

## Registration

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone (**home**) \_\_\_\_\_

(**cell**) \_\_\_\_\_

Email \_\_\_\_\_

Affiliation \_\_\_\_\_

Credentials \_\_\_\_\_

Special Needs \_\_\_\_\_

***Doulas' Guide to Birthing Your Way***

Include \$18 to reserve your copy.

## Cost

Early Bird Fee (before Feb. 28th) \$100

Regular Fee (after March 1st) \$125

- No refunds but substitutions can be made
- On-site registration is limited
- Make check or money order payable to:  
"Heart & Hands" Doula Service

Mail to: Pat Wolfgang  
404 Stanton Ct.  
Export, PA 15632

For further information, Jan Mallak can be contacted  
at (724) 327-6063 or [jmallak@concentric.net](mailto:jmallak@concentric.net)

<http://heartandhandsdoula.com/2010>

We reserve the right to cancel if  
minimum registration is not met.

Jan S. Mallak  
2244 Manordale Drive  
Export, PA 15632  
<http://heartandhandsdoula.com/2010>



"Heart & Hands"<sup>SM</sup>  
Doula Service



# 10th Annual

## FAMILY CENTERED MATERNITY CARE CONFERENCE

Sponsored by  
"Heart & Hands"<sup>SM</sup> Doula Service

### Saturday MARCH 27th, 2010

PPG CHEMICAL CENTER  
440 COLLEGE PARK DRIVE  
MONROEVILLE, PA 15146

JAN S. MALLAK Conference Coordinator

# (724) 327-6063

## Goal

“Heart & Hands”<sup>SM</sup> Doula Service is providing the 10th Annual Family Centered Maternity Care Conference as an opportunity to learn and network. Childbirth educators, doulas, nurses, midwives, doctors and others interested in being in service to childbearing women are encouraged to attend.

## Contact Hours

ICEA has approved this program for 7 contact hours. Lamaze, DONA, CAPPA and other organizations also accept these contact hours towards re-certification. (360 total minutes)

## Objectives

1. List several medications prescribed to women before, during and after birth.
2. Discuss what new research reveals about VBAC management and success.
3. Summarize how even births with a twist can have happy and healthy outcomes.
4. Describe how to choose a baby carrier and nursing bra that best suits personal needs.
5. Review what area resources are available for breastfeeding women.
6. Tell 3 ways *Doulas' Guide to Birthing Your Way* is different from other doula books on the market.

## Day's Agenda

Check In and Continental Breakfast	8:30 – 8:50
Welcome	8:50 – 9:00
Medications used Before, During & After Birth - East Suburban Ob/Gyn	9:00 – 10:00
VBAC Update – Dr. Kaminski	10:00 – 11:00
Break	11:00 – 11:15
Birth Stories with a Twist (Panel)	11:15 – 12:15
Lunch	12:15 – 1:15
Door Prizes and Special Guest	1:15 – 1:45
The Right Fit – Dawn Higgins	1:45 – 2:45
Area Breastfeeding Resources (Panel)	2:45 – 3:45
Break	3:45 – 4:00
<i>Doulas' Guide to Birthing Your Way</i> Jan Mallak & Teresa Bailey	4:00 – 5:00

Refreshments and a vegetarian-friendly lunch will be provided as well as free parking. The facility will have a special breastfeeding area (for babies in arms) and is handicapped accessible. There will also be exhibitors and door prizes.

## SPECIAL OFFER

Jan & Teresa's book should be available for purchase at the conference. To take advantage of a reduced conference price, mark the box on the registration form to reserve your copy and include an additional \$18. The book will be sold for its usual price of \$22 on the day of the event.

*Get your book signed by the authors !*

ANNOUNCING: “Meet H&H Doulas” at The Breastfeeding Center of Pittsburgh the 2nd Tuesday of every month, 7:00 - 8:00 pm. Enjoy refreshments while mingling with some of our doulas! Begins March 9th.

## Directions

PPG Chemical Center, 440 College Park Dr  
Monroeville, PA 15146

From Turnpike Exit 57 - follow signs to Rt. 22 East (Murrysville). Stay on 22 East until the 3rd traffic light. Turn left (at Levin Furniture Store) onto Elliot and proceed up the hill. The entrance to PPG will be on the left. Park near the main door and enter. A guard will direct you to the conference.

From 376 Parkway East - follow it to the end and take Rt. 22 East (Murrysville). Turn left (at Levin Furniture Store) onto Elliot and proceed up the hill. The entrance to PPG will be on the left. Park near the main door and enter. A guard will direct you to the conference.