfeeding Answer Book Chicago, Illinois USA)

To arrange a workshop contact joelledufur@yahoo.co.uk