



NURSING MOTHERS COUNSEL, INC.

A NON-PROFIT ORGANIZATION SINCE 1955
SAN FRANCISCO BAY AREA CHAPTER

P.O. Box 5024 San Mateo, CA 94402
Referral Phone Line (650) 327-MILK

INTEREST FORM - NMC's 2010 Training

1. To hold your spot, fill out this interest form and return it to Audrey Kalman, 816 Nevada Avenue, San Mateo, CA 94402 along with a non-refundable deposit check of \$25.
2. Once we receive payment, you will receive a membership application (or you may download it from <http://www.nursingmothers.org/membership>). Fill it out and return it with the balance of your payment no later than February 3, 2010.
3. Attend the New Member Coffee on Saturday, January 30, 2010 (you may wish to turn in your membership application and full payment at this gathering).
4. Begin your training on February 10, 2010.
5. See back of this sheet for membership requirements.

YES, I'm interested in becoming a NMC counselor!

Name: _____

Address: _____

Phone: _____ E-mail: _____

Membership Types

_____ **Full members** counsel breastfeeding moms on behalf of NMC. Training fee: **\$110** (includes \$25 membership dues) (\$85 if you have paid a \$25 deposit). Financial assistance available for full members.

_____ **Affiliate members** do not counsel moms on behalf of NMC, and take the training for their own professional development. Training fee: **\$325** (includes \$40 membership dues.) (\$300 if you have paid a \$25 deposit). Financial aid is not available for affiliate members; consult your employer for support.

_____ I am unable to attend the 2010 training. Please contact me about the next training.

Payment

You may either pay in full as described above or send a non-refundable deposit of \$25 to hold your spot. Make your check out to **Nursing Mothers Counsel, Inc.** and mail to Audrey Kalman, 816 Nevada Avenue, San Mateo, CA, 94402.

_____ Deposit (\$25).

_____ Payment in full (\$110 for Full members; \$325 for Affiliate members).

Questions? Contact Audrey Kalman: Phone: 650-303-2405; e-mail kalmans@earthlink.net.

**Return this form with a deposit check made out to Nursing Mothers Counsel to:
Gretchen Kindberg, 857 Millbrae Avenue, Millbrae, CA 94030**

NMC MEMBERSHIP REQUIREMENTS

TO BECOME A FULL MEMBER (COUNSELOR), YOU ARE REQUIRED TO:

- 1) Have at least six months nursing experience with one child
- 2) Attend all sessions of training
- 3) Complete written exam (during training)
- 4) Attend one NMC Board meeting (scheduled during training)
- 5) Successfully counsel at least two contacts under the guidance of an assigned NMC advisor
- 6) Observe and evaluate one NMC breastfeeding class (Mills Hospital or Lullaby Lane)
- 7) Observe one in-hospital counseling session (we help you schedule at El Camino Hospital)
- 8) File copies of your rubella and TB test results with NMC's Membership Chair (required for hospital rounds & home visits)
- 9) Complete required reading: NMC Counseling Manual; Orientation Binder; selected articles from chapter library; three books listed on blue brochure (*The Nursing Mother's Companion*, by Kathleen Huggins; *Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers*, by Nancy Mohrbacher and Kathleen Kendall-Tackett, and *The Ultimate Breastfeeding Book of Answers*, by Jack Newman, M.D.) or books approved by advisor
- 10) Pay annual chapter dues (\$25, included in training fee for first year)
- 11) Complete above requirements within one year.

TO MAINTAIN YOUR STATUS AS FULL MEMBER, YOU ARE REQUIRED TO:

- 1) Take 4-6 counseling contacts annually
- 2) Attend one continuing education event every 2 years (NMC holds 1-2 per year)
- 3) Keep up to date on annual dues (currently \$25)
- 4) Keep NMC volunteering separate from any professional paid work. (For example, a doula or IBCLC cannot be paid by an NMC contact.)

NOTE ON STATUS CHANGES:

If you take the training with the intention of becoming a volunteer NMC counselor (Full member) and pay the \$110 fee for volunteers, NMC expects that you will complete requirements within one year to become a Full member (counselor). Please understand that the actual cost of your training materials/program is higher than \$110. If you opt to change your status to Affiliate member (which is a non-counseling member) before you have finished requirements to become a Full member (counselor), we would require that you pay NMC \$215 (the difference between the fee of \$110 for volunteers and \$325 fee for professionals taking the training) unless there are very special circumstances that caused you to change your membership status.

Your NMC volunteering must be kept separate from any professional paid work. For example, a doula or IBCLC cannot be paid by an NMC contact.