



# BROKEN SLEEP?

Insights  
into biology,  
culture and  
parenting  
in today's  
world



This conference is also available ONLINE  
[www.breastfeedingconferences.com.au](http://www.breastfeedingconferences.com.au)

**October 24th and 25th, 2019**  
+ post conference workshops October 26th

Pullman & Mercure Albert Park  
65 Queens Road  
Melbourne 3004 – Australia



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

# DAY 1

|          |  |
|----------|--|
| 7.45 am  | Registrations – Tea and coffee served  |
| 8.30 am  | Welcome and Introduction   |
| 8.45 am  | <b>Dr James McKenna</b> – Re-emergence of breastsleeping to western industrialized societies: Historical, clinical, epigenetic and cross cultural implications |
| 9.45 am  | <b>Lyndsey Hookway</b> – Sleep training: History, heresy and harms   |
| 10.45 am | Morning Tea  |
| 11.15 am | <b>Carly Grubb</b> – Is my baby broken? How one baby who wouldn't be ignored sparked worldwide change  |
| 12.00 pm | <b>Meghan Azad</b> – New guidelines and evolving evidence for infant feeding and food allergies  |
| 1.00 pm  | Lunch  |
| 1.45 pm  | <b>Liz Minchin</b> – The 'other mother'  |
| 2.45 pm  | <b>Elly Taylor</b> Becoming us: Including fathers/partners to support mental health and relationships  |
| 3.45 pm  | <b>Kimberly Seals Allers</b> – Speaking so you can be heard: Effective strategies for cross-cultural communication to dismantle breastfeeding barriers         |
| 4.45 pm  | Close  |



# DAY 2

|          |   |
|----------|---|
| 8.30 am  | <b>Campbell Paul</b> – Family trauma in the early months: The distressed baby and infant parent psychotherapy   |
| 9.45 am  | <b>Rebecca Byrne</b> – Our obsession with infant growth charts may be fuelling childhood obesity  |
| 10.45 am | Morning Tea   |
| 11.15 am | <b>Mark Nielsen</b> – Homogenous data collection in developmental psychology research: The nature of the problem and why we need to be thoughtful about the advice we give parents                  |
| 12.15 pm | <b>Kimberly Seals Allers</b> – Ethical community engagement in culturally and linguistically diverse communities  |
| 1.15 pm  | Lunch   |
| 2.00 pm  | <b>Dr James McKenna</b> – Cultural history of infant sleep and feeding arrangements in western industrialized societies: The costs of privileging solitary infant sleep and breastmilk substitutes. |
| 3.00 pm  | <b>Lyndsey Hookway</b> – Optimising sleep: The missing link in parenting support  |
| 4.00 pm  | Panel Discussion  |
| 4.30 pm  | Close   |

## About this conference

This conference will explore issues relevant to any professional health worker or volunteer working with new families in the first years of their baby's life. Topics include practical strategies for supporting parents with infant sleep and breastfeeding including effective communication with parents around infant sleep, factors influencing family sleep arrangements; and sleep patterns in breast and formula fed babies as well as reviewing the research around the biology of infant sleep in the context of modern culture.

Accreditation: IBCLE CERPs and MidPLUS CPDs have been applied for – see website for further details.

## Cancellation Policy

- To claim the earlybird price please note you must register AND PAY before the earlybird cut off date.
- Cancellations advised 30 days prior to the conference will receive a refund less \$60 admin fee.
- If you need to cancel your attendance you may change your registration to an online registration.
- You may transfer your registration to another person, but you must advise us of this prior to the conference.
- Please make sure you secure your registration for this conference before you book airfares and hotels. We cannot be responsible if the conference is sold out.

# BIOGRAPHIES

## Kimberly Seals Allers

**BA, MS**

Kimberly Seals Allers is an award-winning journalist, author and a nationally recognised media commentator, consultant and advocate for breastfeeding and infant health. Kimberly's fifth book, *The Big Let Down—How Big Business, Medicine and Feminism Undermine Breastfeeding*, was released to high acclaim. Kimberly most recently served project director of the First Food Friendly Community Initiative (3FCI), an innovative pilot project funded by the W.K. Kellogg Foundation, designed to understand the impact of "place" as a social determinant of breastfeeding success and to engage multiple stakeholders to create a national accreditation for breastfeeding friendly communities. She currently leads nationwide workshops for health care professionals on cultural competency in breastfeeding support and is a prominent speaker on community-based strategies to reduce the racial disparities in breastfeeding and infant mortality rates.

## Meghan Azad

**PhD and MSc**

Dr Meghan Azad holds a Canada Research Chair in Developmental Origins of Chronic Disease. She is an Assistant Professor of Pediatrics and Child Health at the University of Manitoba. Her research program ([www.azadlab.ca](http://www.azadlab.ca)) is focused on the role of infant nutrition and gut microbiota in the development of asthma, allergies and obesity. Dr. Azad co-leads the Manitoba site of the CHILD Study

([www.childstudy.ca](http://www.childstudy.ca)), a national pregnancy cohort following 3500 children to understand how early life experiences shape lifelong health. She is directing multiple projects related to lactation and infant feeding practices in the CHILD cohort, including integrated studies linking human milk composition and gut microbiota with epigenetic profiles and clinical phenotypes. Dr. Azad is an active member of the Breastfeeding Committee of Canada and the Winnipeg Breastfeeding Network, and she serves on the Executive Council for the International Society for Research in Human Milk and Lactation

## Rebecca Byrne

**BMedSc MNutrDiet PhD APD**

Dr Rebecca Byrne is an Accredited Practising Dietitian and Lecturer at the Queensland University of Technology. Her research examines what and how young children are fed, particularly the influence of feeding practices used by educators in the Early Childhood Education and Care setting on child eating behaviour and growth.

Rebecca is an advocate for the support and promotion of breastfeeding, and has been a volunteer breastfeeding counsellor with the Australian Breastfeeding Association for 12 years. She is a member of the Federal Government's expert working group for the revision of Australia's National Breastfeeding Strategy and leads research to improve the breastfeeding content of the curriculum for undergraduate dietetic courses.

## Carly Grubb

Carly Grubb, is the founder of The Beyond Sleep Training Project, an online forum that focuses on providing the education, support, solidarity, kindness and compassion so desperately needed by parents in this world. Using social media, Carly developed a space to connect parents and ignite a movement that gains momentum by the day. Her group is founded on the basic premise of trust and respect for children and meeting them at their point of need without fear. Carly lives in Outback Queensland, Australia, with her husband and three young children. She is a primary school teacher by trade and has developed her passion for writing and advocacy while on maternity leave.

## Lyndsey Hookway

**BSc, RNC, HV, IBCLC**

Lyndsey is an experienced London-trained Paediatric Nurse, Health Visitor, International Board Certified Lactation Consultant, Holistic Sleep Coach and Birth Trauma Recovery Practitioner, with almost 20 years experience working with infants, children and families in hospitals, clinics, and the community. Lyndsey runs a busy International private practice offering one-to-one specialist support to families. She especially enjoys supporting families by bringing together infant feeding support, mental health and sleep optimization. Lyndsey is the author of *Holistic Sleep Coaching* and the co-founder of the Holistic Sleep Coaching Program – an international online program aiming to educate health, lactation, childcare and sleep

professionals about the importance of evidence-based, gentle care of babies and children.

## **James McKenna**

**BA, PhD, Rev. Edmund P. Joyce, C.S.C., Professor of Anthropology**

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McKenna pioneered the first behavioral and electrophysiological studies documenting differences between mothers and infants sleeping together and apart and has become known worldwide for his work in promoting studies of breast feeding and mother-infant co-sleeping. A biological anthropologist, and Director of the Mother-Baby Behavioral Sleep Laboratory McKenna began his career studying the social behavior and development of monkeys and apes with an emphasis on parenting behavior and ecology. He has published over 150 articles and six books including a popular parenting book *Sleeping With Your baby: A Parents Guide To Co-sleeping*. He has co-edited *Ancestral Landscapes In Human Evolution*, *Evolutionary Medicine*, and a more recent co-edited volume *Evolution and Health: New Perspectives* (Oxford University Press). He won the prestigious Shannon Award (with Dr. Sarah Mosko) from the National Institutes of Child Health and Development for his SIDS research and is the nation's foremost authority and spokesperson to the national press on issues pertaining to infant and childhood sleep problems, sleep development, and breastfeeding.

## **Liz Minchin**

Award-winning journalist & mama of two Liz Minchin was the 'other mother' for her first daughter, and 'main mum' for their second, facing different tricky feeding issues along the way. Her frank and wide-ranging talk will be followed by an 'ask me anything' session. Liz is currently the Executive Editor of *TheConversation.com* and in 2010 co-authored a book on big picture climate change solutions, called *Screw Light Bulbs*. She is also the daughter of pioneering medical historian and health educator Maureen Minchin.

## **Mark Nielsen**

**A/Prof PhD; FAPS**

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Mark is an Associate Professor of Developmental Psychology at The University of Queensland and a Senior Research Associate at the University of Johannesburg. He has published over 90 scholarly papers, is on the editorial boards of *The Journal of Experimental Child Psychology* and *PLoS ONE*, and a Fellow of the Association for Psychological Science. His research interests lie in a range of inter-related aspects of social and cognitive development in young human children and non-human primates, with a focus on charting the origins and development of human culture. He has also been one of the driving forces in reorienting contemporary developmental psychology research to include a wider, culturally diverse approach to data collection.

## **Campbell Paul**

Assoc. Prof. Campbell Paul is a Consultant Infant Psychiatrist at the Royal Children's and Royal Women's Hospitals Melbourne and Honorary Principal Fellow in the Department of Psychiatry at the University of Melbourne. With colleagues at the University of Melbourne he established and delivered postgraduate courses in Infant and Parent Mental Health since 1992. These courses developed out of a longstanding experience in paediatric consultation-liaison psychiatry and infant-parent psychotherapy. Infants may present with significant disruptions of regulation of feeding, sleeping and levels of activity. He has a special interest in the understanding the social relationship of the baby and the infant's psyche and soma. The works of Daniel Stern and Donald Winnicott particularly inform therapeutic work with infants and their parents. He is President-Elect of the World Association for Infant Mental Health and is Director of the Australian training centre for the NBO at the Royal Women's Hospital Melbourne.

## **Elly Taylor**

Elly Taylor is an internationally recognised perinatal relationship expert, author and founder of *Becoming Us*. Elly has served on advisory panels for Monash University, Newcastle University and the Australian Catholic University research projects and is currently on the board of the International Forum for Wellbeing in Pregnancy. Elly lives in Sydney with her firefighter husband, their three children and a bunch of pets.

# WORKSHOPS

## Good Words Writing for Social Change

With Kimberly Seals Allers



Friday 25th October – 7.15am - 8.45am **\$120**

Do you want to develop your narrative voice and improve your writing skills as a tool to shift cultural norms, influence public opinion or advocate for change? Your words can do good!

Learn from a five-time author, award-winning journalist and women's health advocate, whose commentaries received over 8 million page views last year. A former reporter at The Times, Kimberly is bringing her NYC writing masterclass to London for the first time!

Whether you want to write commentaries, magazine articles or books-this one-day intensive course is for you.

### **Attendees receive:**

- A FREE 15-minute coaching session on-site
- Access to a FREE group coaching call
- Course Materials & Worksheets

### **Consulting opportunity With Kimberly Seals Allers**

#### **Shift Strategies: Narrative Change & Strategic Communications**

Saturday October 26th 9am – 12 pm

Please contact Barb on 0488757334 or email [info@breastfeedingconferences.com.au](mailto:info@breastfeedingconferences.com.au) to take advantage of this exclusive consulting opportunity for your health care facility or business.

The challenge of improving health outcomes and eliminating decades-long health disparities is not a health problem, but essentially a communications problem. Kimberly Seals Allers can accelerate programmatic outcomes and transform corporate culture by shifting how you talk about health and equity. Quite simply, we work for narrative change rooted in deep cultural engagement.

Kimberly Can architect and execute narrative evolution strategies, increase organizational narrative building capacity and teach equitable story collection and dissemination tactics.

Internal Communication Development: Advise on, build or enhance organizational communication eco-systems.

Editorial Services & Content Development: Co-create thought leadership commentaries, develop multi-media content, write and edit website copy, newsletter content, white papers, ebooks, curricula and other content products.



# WORKSHOPS

## Becoming Us Seed Planting workshop

With Elly Taylor



*Discover something that can make a lifetime of difference for families.*

**Sat October 26th 9am – 11am \$120**

### **Learn how to plant powerful seeds for families to thrive.**

Life is getting more and more complicated. This is one reason we are starting to see high stress levels, relationship concerns and Perinatal Mental Health conditions in early parenthood. The good news is there are ways to prepare and support parents to cope.

The great news is there are ways to prepare and support parents to thrive. AND it's easier than you think!

Come and meet Elly to find out how.

### **Becoming Us 2 hour Seed Planting Workshops**

If you work with expecting or new parents in ANY professional capacity, you can learn how to plant powerful seeds that support mothers, fathers and partners to cope as individuals, pull together as a couple, and thrive as a family.

### **In this two hour interactive seminar you'll discover:**

- That while we call it the "transition into parenthood", there are actually more than eight (8!!!) major life transitions for mothers, fathers and families. You'll learn what these transitions are and how you can use them in your role.
- How the research and evidence-based Becoming Us approach can support you to work with individuals, couples or groups in a whole-family way to navigate the different transitions of parenthood, reduce risks for PMH issues and relationship problems and support families to thrive.
- New brain research into learning and relationships that can make all the difference in your work.
- How to design and plant a 3 part 'Becoming Us' seed for parents to grow their love and you can see just how powerful this tool can be!

And the best bit? Seed planting only takes a moment for you – but can make a lifetime of difference for families. Elly would love to show you how.



# WORKSHOPS

## A practical approach to planning sleep strategies for families

With Lyndsey Hookway



Saturday October 26th 12.30 – 4.30 **\$150**

In an ideal world, families would have the community, societal and familial resources to support them through the important first couple of years with their child without any sleep compromises being made. Yet the reality is that many parents are either unsupported, exhausted, burnt out or socially isolated. Having some practical but gentle sleep support strategies to hand can offer families hope, empowerment and encouragement.

Lyndsey Hookway; author of Holistic Sleep Coaching and the co-founder and clinical director of the Holistic Sleep Coaching Program shares practical and instantly implementable sleep strategies that are protective of the breastfeeding relationship and supportive of attachment and optimal mental health.

### Learn:

- How supporting parents antenatally can improve infant sleep and decrease cry-fuss behaviour after birth
- Easy, gentle and effective ways to optimise sleep without compromising breastfeeding or attachment
- Why sleep support can improve parenting self-efficacy and self esteem
- How to tell whether a family needs encouragement, further practical support, or if this is a sleep crisis
- How to support families in a sleep emergency
- Handouts included





# Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_. Postcode \_\_\_\_\_

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

Email \_\_\_\_\_

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

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

## Pricing *(please tick)*

Sub-total \$

☐ Full Registration – **\$585**

☐ Earlybird Registration (if registered by August 1, 2019) – **\$515**

### 1 Day *(tick which day)*

☐ Day 1 ☐ Day 2

Full Price – **\$295** | Earlybird Price (August 1, 2019) – **\$265**

### Online Registration

☐ Full Registration – **\$445**

☐ Earlybird Registration (if registered and paid by August 1, 2019) – **\$410**

### Single Day Registration PLUS Online Registration Package

☐ Day 1 ☐ Day 2

Full Price – **\$445** | Earlybird Price (August 1, 2019) – **\$410**

### Conference Add-Ons

☐ Kimberly Seals Allers Workshop = 1.5 hours – **\$120**

☐ Elly Taylor Seed Raising Workshop 2 hours – **\$120**

☐ Lyndsey Hookway Sleep Strategies Workshop 4 hours – **\$150**

*(please note: Limited places available for these workshops)*

**Credit card** (Mastercard/Visa)

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

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Credit Card Number

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Expiry Date

CVV \_\_\_\_\_

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

ABN 83 820 560 346 – Barbara Glare