

**Thursday  
October 25,  
2018**

# Perinatal Health Trends and Issues

*Working together... making a difference in maternal and child health  
(doulas, lactation consultants, midwives, nurses, nurse practitioners,  
physicians, prenatal educators)*

## **Group Pre and Postnatal Care**

**The Centering Model:  
Theory, Practice, and Implementation Perspectives**



**Deborah McNeil, RN, PhD**  
Scientific Director, Maternal Newborn Child and Youth  
Strategic Clinical Network, Alberta Health Services  
Adjunct Associate Professor, University of Calgary  
Faculty of Nursing and Department of Community Health  
Sciences, Cumming School of Medicine

## **Keys to Get Some Zzz's**

**How Niagara Region Promotes Parents' Knowledge and Skills  
about Infant Sleep**

**Debbie Hunter,  
RN, BScN**  
Public Health Nurse  
Niagara Region Public Health

**Stephanie Lemay,  
RN, BScN, IBCLC**  
Public Health Nurse  
Niagara Region Public Health

## **The 'Goldilocks Effect' of Pregnancy Weight Gain Why it Matters, What You Can Do.**



**Dr. Zach Ferraro, PhD, MD(c), CSEP-CEP**  
Faculty of Medicine  
University of Ottawa

## **Infant Feeding in Simcoe Muskoka**



**Natalie Riewe, RN, BScN, BA**  
Program Manager, Child Health Program  
Simcoe Muskoka District Health Unit

### **Additional local presentations from:**

Healthy Babies, Happy Families Clinic. Natalie Kirby, Registered Midwife  
Midland Midwives by the Bay. Lynne Marie Culliton, Registered Midwife

**Fern Resort, 4432 Fern Resort Road, Orillia, ON L3V 6H4 - 8:30am to 4:00pm**

**Registration: 8:30am Presentations: 9:00am**

**\$75/per person**

Register by: October 12th, 2018

Payable by cash or cheque to: Simcoe Muskoka District Health Unit

Email: [perinatalclass@smdhu.org](mailto:perinatalclass@smdhu.org) Telephone: 1-877-721-7520 ext. 7453. For accommodations, contact Fern Resort 1-800-567-3376