



La Leche League of Ireland

BREASTFEEDING HELP & INFORMATION

ANNUAL CONFERENCE

**3rd & 4th March, 2012
Clarion Hotel,
Sligo.**

La Leche League International was founded in 1956 by seven women who were dedicated to providing information and encouragement to breastfeeding mothers.

It has grown into a worldwide organisation with over 3,000 Groups and 8,000 Leaders in 66 countries. In Ireland La Leche League has 108 accredited Leaders and 37 active Groups.

Conference Information and Registration Forms

**Breastfeeding leaves NO
carbon footprint.
Environmentally friendly
since time began.**

INTERESTED IN BREASTFEEDING?

For help and information,
all expectant and breastfeeding mothers
and their babies are welcome
to attend La Leche League local monthly meetings.

See our website

www.lalecheleagueireland.com

for further information

La Leche League of Ireland

BREASTFEEDING HELP
& INFORMATION





La Leche League Philosophy

We Believe:

- Mothering through breastfeeding is the most natural and effective way of understanding and satisfying the needs of the baby.
- Mother and baby need to be together early and often to establish a satisfying relationship and an adequate milk supply.
- In the early years, the baby has an intense need to be with his mother which is as basic as his need for food.
- Breast milk is the superior infant food.
- For the healthy, full-term baby, breast milk is the only food necessary until baby shows signs of needing solids, about the middle of the first year after birth.
- Ideally, the breastfeeding relationship will continue until the baby outgrows the need.
- Alert and active participation by the mother in childbirth is a help in getting breastfeeding off to a good start.
- Breastfeeding is enhanced and the nursing couple sustained by the loving support, help, and companionship of the baby's father. A father's unique relationship with his baby is an important element in the child's development from early infancy.
- Good nutrition means eating a well-balanced and varied diet of foods in as close to their natural state as possible.
- From infancy on, children need loving guidance which reflects acceptance of their capabilities and sensitivity to their feelings.



Breastfeeding Meetings

...For All *Expectant, New & Experienced Mothers*

HE Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Sligo • Leitrim • South Donegal

	Breastfeeding Meeting	Time	Venue	Frequency	Contact
Mon	La Leche League Sligo	10am - 12 noon	Sligo Family Resource Centre, The Mall, Sligo	2nd Mon monthly	Catherine 071 911 2056
Tue	Ballinamore Breastfeeding Meeting	11.30am- 12.30pm	Trathnona, Ballinamore, Co. Leitrim	Every Tue	Public Health Nurse 071 964 4355 071 964 4040
	Riverstown Breastfeeding Meeting	11.30am- 12.30pm	Riverstown Health Centre, Riverstown, Co. Sligo	1st Tue monthly	Public Health Nurse 071 916 5802
Wed	The 4th Wednesday Coffee Morning	10.00am -12 noon	Costa Coffee, Johnston Court shopping centre, Sligo	4th Wed monthly	Claire 085 826 2691
	La Leche League Donegal	8.30pm	Donegal Community Hosp, Ballybofey Road, Donegal Town, Co. Donegal	2nd Wed monthly	Frances 074 973 4286
Thurs	Carrigan's Parent & Baby Group	10.30am - 12 noon	Carrigan's Health Centre, Ballinfull P.O., Ballinfull, Co. Sligo	1st & 3rd Thurs monthly	Una 087 793 0075
	Carrick on Shannon Breastfeeding Group	3.45pm- 4.45pm	Breffni Family Resource Centre, Breffni Crescent, Carrick on Shannon, Co. Leitrim	Last Thur monthly	Family Resource Centre 071 962 2566

Please note

This information is subject to change, especially around holiday season.
Please phone ahead to confirm time and venue.

September 2011

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La Leche League of Ireland

Fri 2nd, Sat 3rd, Sun 4th March, Clarion Hotel, Sligo.

PROPOSED PROGRAMME

The conference sessions start on Saturday 3rd March 2012 at 9.15am and finish at approx. 4.00 pm on Sunday 4th March. A timetable/conference update will be available on our website: www.lalecheleagueireland.com

Saturday 3rd March, 2012

Keynote Address:

Diane Wiessinger attended her first La Leche League meeting in 1980. She went on to become a La Leche League Leader in 1985 and an International Board Certified Lactation Consultant in 1990. She has a private practice in Ithaca, New York, has written many breastfeeding resources, most recently co-authoring La Leche League International's 8th edition of the Womanly Art of Breastfeeding. Diane holds a Master's degree from Cornell University. She is the mother of two breastfed sons, mother-in-law to two wonderful young women and grandmother to two beautiful breastfed children.

Other Sessions for Saturday

Book Club

Research on Medications and Breastmilk

Does the internet help or hinder breastfeeding?

Childbirth in 2012

Sunday 4th March, 2012

Family Finance

Loving Guidance (6-12 year olds)

Workshops:

1) Night Time Parenting/Co-sleeping

2) Things mothers can do for themselves even when children are small & attached.



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REGISTRATION FEES:

	Full Weekend		One Day Only	
	Couple	Single	Couple	Single
Standard Reg.	€58	€45	€45	€39
* Early Bird Reg.	€52	€42	€42	€33
LLL member Reg.	€48	€39	€35	€28
* LLL member Early Bird Reg.	€39	€32	€26	€20
LLL Leader Reg.	€48	€39	€35	€28
* LLL Leader Early Bird Reg.	€32	€25	€22	€16
Unwaged / Student	€30	€23	€22	€16

Weekend fees include sessions, keynote address, children's refreshments and coffee.

Day fees include events of the day, children's refreshments and coffee.

* Early Bird Discounts apply to those registrations received by 1st February, 2012.

No Exceptions. Final date for receipt of postal registration is Monday, 20th February 2012

***La Leche League of Ireland fully supports the
WHO International Code of Marketing
of Breast Milk Substitutes.***



Fri 2nd, Sat 3rd, Sun 4th March, Clarion Hotel, Sligo.

ACCOMMODATION BOOKING REQUEST FORM

The hotel requests that before sending in your booking form that you contact the reservations office on 071 9119000 or email info@clarionhotelsligo.com to confirm room availability.

Name:

Address:

Phone No:

Sharing with (if relevant):

No. of Adults: No. of Children:

Ages of children on 4th March, 2012:

Room Type: Single Double Twin Family

Arrival Date: Time Departure Date:

Please refer to the Hotel Information page for accommodation rates for adults & children

DEPOSIT - €50 per room (non-refundable) enclosed

These completed forms to be sent with deposit (cheques payable to Clarion Hotel) or credit card details provided to Clarion Hotel, Sligo.

Credit card No Exp. Date:

Please state your special requests, if any, and we will do our utmost to accommodate them.
(e.g. Cot, etc.)



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MEALS BOOKING FORM

Name:

Address:

Phone No:

Please indicate if D/F (dairy free) is required also.

Saturday 3rd March 2012 (all prices per person) Meat D/F Vegetarian D/F Total

Soup & Sandwiches with Tea/Coffee €9.50 _____ _____ _____ _____

Child's Soup & Sandwiches
or Nuggets / Sausages & Chips €5.00 _____ _____ _____ _____

Dinner Buffet from €21.00 _____ _____ _____ _____

Child's Dinner €10.00 _____ _____ _____ _____

Sunday 4th March, 2012 (all prices per person)

Soup & Sandwiches with Tea/Coffee €9.95 _____ _____ _____ _____

Child's Soup & Sandwiches
or Nuggets / Sausages & Chips €5.00 _____ _____ _____ _____

TOTAL ENCLOSED € _____

There will be a 1 course + Tea/Coffee (€12.50) or 2 course + Tea/Coffee lunch option (€15.50) on Saturday and on Sunday for delegates who do not wish to avail of soup and sandwiches

These completed forms to be sent with cheque (payable to Clarion Hotel) to Clarion Hotel, Sligo.

La Leche League of Ireland



Fri 2nd, Sat 3rd, Sun 4th March, Clarion Hotel, Sligo.

ANNUAL CONFERENCE 2012

REGISTRATION FORM

Name:

Address:

Email:

Date: Phone no:..... Mobile

Name of spouse/partner (if attending sessions):

No. of children attending: Ages:

LLL Leader LLL Leader Applicant LLL Member Partner

Health Professional Other

If paid up LLL member, give the Group name:

ATTENDING: Full Weekend Saturday Only Sunday Only

Is this your first LLL conference? Yes No

Are you staying at the conference hotel? Yes No

Will you be at the Friday night get-together? Yes No

CHILDREN'S REGISTRATION FORM

This year we would like to offer conference delegates the chance to pre-register your children for children's activities over the weekend. The relevant wristbands for the different age groups will be waiting for you at the registration desk when you arrive at the conference.

Children can of course still be registered at the conference.

Cost per child is €10 or €20 per family Cost per teenager is €8

Name

Age

.....
.....
.....
.....
.....

Cheque payable to La Leche League of Ireland enclosed €

This completed form to be sent to: Noeline Markey, Derrypatrick, Drumree, Co. Meath. Tel: 046-9025979 nmps@eircom.net

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Fri 2nd, Sat 3rd, Sun 4th March, Clarion Hotel, Sligo.

HOTEL INFORMATION

The **Clarion Hotel** is centrally located on the Enniskillen & Belfast Road. Just follow signs for Enniskillen N16 or keep an eye out for finger post signs displayed throughout Sligo town. There are **167** bedrooms including family rooms & **89** apartment style suites with kitchenette, bathroom and 2 televisions. Leisure facilities are top-rate with a 20 metre swimming pool, 7 Treatment Rooms, Sauna, Jacuzzi, steamroom & spacious gym.

The hotel rates are as follows:

1 night - €49.00 Double/Twin Bed & Breakfast, per person sharing.

2 nights - €119.00 Double/Twin Bed & Breakfast & 1 Evening Meal, per person sharing.

Up to 2 Children (0-12 years) free when sharing with an adult - accommodation & breakfast

€5.00 supplement per additional child per night - accommodation & breakfast, plus Dinner supplement €10 per child.

Single supplement per adult €20.00 per room per night

Teens 13 - 17 years when sharing with an adult €25.00 per child per night, including Dinner, Bed & Breakfast.

Booking your accommodation:

Accommodation can be booked with **Clarion Hotel, Sligo. Phone: 071 9119000**

The **Clarion Hotel** requests that before sending in your booking form that you contact the reservations office on 071 9119000 or email info@clarionhotelsligo.com to confirm room availability.

Please fill out the relevant sections and post with deposit.

Not just the biggest hotel... in the North West.



For meetings and events... Clarion Hotel Sligo is also the best!

- 162 Bedrooms including 89 suites
- 9 Meeting rooms catering from 2 - 600 delegates
- Unique converted historic churches ideal for event space
- Outdoor catering available
- A whole host of team building activities to choose from
- An events team as creative as they are professional



Clarion Hotel, Clarion Road, Sligo
email: info@clarionhotelsligo.com
www.clarionhotelsligo.com
Tel: + 353 (0) 71 9119000



www.lalecheleagueireland.com

On our new website you will be able to:

- Find answers to your breastfeeding questions
- Find out more about LLL of Ireland
- Locate your nearest Group
- Download LLL of Ireland breastfeeding leaflets
- Keep up to date with upcoming LLL of Ireland events

www.lalecheleagueireland.com



**BREAST MILK
CAN HELP
SAVE
PREMATURE BABIES LIVES
TO BECOME A DONOR**

**OR
IF YOU REQUIRE
MORE INFORMATION**

Contact

**Human Milk Bank
(028) 686 28333 (U.K.)
(048) 686 28333 (Eire)**



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Breastfeeding

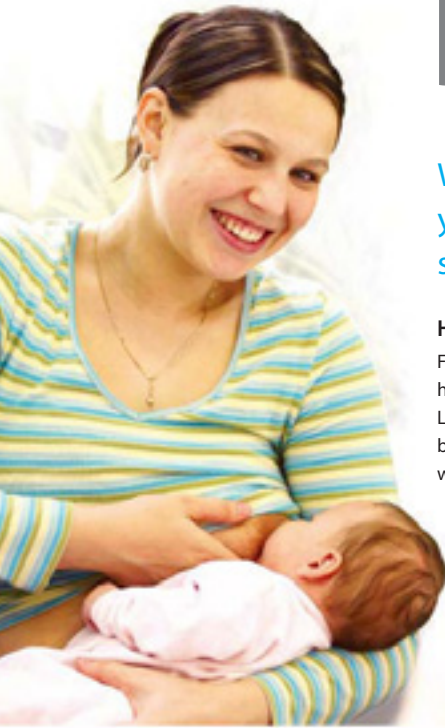
Best for baby

Best for you

When you choose to breastfeed, you're giving your baby a great start and there's lots of support out there, no matter where you live.

Help and support

For help, support and information, contact your maternity hospital, midwife, public health nurse or GP. Support groups such as Cuidiú-The Irish Childbirth Trust and La Leche League are also there to offer you help, and the chance to meet other breastfeeding mums. Make contact when you are pregnant so you will be well prepared.



For further information visit
www.breastfeeding.ie

or contact the
HSE infoline 1850 24 1850



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Friday Entertainment: We will maintain the tradition of an informal Friday evening get-together (8.30-10pm).

Requirements for children: Swimming caps for the pool. Soft soled shoes to reduce noise level at sessions. Light-weight clothing as the hotel may be warm. Books and soft toys (labelled) for toddlers attending sessions. No noisy toys please! Bring baby sling if required.

Playgroup facilities: Playgroup facilities and other entertainment will be provided for children during conference sessions. Please remember that these should not be treated as crèche facilities and that children under four years of age may participate only if accompanied by a parent or teenager. There will be a charge of €10 per child or €20 per family to cover children's activities for the whole weekend and only those children registered for entertainment may participate. You may pre-register for the children's activities.

At the conference: As is usual at LLL functions, your children are welcome to accompany you to sessions, meals, and all Conference areas. Ordinary baby sounds or gleeful toddler noises will not distract speakers or delegates. A crying baby, however, may be distracting to others and may be upsetting for the baby. You may have to miss part of the session, but listening to your child so that you can tend to his/her needs is the most important thing you can do.

For health and safety reasons, please do not use prams or buggies inside the hotel. Only parents with a specific need should use buggies inside the hotel (for example - parents of twins, if pregnant and with a toddler, disabled parent/child, etc.)

LLL Bookstall: A fully stocked LLL Bookstall will be open at specific times over the weekend. **Audio DVD-ROM:** An audio DVD-ROM of most conference sessions may be ordered at Registration Desk.

Teenagers (13yrs+): will have access to a Teen Room with activities available at designated times throughout the weekend. Teens are welcome to attend conference sessions. Teen Registration €8.

For General Conference Information: www.lalecheleagueireland.com

For further information contact:

Deirdre McDonnell, 12 Butterfield Grove, Rathfarnham, Dublin 14. Ph: 01 4947316

Email: deemcdee@gmail.com

Local Conference Organiser:

Catherine McGlinchey, Arolla, Carrignagat, Ballintogher, Co. Sligo. Ph. 071 9112056

E-mail: cathmcglincheyLLL@yahoo.ie

