

Turning the Tide for Birth and Breastfeeding



Dates:

20th, 21st and 22nd of February, 2015

Venue:

Lighthouse Theatre, 185 Timor Street, Warrnambool VIC 3280

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 Saturday 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

Turning the Tide

for Birth and Breastfeeding

Day 1 – Workshops

7.30am	Registrations
8.30am	Welcome and introductions
8.45am	Alison Barrett – The Social Womb
9.45am	Emma Moore – It takes a village – the Warrnambool Breastfeeding Centre: Building a breastfeeding friendly community from the ground up
10.15am	Morning Tea
	Full Day Workshop
10.45am – 5.15pm	Andrew Bisits –Breech Birth (maximum 40 delegates)
10.45am – 1.15pm	Morning Workshops
	1. Rhea Dempsey – Helping mothers work with pain in labour
	2. Molly Pessl – Overcoming breastfeeding challenges in the early neonatal period
	3. Jane Scott – Introducing solids and the development of allergies
1.15pm – 2.00pm	Lunch
2.00pm – 4.30pm	Afternoon Workshops (<i>includes afternoon tea break</i>)
	1. Alison Barrett – Breastfeeding for Medical Professionals
	2. Molly Pessl – Overcoming predictable breastfeeding problems in the first year
	3. Helen Ball – SIDS and sleep safety – Why bed-sharing is complicated
5.15pm	Welcome reception – The Warrnambool Breastfeeding Centre 79 Liebig St

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Day 2 – Saturday

7.45am	Registration
8.15am	Welcome and introductions
8.30am	Helen Ball – Breastfeeding and infant sleep: The growing research evidence
9.30am	Jane Scott – Why should we value the protection of breastfeeding?
10.15am	Alison Barrett – The Humane Cesarean
11.15am	Morning tea
11.45am	Andrew Bisits – Prevention of major perineal trauma
12.00 noon	Molly Pessl – Breastpumps and pumping: Best or worst practice?
1.00pm	Lunch
1.45pm	Cath Nolan and Mel Dunstan – Maternal and Child Health – A Far North Queensland perspective
2.45pm	Judi Venten – Understanding the needs of the NICU infant/family
3.30pm	Afternoon tea
4.00pm	Clinton Creagan – Talking birth, breastfeeding and babies – A man’s journey
4.45pm	Panel discussion
5.15pm	Close
2.45–4.45pm	Workshop: Hannah Dahlen – Waterbirth (Maximum 40 delegates) <i>(Includes afternoon tea)</i>
7.00pm	Conference Dinner – Lady Bay Hotel

Day 3 – Sunday

8.00am	Registrations
8.30am	Welcome and introduction
8.45am	Helen Ball – Why does it matter where babies sleep?
9.45am	Hannah Dahlen – Long and Short Term implications of intervention for mothers and babies
10.45	Morning tea
11.15am	Martien Snellen – The impact of untreated mental illness on obstetric, neonatal and lactation outcomes
12.15pm	Rhea Dempsy – The crisis of confidence in breastfeeding
1.15pm	Lunch
2.15 pm	Molly Pessl – Caring for the late pre-term infant: Ensuring the best outcomes
3.15 pm	Afternoon tea
3.30pm	Alison Barrett – Why do bad maternity services happen to good people?
4.30pm	Panel discussion
5.00pm	Close

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) 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) 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) 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!*

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

Speakers Biographies

Helen Ball

Helen Ball is Professor and Head of Anthropology at Durham University, England, where she runs the Parent-Infant Sleep Lab. She has published widely on infant sleep, breastfeeding, bed-sharing, SIDS-risks, and postnatal care. She works with UK hospitals, breastfeeding and parenting organisations on infant sleep safety, feeding interventions and is involved in local and national policy development. She is a member of LLLGB's Panel of Professional Advisors, NCT's Research Advisory Group, and a member of the Editorial Board for the Journal of Human Lactation.

Alison Barrett

Dr Alison Barrett has over 20 years of experience in the women's health care field working as an obstetrician, gynaecologist, lactation consultant and maternal health advocate. Alison has a strong calling to the volunteer sector and to community service. This has led to advocacy work locally, nationally and internationally in the areas of ecology, breastfeeding promotion and mother baby attachment. She is a frequently invited speaker at conferences and seminars on birth, breastfeeding and mother baby health.

Molly Pessl

Molly Pessl is a registered nurse, childbirth educator and Internationally Board Certified Lactation Consultant. During her years at Evergreen Hospital as a health educator, clinician and lactation consultant, Molly developed comprehensive parent and professional education programs, the regional breastfeeding center, a postpartum follow-up clinic and Baby-Parent Groups. These programs led to the first US designation of "Baby Friendly" by UNICEF and the World Health Organization. Molly is currently the director of Evergreen Perinatal Education, a consulting and education program for professionals. Molly served on the International Board of Lactation Consultant Examiners and is a past president of that board.

Martien Snellen

Dr Martien Snellen (MBBS, MPM, FRANZCP) is a Melbourne based Perinatal Psychiatrist. Martien has published in academic journals in the areas of: The relationship between schizophrenia, mental state, and mother-infant interaction, the function of specialist mother-baby units, postpartum sexuality, the process of obtaining informed consent when prescribing in pregnancy, the management of Bipolar Disorder in pregnancy, and antenatal care and mental illness and models of psychotherapy in the psychiatric mother and baby setting. He is the author of 'Sex & Intimacy after Childbirth: Reclaiming Desire in Your Relationship' and is a co-editor of 'Psychopharmacology and Pregnancy: Treatment efficacy, risks and guidelines'.

Andrew Bisits

Andrew Bisits is a senior Staff Specialist at the Royal Hospital for women in Sydney. Previously, he was the Medical Director of obstetrics at John Hunter Hospital in Newcastle. He has been a strong support for and respectful advocate of midwives and midwife-centred care. One of his interests is keeping alive skills for vaginal breech births. Papers about his experiences have been published in professional journals and as part of the International Vaginal Breech Birth Trial Study.

Clinton Creagan

Clinton Creagan quit his job to become a stay at home dad when his oldest son Archie was two and recalls that some of his co-workers were bemused and there was even the odd occasion when his manliness was questioned. As usual, he sought refuge in writing. He wrote a crime novel or three before the demands of his new day job led him to turn away from longer writing projects in favour of blogging to connect with the world – and other stay-at-home parents – and to stay sane. Clint's blog, Reservoir Dad, won the Best Australian Blog 2013 in the Personal and Parenting category. Clint lives in Reservoir with wife Tania, and sons Archie, 9, Lewis, 7, Tyson, 4, and Maki, 2.

Hannah Dahlen

Hannah Dahlen is the Professor of Midwifery in the School of Nursing and Midwifery at UWS. She has been a midwife for 24 years and still practices. Hannah has strong national and international research partnerships and has had over 65 publications in the past seven years. She has spoken at over 100 national and international conferences and given invited keynote addresses at half of these. Hannah is a past President of the Australian College of Midwives and received Life Membership in 2008 for outstanding contributions to the profession of Midwifery.

Emma Moore

Emma Moore is a founding member of The Warrnambool Breastfeeding Centre, and a breastfeeding counsellor with the Australian Breastfeeding Association. Her interest in lactation started with cows – Emma is a dairy farmer. Emma is the mother of three daughters with another baby on the way.

Rhea Dempsey

Rhea Dempsey is an educator, speaker and birth attendant with experience at over 1,000 births. Rhea Dempsey is a respected birth practitioner with a reputation as one of the foremost thinkers on the topic of working with pain in childbirth and its connection to normal physiological birthing. With three adult daughters of her own, Rhea's understanding of birth has been gained during 34 years working with women in home and hospital settings. Rhea is a highly sought after speaker and presenter at conferences, seminars and workshops on birth and counselling issues. She regularly addresses pregnant women, their partners and support people; complementary health practitioners; midwives and medical practitioners.

Mel Dunstan

Mel Dunstan has been a registered Nurse since 1998 and a Midwife since 2002. She became a Maternal Child Health Nurse in 2010. After completing Midwifery in Melbourne, she moved to Mildura and worked as a Midwife, working with Pregnant Teens and families from diverse backgrounds. She worked at the Mildura Aboriginal Health services for a number of years and this led her to work with Indigenous families in remote areas of Queensland. She packed her belongings and Cat and began working with RFDS Cairns in 2012. Mel currently visits Mornington Island and Pormpuraaw.

Cath Nolan

Cath Nolan has been a registered Nurse since 1991 and Midwife since 2002. Cath has lived and worked remotely, with her family, in Western Australia, Queensland and Victoria. A large portion of her nursing career has been spent working in indigenous health, both in hospital and community settings. Cath has been working with the people of the Cape and far north Queensland since 2010. She currently visits Pormpuraaw, Western Cape York and Mornington Island.

Judi Venten

Judi Venten was first a Paediatric Nurse, then a Midwife. Later she qualified as a Neonatal Nurse and MCH Nurse. After spending time working in the community she returned to the NICU realizing prem babies was her great passion. Having working over 2 decades in this field, she published a comprehensive handbook for both parents and staff last year. She remains passionate and dedicated to educating and empowering both parents and staff and committed to making a difference in a baby's life each day.

Jane Scott

Jane Scott is Professor of Public Health Nutrition Research at Curtin University. Her research interests are in the area of public health nutrition and early feeding practices and she is recognised internationally for her research into the determinants of infant feeding practices. She was an expert technical writer on the 2012 NHMRC Infant Feeding Guidelines and has served as an expert consultant to both the World Health Organisation and the United Nations.

Registration Form

Name _____

Address _____

_____ Postcode _____

Phone no _____ Mobile no _____

Email _____

Place of work _____ Position _____

Special Dietary requirements _____

Pricing *(please tick)*

Sub-total \$

Full conference – 3 Days

Full Registration – **\$590**

Earlybird Registration (if registered and paid by December 21st) – **\$520**

Student/Unwaged Full Registration – **\$495** | Earlybird Registration – **\$475**
(please provide proof of enrolment in course)

+

2 Days *(tick which days)*

Day 1 Day 2 Day 3

Full Price – **\$405** | Earlybird Price – **\$360** | Student/Unwaged – **\$330**

(please provide proof of enrolment in course)

+

1 Day *(tick which day)*

Day 1 Day 2 Day 3

Full Price – **\$225** | Earlybird Price – **\$195** | Student/Unwaged – **\$170**

+

Select your workshops

Friday morning

Workshop 1 Workshop 2 Workshop 3

Friday afternoon

Workshop 1 Workshop 2 Workshop 3

+

OR Full day workshop

Full Price – **\$225** | Earlybird – **\$195** | Student Unwaged – **\$170**

Conference Dinner **\$65 per person**

+

Donation to the Warrnambool Breastfeeding Centre

+

Credit card (Mastercard/Visa)

TOTAL Amount: \$ _____

Credit Card Number

____/____
Expiry Date

Card Holder's Name _____

It's easier to book online! To book online go to: www.breastfeedingconferences.com.au

Please make cheques payable to: ALMA

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

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