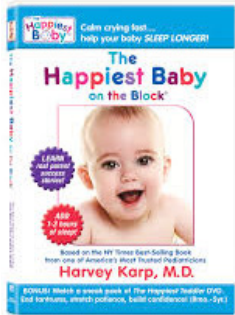


THE 4TH TRIMESTER: TRANSITION & TRANSFORMATION

24th Annual Indiana Perinatal Educators Conference

Does giving birth make a mother? By definition, yes. But, pregnancy and birth don't always equip a woman for the role that lies ahead. Is our job as birth professionals complete when the placenta is delivered?

Childbirth educators, nurses, lactation consultants and others who work with expectant parents are invited for a day of exploring the 4th trimester, a time that can affect a woman and her family for the rest of their lives.



Featuring:

- Nationally renowned author **Dr. Harvey Karp**, author of *The Happiest Baby on the Block*
- Indiana's own **Birdie Gunyon Meyer**, a national expert and popular speaker on all issues related to perinatal mood disorders
- **Ashlee Wells Jackson**, creator of *The 4th Trimester Bodies Project*, which uses photography to showcase the beauty and bravery that accompanies motherhood

7:30 am	Registration
7:55 am	Welcome and Introductions
8:00 am	Overview: Entering Motherhood: The Perinatal Period <i>Perfectionism, Dreams & Expectations, Myths of Motherhood, Life After Baby, Journey to Motherhood</i> Birdie Gunyon Meyer, RN MA CLC - Coordinator, Perinatal Mood Disorders, IU Health
8:50 am	The 4th Trimester Bodies Project <i>"Dedicated to embracing the beauty inherent in the changes brought to our bodies by motherhood, childbirth and breastfeeding"</i> Ashlee Wells Jackson - Photographer
9:30 am	Break
10:00 am	The Many Faces of Perinatal Mood and Anxiety Disorders Birdie Gunyon Meyer, RN MA CLC
11:30	Lunch and PMAD Survivors Panel
1 pm	The Happiest Baby on the Block Dr. Harvey Karp - Author, Pediatrician, Assistant Professor of Pediatrics at the USC School of Medicine
2:15 pm	Screening and Prevention/Treatment Options Birdie Gunyon Meyer, RN MA CLC
2:45 pm	Break
3:15 pm	Breastfeeding and PMADs Birdie Gunyon Meyer, RN MA CLC
3:45 pm	Integrating PMAD and Transitions to Parenthood Education Birdie Gunyon Meyer, RN MA CLC
4:30 pm	Closing

DATE

Thursday, April 24, 2014

LOCATION

Ritz Charles
 12156 N Meridian St.
 Carmel, Indiana

REGISTRATION FEES

IPN Members: \$89
 General Registration: \$109

*Join IPN today and save on this conference!
 Individual and organization memberships available.*

INCLUDES

Continental breakfast, lunch and conference materials

CONTINUING EDUCATION

Application has been submitted to Lamaze and ICEA for contact hours.

REGISTER ONLINE

Visit www.indianaperinatal.org/events to register.

QUESTIONS?

Contact Julia Tipton Hogan at (317) 924-0825 or jthogan@indianaperinatal.org.