

BREASTFEEDING INSIGHT

Online Conference



View Online:

September 1st – December 31st 2020

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BREASTFEEDING INSIGHT

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**Participating in our new conference “Breastfeeding Insight
” provides an indepth understanding of current topics in
breastfeeding and human lactation.**

This online conference brings together a faculty of leading experts from Australia and around the world and draws together the thread of issues that face breastfeeding families and those who work with them

Online conferences represent a cost effective and environmentally sustainable way of gaining education. We bring this learning experience right to your device – phone, tablet, laptop or computer. This conference will be accredited with CERPs and CPDs.

We hope to see you there!

Advertisement



The advertisement features a central image of a WaterWipes baby wipe pack. The pack is white with blue and green accents, showing a baby's face and the text 'WaterWipes THE WORLD'S PUREST BABY WIPES'. A circular seal on the right side of the pack says 'eczema association australia 2019'. Below the pack, the text reads 'WaterWipes are purer than cotton wool and water*'. To the left, a bowl of water with a cotton wool pad is shown, with a single water drop above it. Below this is the text 'Cotton wool and water*'. To the right, a WaterWipes wipe is shown with a 7-stage purification process diagram, with a larger water drop above it. Below this is the text 'WaterWipes®'. At the bottom left, a small note says '*cooled boiled water'. At the bottom right, a logo says 'validated by' with a circular seal.

WaterWipes are purer than cotton wool and water*

Cotton wool and water*

WaterWipes®

*cooled boiled water

validated by

Speakers and Topics

Caleb Dawson – PhD

A 3D microscopic journey through breast development and function

Mary Wlodek – BSc (Hons), MSc, PhD

Developmental Origins of Health and Disease (DOHaD): Infant and milk perspectives

and

Impact of pregnancy complications on lactation and infant outcomes: Milk origins

Lyndsey Hookway – BSc, RNC, SCPHN (HV), IBCLC

Breastfeeding the brave: Stories and solutions for breastfeeding critically ill infants

Marcia Burton McCoy – MPH, IBCLC

Pamela Heggie – M.D, IBCLC, FAAP, FABM

Weaning occurs earlier for infants with in-hospital formula feeding

Renaë Barker – Dr, BEc LLB Murd., PhD W.Aust.

Breastfeeding through separation: The Australian court's verdict

Julie Blandthorn and **Mary Lazzaro**

– Clinical Midwife Consultants

Breastfeeding in the context of drug and alcohol use

Robyn Noble – DMLT, BAppSc (MedSc), IBCLC

Recognising allergy issues in breastfed babies

Linda Martin – BA, BSc(Med), MBBS, MMed, FACD

Skin problems in the breastfeeding woman: An approach to diagnosis and management

Jess Permezel – BMid

Working with LGBTIQ+ families in the perinatal period

Melissa Morns – BHSc (Nat), MPH (Nut)

Breastfeeding aversion: What is it?

Evelyn Volders – BSc, Grad Dip Diet, Grad Dip Health Ed, Grad Dip Higher Ed, Adv APD

Milk & cookies? – Biscuits? Food? – What do lactating mothers really need?

Dr Karleen Gribble – BRurSc, PhD, Cert IV Breastfeeding Education (Counselling and Community)

Infant feeding in Australia's Black Summer and COVID-19

Meg Nagle – BA Psychology, IBCLC

Supporting families through the tongue tie journey

Louise Shalders – RN Div.1 (paed), RM, MCHN, PIMH, Nat – ongoing

Infant mental health and the unsettled baby

Jan Tedder – BSN, FNP, IBCLC

Nursing strikes: Child development, child temperament and breastfeeding

Justine Van Der Watt – RN, RM, IBCLC

Supporting mothers who express

Speakers & Abstracts



Caleb Dawson – PhD

Caleb studied science at the University of Melbourne before doing his honours year at The Walter and Eliza Hall Institute on platelet biogenesis with Dr Samir Taoudi. He recently completed his PhD in the breast cancer laboratory at The Walter and Eliza Hall Institute with Professor Jane Visvader, Dr Anne Rios and Professor Geoff Lindeman. Here, he used 3D and intravital microscopy to investigate stem cell behaviour during mammary gland development and immune regulation of breast remodelling and tumorigenesis. Caleb is currently continuing this work

as a postdoctoral researcher and is looking forward to new opportunities as an early-career researcher in Melbourne.

A 3D microscopic journey through breast development and function

The breast is able to nourish infants through the cooperation of a diverse array of cells. The rapidly evolving technology of 3D fluorescence microscopy allows us to build a deeper understanding of breast biology, by seeing how all of these cells interact to achieve their common goal. These images reveal beautiful cellular landscapes that give us new insights into the development and function of the breast and how this goes awry in disease.



Professor Mary Wlodek – BSc (Hons), MSc, PhD

Mary Wlodek is a tenured Professor in the Department of Physiology, School of Biomedical Sciences, Faculty of Medicine, Dentistry and Health Sciences, The University of Melbourne. She graduated with a BSc(Hons) and MSc from the University of Western Ontario, London, Canada and subsequently was awarded her PhD in Physiology from Monash University in Australia. Mary is a global leader in Developmental Origins of Health and Disease (DOHaD) field and Head of the Fetal, Postnatal & Adult Physiology & Disease Laboratory.

Developmental origins of health and disease (DOHaD): Infant & milk perspectives

Infants born from complicated pregnancies often show altered growth during infancy and are at increased risk of non-communicable diseases (NCD) including diabetes, cardiovascular and renal disease and obesity. These concepts are the foundation of the Developmental origins of Health and Disease (DOHaD) field. Professor Wlodek will present research findings and approaches linking fetal growth during pregnancy and infant growth during lactation as critical for later life health.

Impact of pregnancy complications on lactation & infant outcomes: Milk origins

Emerging evidence suggests that breastmilk health and/or quantity and breastfeeding duration may be altered in women with pregnancy complications. Data will be presented to support our hypothesis that pregnancy complications, and associated placental and maternal physiological, endocrine and metabolic disturbances, impairs breast secretory development across late pregnancy leading to alterations in breastmilk quality and quantity after birth. The impact of these changes on infant outcomes will be discussed.

Speakers & Abstracts (continued)



Lyndsey Hookway – BSc, RNC, SCPHN (HV), IBCLC

Lyndsey is a paediatric nurse, children's public health nurse, International Board Certified Lactation Consultant, Holistic Sleep Coach and birth trauma recovery practitioner. Lyndsey is currently a PhD candidate at Swansea University, aiming to explore the needs and challenges of breastfed seriously unwell infants and children, as well as their families, and the health professionals serving them. She is the co-founder and clinical director of the Holistic Sleep Coaching program and regularly teaches internationally, as well as providing mentorship for newer

sleep coaches and aspiring IBCLCs. In 2019 she set up the Breastfeeding the Brave project – a collaborative project of parents seeking to raise awareness of the unique breastfeeding needs of seriously, critically, and terminally ill children. A mother of a childhood cancer survivor, she often talks about the impact of chronic serious illness on families, and seeks to support other families living through a serious childhood illness.

Breastfeeding the brave: Stories and solutions for breastfeeding critically ill infants

Children who have a congenital anomaly, disability, acute or chronic illness have lower breastfeeding rates. This presentation explores the systemic, practical and logistical barriers to achieving breastfeeding goals, and examines current theory as to how this applies to several specific conditions. Several cases are reviewed and stories of how families have overcome barriers, as well as how meaningful breastfeeding is in the context of serious illness are discussed.



Speakers & Abstracts (continued)



Marcia Burton McCoy – MPH, IBCLC

Marcia has been an IBCLC since 2000. She was coordinator of the Hennepin County Peer Breastfeeding Support Program from 2005 to 2015. Marcia obtained an MPH in Maternal/Child Health from the University of Minnesota's School of Public Health in 2015 and now works as an epidemiologist with the MDH WIC Program.



Pamela Heggie – MD, IBCLC, FAAP, FABM

Dr. Heggie is both a pediatrician and lactation consultant and she practices general pediatrics and breastfeeding medicine at Central Pediatrics in Roseville, Minnesota, USA. Dr. Heggie is also the Medical Director (volunteer) of the Minnesota Milk Bank for Babies and Adjunct Clinical Assistant Professor of Pediatrics at the University of Minnesota.

Weaning occurs earlier for infants with in-hospital formula feeding

In-hospital formula feeding of breastfed infants is associated with a shorter duration of breastfeeding. Despite evidence-based guidelines, many infants are given formula unnecessarily during the postpartum hospital stay. This presentation will cover why exclusive breastfeeding matters and describe proven strategies to reduce unnecessary supplementation. Case studies in breastfeeding management will also be discussed.



Speakers & Abstracts (continued)



Julie Blandthorn – Clinical Midwife Consultant

Julie is a Clinical Midwife Consultant at the Women's Alcohol and Drug Service (WADS) based at the Royal Women's Hospital in Melbourne.

Julie is a registered nurse and completed her midwifery training at the Royal Women's Hospital where she won the Margaret Black Memorial Prize. She later completed post graduate maternal and child health qualifications as well as further study in immunisation and family planning and completed a graduate certificate in Alcohol and Other Drugs at Turning Point in 2010. Julie has worked at the Women's Alcohol

and Drugs service for the last 12 years. During this time Julie has provided clinical care, published several journal articles, written clinical practice guidelines as well as delivering training and education throughout Australia.



Mary Lazzaro – Clinical Midwife Consultant

Mary has worked as a midwife with pregnant women with alcohol and drug issues, both at The Women's Alcohol & Drug Service at The Women's Hospital and at Sunshine Hospital for over 20 years. She is also a registered nurse and psychiatric nurse. What keeps her in this area of midwifery is the hope, strength and resilience exhibited by the women who attend the service and the belief that change, however small, is possible and significant.

Breastfeeding in the context of drug and alcohol use

The subject of breastfeeding and substance use is fraught with complexity. This is because here is very little evidence to base clinical decisions on. It is impossible to carry out randomised controlled trials on pregnant women and substance use and much of the evidence is based on small studies or consensus among professionals who work in this area. This webinar will explore current evidence and consensus and try to recommend workable solutions to often complex and difficult breastfeeding situations.



Speakers & Abstracts (continued)



Renae Barker – Dr, BEc LLB Murd., PhD W.Aust

Renae Graduated from Murdoch University with a Bachelor's degree in law with honours and Bachelor's degree in economics. She subsequently completed her PhD at the University of Western Australia in 2014. Her thesis explored the development of the relationship between the state and religion in Australia from 1788 to modern Australia. She joined UWA as a lecture in 2013, having tutored at the university of a number of years.

Breastfeeding through separation: The Australian court's verdict

Continued breastfeeding post separation poses a particular challenge for the courts and creates significant anxiety for both the breastfeeding and non-breastfeeding parent. In this presentation, Renae will examine court decisions about breastfeeding post separation and the role expert evidence, including from medical professionals, can play in these decisions.



Robyn Noble – DMLT, BAppSc (MedSc), IBCLC

Robyn has a Bachelor Degree in Medical Science and an Associate Diploma in Medical Laboratory Technology. She has held a Postgraduate Certification in Lactation Consultancy from the International Board of Lactation Consultant Examiners since 1990. Robyn Noble runs Bayside Breastfeeding Clinic, Australia's first private breastfeeding clinic. In her role as Lactation Consultant, Robyn offers quality breastfeeding care and support for mothers. She is also passionate about breastfeeding education for healthcare providers, specialising in more comprehensive training and problem- solving. She is considered by her peers to be an expert in many aspects of breastfeeding management, including food allergy issues.

Recognising allergy issues in breastfed babies

The allergy epidemic has become the new scourge of life in Westernised countries, with Australia topping the international list. Allergy-related illness is responsible for more than half of hospital admissions of Australian children under 12 years of age. And yet, allergic issues in babies are often not recognised or looked for. The impact on bowel motions and the feeding situation provide important diagnostic indicators of the underlying cause of what can be a very distressing experience for the baby, the mother and the entire family.

Participants will understand how allergies may present in breastfed babies, how the breastfeeding situation may be impacted, and how to help mothers achieve a normal successful breastfeeding relationship.

Speakers & Abstracts (continued)



Linda Martin – BA, BSc(Med), MBBS, MMed, FACD

Linda graduated in Medicine with first class Honours from the University of New South Wales in 2003. She undertook her dermatology training in Sydney and completed her fellowship at St John's Institute for Diseases of the Skin in London. Linda is a Staff Specialist Paediatric Dermatologist at Sydney Children's Hospital and Director of Dermatology Services at Melanoma Institute Australia. Linda is an active member of the Academy of Breastfeeding Medicine, with special interests in skin diseases in pregnancy and patient education.

Skin problems in the breastfeeding woman: An approach to diagnosis and management

Skin problems commonly affect the lactating breast and nipple. These can be caused, exacerbated or unrelated to breast feeding. Correct diagnosis and appropriate skin care advice is important to minimise impact on breast feeding. An approach to diagnosis and evidence-based skin care management is presented.



Jess Permezel – BMid

Jess is a queer parent, midwife and childbirth educator. With a background in community development and organising, Jess is dedicated to the pursuit of social justice and is passionate about health equality and midwifery continuity of care. Jess works as a midwife in the public system and teaches LGBTIQ+ specific childbirth education. Pronouns: She/Her or They/Them.

Working with LGBTIQ+ families around birth and breastfeeding

This presentation will provide health professionals some understanding and tools to guide effective and culturally safe care for LGBTIQ+ families in the perinatal period. Participants will gain an insight into LGBTIQ+ family structures and dynamics and have some understanding of the barriers and discrimination often faced by these families when accessing perinatal care. They will have greater knowledge and language to provide culturally safe care to LGBTIQ+ families, and greater capacity to advocate and make appropriate referrals where necessary.



Speakers & Abstracts (continued)



Melissa Morns – BHSc (Nat), MPH (Nut)

Melissa Morns is a Doctoral student currently researching the phenomena of breastfeeding aversion at the University of Technology Sydney with co-supervision from Western Sydney University. Melissa has an undergraduate degree in Naturopathy and a Master of Public Health (Nutrition). Melissa has created online community support spaces for those who experience breastfeeding aversion since 2013 and is passionate about researching this phenomenon; why it happens for some who breastfeed, and what health professionals can do to support this population.

Breastfeeding aversion: What is it?

Limited literature is available about women who wish to breastfeed but experience unexpected feelings of aversion in reaction to their infant suckling at the breast. In this presentation Melissa shares her review of the research on the phenomena of breast aversion, why it happens and what health professionals can do to support this population.



Evelyn Volders – BSc, Grad Dip Diet, Grad Dip Health Ed, Grad Dip Higher Ed, Adv APD

Evelyn has worked for over 30 years as a specialist paediatric dietitian and 20 years as an educator at Monash University. This extensive experience has been utilised in clinical education in many settings including her role as Course Convenor for the Masters of Dietetics. She was an IBCLC for 20 years and has an ongoing interest and enthusiasm to include the support of breastfeeding as a key role for dietitians. She is currently working on a project to develop infant nutrition training for doctors that is free from corporate influences. She writes regularly for lay publications such as The Conversation, Raising Children Network and The Australian Breastfeeding Association.

Milk and cookies? – Biscuits? Food? – What do lactating mothers really need?

In this presentation, Evelyn reviews the nutritional requirements during lactation and translates this to food recommendations. She reviews special food products and supplements aimed at lactating mothers, the costs, claims and evidence to support their use. The impact of a mother's diet on breastfeeding will be summarised including those who restrict their food intake for a range of reasons.

Speakers & Abstracts (continued)



Karleen Gribble – BRurSc, PhD, Cert IV Breastfeeding Education (Counselling and Community)

Dr Karleen Gribble is an Adjunct Associate Professor in the School of Nursing and Midwifery at Western Sydney University. She has been involved in policy development and training in the area of infants in emergencies since 2006 and is a world-leading researcher in this area. She has provided advice to UN organisations, health professionals, emergency responders and government bodies internationally and in Australia on the needs of infants in emergencies, including in the current COVID-19 crisis.

Infant feeding in Australia's Black Summer And COVID-19

Provision of safe food and water to infants and young children is critical however, in the emergency context it can be challenging to ensure this is available. The Black Summer Bushfires and the COVID-19 Pandemic emergencies have significantly impacted breastfeeding women and their infants. This presentation will discuss the challenges faced by mothers/caregivers of infants, including the inadequacies and successes in planning and aid provision.



Meg Nagle – BA Psychology, IBCLC

Meg is the mother of three breastfed boys and lives with her husband and children in QLD, Australia. She has worked in private practice as an International Board Certified Lactation Consultant (IBCLC) since 2012 and works with parents to help them reach their breastfeeding goals. She has a degree in psychology and her prior work was in counselling and sexual health. She was a La Leche League Leader for seven years before becoming an IBCLC. Meg is the author of two books including, "Boobin' All Day...Boobin' All Night. A Gentle Approach To Sleep For

Breastfeeding Families" and "All Tied Up! How To Keep On Boobin' Through A Tongue Tie". She has published articles in numerous parenting magazines and websites. She was also filmed for a short documentary, "Lactaboobiephobia", based on one of her blog posts which was released in 2016.

Supporting families through the tongue tie journey

Navigating the world of ties can be confusing for health care professional and parent alike. It is the breastfeeding parents who suffer the most. This presentation covers how breastfeeding helpers can best support families through the world of ties. What the research says, how to support them in the short term and long term, what to do if we're unsure as to whether there is a tie and what we can do when families can't access release providers or choose not to treat tongue tie.

Speakers & Abstracts (continued)



Louise Shalders – RN Div.1 (paed), RM, MCHN, PIMH, Nat – ongoing

Louise Shalders has worked in the family health sector for more than 30 years. After training as a paediatric nurse, midwife, maternal & child health nurse and perinatal & infant mental health clinician, Louise is now in her final year of Naturopathy at Southern School of Natural Therapies VIC. She is the Clinical Director of The Centre for Perinatal Health & Parenting, a facility where parents come to feel listened to, nurtured and safe, to be nurtured by 'the village' and learn to gently develop as a parent alongside their developing child.

Infant mental health and the unsettled baby

An unsettled infant can have a significant impact on the wellbeing and mental health of parents. But what of the infant? Does the challenge of unsettled beginnings impact infant temperament, attachment relationships or the mental health of the infant? This presentation will discuss current evidence regarding these outcomes and provide practical approaches to optimising parent-infant attachment and infant mental health under such circumstances.



Jan Tedder – BSN, FNP, IBCLC

Jan Tedder worked for decades in primary care with children and their parents. She taught nursing students and family physician residents at UNC-Chapel Hill and Duke University and developed lactation and parenting programs for a number of practices.

Nursing strikes: Child development, child temperament and breastfeeding issues create the perfect storm

A baby suddenly refuses to breastfeed and the mother is understandably distraught. Discover how normal child development, individual temperament and family circumstances can form a perfect storm to trigger a nursing strike. Consider how, without help, a mother may view such behaviour as a call to wean, notice a strain on the mother/child relationship and experience a decrease in confidence and/or low milk supply. Discover predictable developmental events that might launch a strike, review differential diagnose and explore techniques to help mother meet her breastfeeding goals.

Speakers & Abstracts (continued)



Justine Van Der Watt – RN, RM, IBCLC

Justine is a Registered Nurse, Endorsed Midwife, and IBCLC. She has worked in Neonatal ICU's in Perth, Western Australia, and the United Kingdom since 2007. When she gave birth to her daughter in March 2014, she had every intention of breastfeeding well into full time, but it seemed that the universe had a different path for her and she exclusively expressed until her daughter was 10mths. This spurred her on to start her business in March 2016. In late 2017 she started as a lactation consultant in private practice and in May 2019 added private antenatal and postnatal midwifery services. She is an avid traveller and has been to over 80 countries.

Supporting mothers who express

Expressing with an electric pump can be a great tool for increasing and maintaining milk supply where the baby is unable or unwilling to do so themselves. Those who choose to exclusively express, or who are perhaps 'forced' to do so due to circumstances, may only represent a small portion of the breastfeeding population, but they also deserve to be provided with good knowledge and support. There is not much evidence for the how and what of expressing and so a lot can be gained from listening to the experiences of those who are living through it. In this presentation we will explore how to support a mother to increase and maintain her supply long-term, finding the right size flange, the emotional experience of expressing and how to support this, and dispel a few myths surrounding expressing.

Registration

It's easier to register online

To register just go to

www.breastfeedingconferences.com.au

Conference streaming

September 1st 2020 – December 31st 2020

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17 L CERPs have been allocated to this program

Pre-exam education hours = 17



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