

Anna Millichamp

Anna is an Accredited Nutritionist (AN) and Accredited Practising Dietitian (APD) with a passion for paediatric nutrition. As a mother to two young children, both of whom have their own nutrition and feeding challenges, Anna is dedicated to supporting parents to help their children be as healthy as possible and the best eaters that they can be.

Anna has previously worked at Sydney Children's Hospital (SCH), Randwick, as a paediatric dietitian in the areas of cerebral palsy, gastroenterology, infant feeding and general medicine and now runs a private practice in Byron Bay, NSW.

Anna's clinical areas of interest include early infant feeding practices, allergies and intolerances, gastroenterology and Autism Spectrum Conditions.

Meg Nagle

In between chasing after her three boys, blogging and occasionally sleeping...Meg works with women to help them reach their breastfeeding goals! Her background is in counselling and sexual health. She was a La Leche League Leader (breastfeeding counsellor) for seven years before becoming an International Board Certified Lactation Consultant. Meg is the author of, 'Boobin' All Day...Boobin' All Night. A Gentle Approach To Sleep For Breastfeeding Families'. 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.



Registration form

Name _____
Address _____

Postcode _____
Phone _____
Email _____
Occupation _____
Place of work _____
Special dietary needs _____

PRICING

2 Days

- Full registration – \$465
 Earlybird Price – \$425 (if registered by June 30)

1 Day

(Tick which day) Day 1 Day 2

- Full registration – \$265
 Earlybird Price – \$245 (if registered by June 30)

ONLINE Registration

- Full registration – \$365
 Earlybird Price – \$320 (if registered by June 30)

SINGLE Day Registration PLUS Online Registration Package

(Tick which day) Day 1 Day 2

- Full registration – \$365
 Earlybird Price – \$345 (if registered by June 30)

TOTAL AMOUNT: \$ _____

PAYMENT OPTIONS

Cheque Money Order Credit Card

Card type: Visa Mastercard

Credit Card Number Expiry Date

Card Holder's Name CW

It's easier to book online!

To book online go to:

www.breastfeedingconferences.com.au

Cheque or Money order can be made payable to:

Australian Lactation Management Associates (ALMA)
Please forward completed form and payment to:
41 Heath Marsh Road, Panmure, Vic 3265
ABN 83 820 560 346 – Barbara Glare

Venue: Hilton Hotel, 190 Elizabeth St Brisbane, QLD 4000

A getaway in itself, Hilton Brisbane showcases modern rooms and suites with stunning city views, award-winning Australian cuisine and fantastic amenities. Our location puts you in the heart of the city, so venture out to top attractions and explore all Brisbane has to offer.

The Hilton Hotel is situated in the heart of the city, on the iconic Queen Street Mall. We're a 30-minute drive from Brisbane Airport, a short walk from Central Station and walking distance to the city's most popular attractions. After your day at the conference Relax by the outdoor pool or play a spot of tennis on the CBD's only tennis court. Guests can also enjoy award-winning dining in Vintaged Bar + Grill.

Parking: Valet parking Available \$58 per day

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 CERP's and MidPLUS CPD's 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 cutoff 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



www.breastfeedingconferences.com.au

BROKEN SLEEP?

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



This conference also available **ONLINE**

Dates: 3 – 4 August, 2018

Venue: Hilton Hotel
190 Elizabeth Street
Brisbane, QLD 4000



Day 1

Friday, August
3rd 2018

7.45 am	Registrations – Tea and coffee served
8.30 am	Welcome and introductions
8.45 am	Dr James McKenna – Breastsleeping: The return of humankind's oldest and most successful infant sleep and feeding arrangement
9.45 am	Dr Cecilia Tomori – The power of culture in breastsleeping
10.45 am	Morning Tea
11.15 am	Dr Tracy Cassels – Focus on attachment: Working with families struggling with sleep
12.15 pm	Anni Gethin – Sleep training twenty years on: Understanding the longevity of the subjugation of infant needs to 'parenting choice'
1.15 pm	Lunch
2.15 pm	Anna Millichamp – Feeding for sleep: Does what you eat matter?
3.15 pm	Pinky McKay – A slip of the tongue – Talking with tired parents so they tell you what matters
4.15 pm	Close

Day 2

Saturday, August
4th 2018

7.45 am	Registrations – Tea and coffee served
8.30 am	Welcome and introductions
8.45 am	Lauren Porter – What does a dyad really mean? What research on first time mothers of premature babies can tell us about supporting mothers, hospitalisation, and breastfeeding
9.45 am	Dr James McKenna – Bio-cultural origins of inconsolable crying and SIDS: What is the connection?
10.45 am	Morning Tea
11.15 am	Liz Crowe – Working with challenging families especially when they are exhausted
12.15 pm	Cecilia Tomori – The fragmentation and re-integration of breastfeeding and infant sleep
1.15 pm	Lunch
2.15 pm	Meg Nagle – Night-time breastfeeding beyond babyhood... Do we know what is normal?
3.15 pm	Tracy Cassels – The myth of bad habits
4.15 pm	Final address/Question time
4.30 pm	Close

Speaker Biographies

James McKenna (B.A., University of California, Berkeley; M.A., San Diego State University; Ph.D., University of Oregon) Rev. Edmund P. Joyce, C.S.C., Professor of Anthropology

McKenna pioneered the first behavioral and electro-physiological 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.

Cecilia Tomori, PhD, MA

Cecilia Tomori is a Hungarian American anthropologist with postdoctoral training in public health. She is the author of "Nighttime Breastfeeding: An American Cultural Dilemma" (Berghahn, 2014) and a second book, with Aunchalee Palmquist and EA Quinn, "Breastfeeding: New Anthropological Approaches" (Routledge 2018). She is an Assistant Professor of Anthropology at Durham University, U.K., specializing in research on breastfeeding and nighttime infant care in a comparative biocultural perspective.

Tracy Cassels

Tracy is the founder of Evolutionary Parenting, a site dedicated to disseminating research surrounding parenting. She works one-on-one with individual families while also serving as Program Director for a local non-profit program for young, at-risk girls. Tracy obtained her BA in Cognitive Science at the University of California at Berkeley and her MA in Clinical

Psychology and PhD in Developmental Psychology, both at the University of British Columbia. She is married with two children, aged 7 and 2.

Lauren Porter

Lauren Porter, MSW, PhD is a clinical social worker, family therapist and co-founder of the Centre for Attachment (www.centreforattachment.com). She completed her PhD in 2017 at the University of Canterbury and has over 20 years of clinical experience working with individuals, families and agencies. She is the mother of 2 children.

Annie Gethin

Dr Anni Gethin is co-author of 'Helping your baby to sleep: why gentle techniques work best' - now in its 3rd edition. She also runs a research company, and works with not for profits to evaluate the impact of their programs. Anni lives in the Blue Mountains, NSW, with her 6 year old daughter (and has 3 adults sons).

Pinky McKay

Pinky McKay is an International Board Certified Lactation Consultant (IBCLC), and best-selling author of 4 titles including *Parenting By Heart*, *Sleeping Like a Baby* and *Toddler Tactics* (Penguin Random House). Pinky specializes in gentle parenting styles that honour mothers' natural instincts to respond to their babies. Her books are endorsed by The Australian Breastfeeding Association and La Leche League International and recommended by The Australian Association of Infant Mental Health in their policy statement on Controlled Crying.

A sought after guest and keynote speaker at seminars for Health Professionals and parents, Pinky has spoken across Australia, New Zealand and the United States and has presented a popular Tedx talk, 'Surrender is Not a Dirty Word'. Her reach extends worldwide through her books, e-programs, blogs and highly engaged facebook pages – Pinky McKay's blogs, books, Baby Massage DVD, and ePrograms are available on her website www.pinkymckay.com.

Liz Crowe

Liz Crowe is an advanced clinician social worker with expertise in working with children and their families in crisis, injury, illness, death and bereavement. She is currently doing a PhD through the School of Medicine at the University of Qld on Wellbeing for staff working in critical care. She regularly speaks nationally and internationally and is the successful author of 'The Little Book of Loss and Grief You Can Read While You Cry'. She is a community educator for Australian Breastfeeding Association and a strong advocate for breastfeeding.