

**OUT WITH THE OLD, IN WITH THE NEW:  
TEACHING SAFE, HEALTHY AND NATURAL BIRTH IN THE HOSPITAL SETTING**  
*20th Annual Indiana Perinatal Educators Conference*

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### **WHO SHOULD ATTEND**

This conference is intended for childbirth educators, maternity nurses and all of those providing education to families during the childbearing years.

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### **PROGRAM OBJECTIVES**

- Explore the Lamaze Six Care Practices for Healthy Birth.
- Define 2 myths about labor pain.
- Demonstrate 3 gravity positive positions for labor.
- Identify 4 non-pharmacologic pain relief measures for labor with regards to the Gate Control Theory and the Fear-Tension-Pain Cycle.
- Describe 2 effects of medication (taken during labor) on breastfeeding success.

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### **PLANNING COMMITTEE**

- Terry Blankenship, CMT, CRT, CD(DONA), HCHI—Irvington Therapeutic Center
- Ann Clute, RN, BSN, CCE—St. Francis Hospital
- Lisa Crane, MSN, RN—Clarian Health Partners
- Sarah Hundagen—Indiana Perinatal Network
- Sharon Johns, RN, LCCE, FACCE—St.Vincent Women’s Hospital
- Lynda Barton Kirch, RN, MSN, CNM—Central Indiana Nurse Midwives
- Peppy Peterson, RN, BSN—
- Ruthie Smith, LPN, LCCE—Community Hospital Anderson

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### **CONTINUING EDUCATION**

Application has been submitted for Lamaze contact hours and International Childbirth Education Association (ICEA) contact hours.

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### **CONFERENCE AGENDA**

7:30-8 am	Registration and Breakfast
8-9:30 am	Lamaze & WHO: 6 Care Practices for Safe & Healthy Birth
9:30-10 am	<i>Break and Exhibitors</i>
10-11:30 am	Innovative Teaching Tips: Show them something they’ll never forget!
11:30-1 pm	<i>Lunch and Networking</i>
1-1:30 pm	Indiana Perinatal Network Update
1:30-2:30 pm	Practical comfort measures that make labor shorter, easier and more enjoyable
2:30-2:45 pm	<i>Break</i>
2:45-4 pm	Are we using evidence-based care?
4-4:15 pm	Wrap-up and Evaluations

## FEATURED SPEAKER

Connie L. Livingston BS, RN, LCCE, FACCE, CPCE, CD(DONA), CHBE, ICCE

- Founder and President of Perinatal Education Associates, Inc., a company specializing in educating expectant families and maternity/care health care professionals through on-site seminars and the internet
- Created Perinatal Education Associates, Inc.'s website at [www.birthsource.com](http://www.birthsource.com) and Online Store
- In 2008, created [www.thebirthfacts.com](http://www.thebirthfacts.com) – a research based website

## REGISTRATION FEES

IPN Members: \$70      General Registration: \$85

Registration includes:

- Continental breakfast and lunch
- Conference materials
- Contact hours

## CONFERENCE LOCATION

Ritz Charles

12156 N. Meridian St., Carmel, IN 46032

317.846.9158

## HOTEL ACCOMMODATIONS

For out-of-town guests, there are numerous hotels nearby. We suggest the Courtyard by Marriott Indianapolis North Carmel (10290 North Meridian Street, Indianapolis, IN 46290). Call (317) 571-1110 or (800) 321-2211 to make a reservation. Other nearby hotels include Hilton Garden Inn [(317) 581-9400], Doubletree Guest Suites [(317) 844-7994] and SpringHill Suites [(317) 846-1800].

## CANCELLATION POLICY

Please contact IPN. A \$30 processing fee is charged for cancellations made prior to April 15, 2010—unfortunately, no reimbursements can be issued after this date. Allow 30 days for refund processing. Attendance substitutions are accepted with notification prior to the first day of the event.

## IPN MEMBERSHIP

Join IPN and help support continuing efforts to offer high-quality, low-cost educational events. Become an individual member for only \$60, and save on events all year! We would love to have more childbirth educators among our members. Visit [www.indianaperinatal.org/sections/join.php](http://www.indianaperinatal.org/sections/join.php) to view options and join online.

## EDUCATION PARTNERS



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