

# Turning the Tide for Birth and Breastfeeding



## PROGRAM

**Dates:**

6th and 7th of May, 2016

**Venue:**

Lighthouse Theatre, 185 Timor Street, Warrnambool VIC 3280

[www.warrnamboolbreastfeedingcentre.com.au](http://www.warrnamboolbreastfeedingcentre.com.au)

All funds raised for this conference go to support the Warrnambool Breastfeeding Centre

## What is the Warrnambool Breastfeeding Centre?



The Warrnambool Breastfeeding Centre is a hub of information and support for parents in Warrnambool and the surrounding areas. It is a place parents can come to relax and connect with other parents in an informal setting. Importantly, parents can access the breastfeeding information and support they need, when they need it, through professional lactation support, breastfeeding counsellors and practical support such as breast pump hire and information on lactation aids.

### Conference Dinner

Join us on Friday night at the Lady Bay Hotel, Pertobe Rd, Warrnambool Time: 7pm for a night of great food, great company and great entertainment. \$65 includes a 2 course meal and great entertainment, raffle, prizes and giveaways. Drinks at bar prices.

### Sponsorship

We welcome ethical, WHO code compliant companies to exhibit at our conference. For a sponsorship prospectus please call Barb 0488 757 334 or email [zacdan@datafast.net.au](mailto:zacdan@datafast.net.au)

# Getting there

Getting to and from Warrnambool is easy! Fly into either Melbourne airports – Tullamarine or Avalon. From Tullamarine Domestic Airport Terminal, board the Skybus ([www.skybus.com.au](http://www.skybus.com.au)) or a taxi (from the waiting taxi rank), which will deliver you to Southern Cross Station, then board the train to Warrnambool and sit back and relax. From Avalon, board Avalon Airport Shuttle ([www.avalonairportshuttle.com.au](http://www.avalonairportshuttle.com.au)) or get a taxi to deliver you to Geelong train station to catch the Warrnambool bound train. The Melbourne-Warrnambool (via Geelong) train timetable can be found at: ([www.vline.com.au/pdf/timetables/warrnambool.pdf](http://www.vline.com.au/pdf/timetables/warrnambool.pdf)). Of course you could also hire a car and follow the Princes Highway to Warrnambool (Just over a 3hr journey from Tullamarine, and 2.5hr from Avalon), or if you've got the time, why not enjoy the Great Ocean Road... Happy travels!

## Accommodation

The Warrnambool Racing Carnival runs from May 3rd – 5th.

**It's a feature on the Warrnambool Calendar, and you may like to combine the races with a conference!**

Accommodation in Warrnambool is tight on Thursday 5th May – but we have reserved accommodation for our delegates.

For help with accommodation that will fit your budget and requirements please ring The Warrnambool Breastfeeding Centre between 10am -3pm, Monday – Saturday on (03) 5562 7662.

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**Accreditation:** IBCLC CERPs and MIDplus points have been applied for. CPD points may be claimed for this activity. Please see website for details.

# Turning the Tide

## for Birth and Breastfeeding

### Day 1

- 8.00am Registrations
- 
- 8.45am **Kylie Gaston** – Opening address
- 
- 9.00am **Barb Glare** – Imagine – A project in changing perceptions of breastfeeding in Australia
- 
- 9.15am **Mary-Rose MacColl** – The Birth Wars – Birth, breastfeeding and our fears
- 
- 10.15am **Jeanine Young** – Risk minimisation and risk elimination approaches to co-sleeping:  
How do we really support mothers and their babies?
- 
- 11.15am Morning tea
- 
- 11.45am **Meg Nagle** – Breastfeeding and social media
- 
- 12.30pm **Carolyn Hastie** – Pronuturance plus at birth: A risk reduction strategy for preventing  
postpartum haemorrhage
- 
- 1.15pm Lunch
- 
- 2.15pm **Rachel Fuller and Anj Cricelli** – Induced lactation for a baby born into his family via  
surrogacy a journey of love, life, family and friendship
- 
- 3.15pm **Elaine Burns** – Liquid gold from the milk bar: Health professional language and  
practices when providing breastfeeding support
- 
- 4.15pm Close
- 
- 7.00pm **Conference Dinner** – Lady Bay Hotel
-

# Day 2

- 8.00am Registrations
- 
- 8.45am Welcome and introduction
- 
- 9.00am **Carolyn Hastie** – What does the Polyvagal Theory have to do with breastfeeding?
- 
- 10.00am **Jeffery Kestenberg** – Assessing tethered oral tissues – Flip the lip; Less pain on the nip
- 
- 11.00am Morning tea
- 
- 11.30am **Sarah Murnane** – The Australian Breastfeeding Project: Feeding the change
- 
- 12.15pm **Jeanine Young** – Moving beyond the debate and embracing wicked problems: Advice to action on sleep and breastfeeding for our most vulnerable babies
- 
- 1.15pm Lunch
- 
- 2.00pm **Ruth Newby** – All shapes and sizes – Issues to consider for larger mums
- 
- 3.00pm **Meg Nagle** – Breastfeeding the older child – Why on earth?
- 
- 3.45pm Panel discussion
- 
- 4.15pm Close
-

# Speaker Biographies

**Carolyn Hastie** – RM RN IBCLC Dip Teach Grad Dip PHC Cert Sexual and Reproductive Health (FPA) MPhil PhD candidate

Carolyn Hastie is a mother, grandmother and midwife. She has been at the leading edge of midwifery practice and education for four decades. Her passion is improving care for childbearing women, partners and babies; her focus is on the neurophysiological intersection of growth, development and relationships for everyone involved. Among Carolyn's achievements are, with her colleague, Professor Maralyn Foureur: gaining visiting rights to public hospitals in 1984, a first for Australia and starting the first public hospital midwives' clinic in 1987. Carolyn commissioned and managed a quality award winning stand-alone midwifery service which included the option to birth at home. She has researched and written extensively on midwifery related subjects, including horizontal violence and bullying in midwifery after a young new graduate midwife she met at a workshop committed suicide in response to workplace bullying in 1996. Jodie's suicide led Carolyn to seek ways to teach midwifery students and midwives the necessary skills to manage themselves and their relationships with colleagues in the workplace.

**Professor Jeanine Young** – FACN PhD BSc (Hons) Nursing RM RN Neonatal Nurse

Professor Jeanine Young commenced in the School of Nursing and Midwifery in August 2013. Jeanine is a Registered Nurse, Registered Midwife and qualified neonatal nurse. She completed her PhD in infant care practices and their relationship with risk factors for Sudden Infant Death Syndrome (SIDS) in 1999 through the University of Bristol's Faculty of Medicine. Jeanine has established a research program to investigate Queensland's relatively high infant mortality rate, with a particular focus on developing evidence-based strategies and educational resources to assist health professionals in delivering Safe Sleeping messages to parents with young infants and to address Close the Gap targets to reduce Aboriginal and Torres Strait Islander infant mortality. Jeanine has a special interest in infant care practices and in particular, breastfeeding and parent-infant bed-sharing issues. Jeanine authored the Queensland Health Safe Infant Sleeping guidelines, Safe Infant Sleep and Indigenous Safe Infant Sleep eLearning programs; and developed bed-sharing information/position statements for SIDS and Kids, Australian College of Midwives, and Australian Breastfeeding Association. She chaired the SIDS and Kids National Scientific Advisory Committee 2008-2015 (current member) which works to ensure that safe sleeping public health recommendations are evidence-based and authored the consensus paper underpinning the 2012 Safe Sleep, My Baby public health campaign which reintroduced breastfeeding back into the Safe Sleep recommendations. Jeanine is also a member of the Australian College of Midwives Scientific Review and Advisory Committee which provides the ACM Board with advice on scientific matters, and prepares discussion papers and position statements to support midwifery practice.

**Dr Elaine Burns** – RM, RN, MCN, PhD | Midwifery Lecturer

Dr Elaine Burns is a Registered Midwife and Lecturer at Western Sydney University. Elaine has worked in the areas of midwifery and women's health as a clinician, researcher and educator for the last 20 years. Elaine completed her doctoral studies in 2011 where she explored the language and practices of midwives and lactation consultants when interacting with breastfeeding women. The findings from this doctoral work have influenced practice based changes in language used during breastfeeding support as well as contributing to the education of midwives and lactation consultants. Elaine is currently exploring the similarities and differences in communication styles between privately practicing midwives and ABA peer support counsellors, when supporting breastfeeding women, during the first six weeks after birth. Elaine is passionate about improving the support provided to women during the early establishment phase of breastfeeding.

### **Rachel Fuller – IBCLC**

Rachel has been supporting families with breastfeeding and early parenting for more than 15 years, initially as a volunteer breastfeeding counsellor with the ABA, prior to certifying as an IBCLC in 2008. Rachel has undertaken training in infant sleep, child development and nutrition and is also an accredited provider of primary care Triple P (positive parenting program) and a certified infant massage instructor.

Rachel commenced working as a private practice IBCLC in 2010, and through Cocoon Parenting Support, offers assistance with sleep and settling, conducts infant massage courses, in addition to providing support for regular and more complex breastfeeding issues. Her focus is to provide support while encouraging families to find their own 'right way'

### **Mary-Rose MacColl**

Mary-Rose MacColl's *The Birth Wars*, which explores the core conflict preventing better maternity care for women and families, was long listed for the Walkley Award for Non-Fiction. Mary-Rose is the author of five novels including *In Falling Snow* and the just-released *Swimming Home*, both of which are stories of women who face enormous challenges and triumph.

### **Meg Nagle – BA Psychology, IBCLC**

In between breastfeeding her youngest boy, chasing after her oldest two boys, blogging and occasionally sleeping; Meg works with women to help them reach their breastfeeding goals. Meg has a degree in Psychology and was a La Leche League Leader (breastfeeding counsellor) for seven years before becoming an International Board Certified Lactation Consultant. She writes frequently on her website about all things breastfeeding, is a guest blogger and has published articles in "Nurture Parenting Magazine" and "Natural Mother Magazine". Needless to say she is passionate about helping women reach their breastfeeding goals and loves helping to get the word out about how women can do this! She places a huge emphasis on sharing evidenced based research without the sugary coating.

### **Sarah Murnane – RN, RM Photographer**

Sarah Murnane is the founder of The Australian breastfeeding Project. She has been a motherhood photographer for 4 years and specialises in birth photography. Sarah is currently photographing women all over the country to normalise breastfeeding and bring breastfeeding mothers together to feed the change.

### **Jeffery Kestenberg – MDSc LDS FRACDS**

Dr Kestenberg has been a dentist in Private Practice for over 30 years. He is a consultant at Monash Medical Centre in Prosthodontics and Clinical Demonstrator and examiner for final year dental students at the University of Melbourne Dental School. He is a Fellow of the Royal Australasian College of Dental Surgeons.

### **Ruth Newby – BAppSc, BLM, PhD**

Dr Ruth Newby a medical scientist and lecturer in Biomedical Sciences at the University of the Sunshine Coast, Fraser Coast campus, and a Post-doctoral Research Fellow at the Children's Nutrition Research Centre, Centre for Child Health Research, University of Queensland. Her research is in the field of Public Health Nutrition for the first thousand days of life - nutrition before and during pregnancy and infant and young child diet. The Feeding Queensland Babies Study is Ruth's PhD project from which she is continuing to publish. She also completed the first study of infant and young child feeding and morbidity during emergency and natural disaster in Australia.

# Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Phone no \_\_\_\_\_ Mobile no \_\_\_\_\_

Email \_\_\_\_\_

Place of work \_\_\_\_\_ Position \_\_\_\_\_

Special Dietary requirements \_\_\_\_\_

## Pricing (please tick)

Sub-total \$

### 2 Days

Full Registration - **\$405**

Earlybird Registration (if registered and paid by April 22nd, 2016) - **\$360**

Student/Unwaged Full Registration - **\$320**

*(please provide proof of enrolment in course)*

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### 1 Day (tick which day)

Day 1  Day 2

Full Price - **\$225** | Earlybird Price - **\$195** | Student/Unwaged - **\$165**

+

### Online Seminar

Full Registration - **\$360**

Earlybird Registration (if registered and paid by May 6th, 2016) - **\$320**

Student/Unwaged Full Registration - **\$280**

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Conference Dinner **\$65 per person**

+

Donation to the Warrnambool Breastfeeding Centre

+

**TOTAL Amount:** \$ \_\_\_\_\_

### Credit card (Mastercard/Visa)

\_\_\_\_\_  
Credit Card Number

\_\_\_\_/\_\_\_\_  
Expiry Date

Card Holder's Name \_\_\_\_\_

**It's easier to book online!** To book online go to: [www.breastfeedingconferences.com.au](http://www.breastfeedingconferences.com.au)

Please make cheques payable to: ALMA

Please forward completed form and payment to: 41 Heath Marsh Road, Panmure, Vic 3265

ABN 83 820 560 346 - Barbara Glare