

**Miami Parenting Conference
Registration Form**

Name _____

Address _____

Phone Number _____

E-Mail _____

Guest Name _____

Will your guest attend Conference Sessions?

Yes No Some

Registration Fees

(please check all that apply, then total at bottom)

_____ **\$15 per Family**

(2 caregivers and all children 12 and under)

_____ **\$6 per each additional child over 12**

Lunch: provided by Crepe Maker

**20% of sales go to support La Leche League

(See online for detailed ingredients:

www.llmiamidade.org or www.crepemaker.com)

\$5 Entree crepes

_____ Caesar Chicken(mozzarella, portabella etc)

_____ Opulence (chicken, artichoke, portabella,
hearts of palms, mozzarella)

_____ Queen of Hearts Vegi (artichokes, hearts
of palms, portabella, mozzarella)

_____ Mustard Chicken (cheddar, tomatoes etc)

\$4 Dessert crepe

_____ Triple Treat(nutella, bananas, strawberries)

_____ Black and White (nutella, bananas)

_____ Red and Black (nutella, strawberries)

_____ Strawberries Nouveau(w/dulce de Leche)

_____ Dulce Treat (w/bananas and strawberries)

_____ Pure Pleasure (dulce de leche, bananas)

Total Fees and Lunch \$ _____

2:45-4:15 Session 3

301 Safe Sleep and the Breastfeeding Family

Pam Mazzella DiBosco, IBCLC

Having a baby does not mean you say good-bye to sleep forever. Learn how to make the most of night time parenting with an awareness of SIDS risks and myths.

302 Importance of Fitness as a New Mom

Michelle Salom, Fitness 4 Families

Learn the benefits of exercising after pregnancy so you don't feel tired and overwhelmed, but have more energy and greater self-esteem. This lecture will teach simple ways to incorporate baby into a fitness program, point out what exercises are safe for a new mom to do, and how to prevent future injuries.

303 Reading from Age Zero

Tiffany Pfeiffer, M.A., Ed. S. & Jeanne Smith, M.A. Edu.

When is a good time to start reading with your child? Before they are born! Really! Come explore great books for all ages, reasons why reading at home benefits everyone, and ways to arrange good reading opportunities for even the youngest child.

304 Midwives: The Guardians of Normal Birth

Sheila Simms Watson, CPM, LM, Spirit of Life Traditional Midwifery

Who is a midwife? What do midwives do and believe? What are the advantages of midwifery care and how does midwifery care compare to the medical model practitioner? Discuss how a midwife facilitates a normal birth, what the mother and father can do to achieve a normal birth, and what happens if complications occur.

La Leche League is not necessarily in agreement or responsible for the statements made by the speakers and vendors.

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**La Leche League Miami-Dade
presents:**



"Stronger, Smarter, Safer Kids!"

Saturday, March 20, 2010

9:30 am-5:00 pm

La Scoula

13301 SW 87th Ave, Miami, FL 33176

(just north of The Falls off US 1)

Conference Sessions
Lunch by Crepe Maker
Great Vendors
Children's Play Area

\$15 per Family
plus Lunch

La Leche League Miami-Dade

www.llmiamidade.org

305-253-6362

La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing support, encouragement, information and education to women who choose to breastfeed.

Conference Events Schedule

9:30 am Registration Begins - Family MaLLL, Auction, FREE Massage open - Come early!

10:30-12 Session 1

101 Safe Homes, Safe Kids

Patti Laird, Safer Kids and Homes

Research shows more than 4.5 million children are injured in the home every year. The average home is not designed, constructed or furnished with the safety needs of a child in mind. This session will review the most overlooked home hazards and the steps to take to make your home safer for young children.

102 Infant Massage, Touch Communication, and Developmental Play

Michelle Maniaci, PT, Nurturing Moves

Learn the latest researched benefits and empower yourself with tools to assist your child in developing at their maximal potential while strengthening parent-child relationships with infant massage, touch communication, and developmental play.

103 Babywearing Basics

Amanda Bradley, MamaKanga

Babywearing is the practice of using a cloth carrier to carry a baby or small child, but why do it? Learn why babies are calmer and mothers are healthier when babywearing is practiced. See a demonstration of how to use the five main types of baby carriers. Bring your own carrier and learn how to use it or choose one that is right for your new family!

104 Baby's Brain on Breastmilk!

Rachel Videll, La Leche League Leader

This is baby's brain. This is baby's brain on Breastmilk. Any questions? I am sure that you do! Discover the How's and Why's of infant/child brain development and why breastmilk is perfectly suited to achieving this goal.

11 am - 2 pm The Crepe Maker Serves Lunch!

12 pm on: FREE Massage, bodywork or energetic healing with Michelle Maniaci, PT

1-2:30 Session 2

201 Conscious Discipline

Mindy Becker, Auntie M's Grow with Us

Begin your Conscious Discipline® knowledge with a discussion about traditional and conscious ways of living/disciplining. This interactive introduction workshop is for parents to reflect and shift from a fear based to a love based approach, learn the difference between punishment and discipline, and understand the importance of connection while watching it in action. You will leave with helpful tips for effective parenting.

202 Super Baby: How a Pregnant Mom Nurtures a Happier Healthier Baby, James Goodlatte and Kim Nelli, Get Fit for Birth

Super Baby empowers pregnant mothers "to feel like I had done everything in my power to give my child the (best) chance for health." Learn how to avoid the six biggest mistakes that pregnant moms unknowingly make with Exercise, Nutrition, Breathing, Environment, Emotional Health, and Natural Childbirth and leave knowing how to nurture your Super Baby!

203 Emergency Child Care

Susan Linning, The Oscar Project

Focused on emergency management, you will learn to respond in the event of a crisis involving children in your care. There is great importance in knowing life saving techniques such as CPR, Heimlich Maneuver, drowning prevention, and pool and water safety. You will learn it here!

204 Reggio Emilia Education

La Scoula Teacher

Discover the difference between Reggio Emilia and traditional education and see what it looks like in person!

Session Choices

Please number your session choice by preference 1, 2, 3, 4.

Note: All sessions are subject to change.
Adult Guest

Session 1: 10:30 am - 12 pm

_____ 101 Safe Homes, Safe Kids

_____ 102 Infant Massage, Touch Communication, and Developmental Play

_____ 103 Babywearing Basics

_____ 104 Baby's Brain on Breastmilk!

Session 2: 1 pm - 2:30 pm

_____ 201 Conscious Discipline

_____ 202 Super Baby: How a Pregnant Mom Nurtures a Happier Healthier Baby

_____ 203 Emergency Child Care

_____ 204 Reggio Emilia Education

Session 3: 2:45 pm - 4:15 pm

_____ 301 Safe Sleep and the Breastfeeding Family

_____ 302 Importance of Fitness as a New Mom

_____ 303 Reading from Age Zero

_____ 304 Midwives: The Guardians of Normal Birth

Mail Registration Form and Fee to:

La Leche League Miami-Dade

C/O Tiffany

9916 Sw 193 St

Cutler Bay, FL 33157

Or drop it off at a meeting.
Registrations are completed upon your check clearing.