BROKEN SLEEP?
Insights into biology, culture and parenting in today’s world

Dates: 3 – 4 August, 2018
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.

Pricing

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<tr>
<th>Option</th>
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<tr>
<td>Online Registration</td>
<td>$465</td>
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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

This conference also available ONLINE
www.breastfeedingconferences.com.au

Ann 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 ___________________________ Postcode ___________________________
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Phone ___________________________ Email ___________________________
Occupation _______________________
Place of work _____________________
Special dietary needs ___________________________

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Cheque or Money order can be made payable to: Australian Lactation Management Association (ALMA)

Please forward completed form and payment to:
41 Heath Marsh Road, Panmure, Vic 3265
ABN 83 820 560 346 – Barbara Glare

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Day 1

Friday, August 3rd 2018

8.45 am Registrations – Tea and coffee served
8.30 am Welcome and introductions
7.45 am Registrations – Tea and coffee served
8.45 am Dr James McKenna – Breastfeeding: 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 breastfeeding
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 and infants sleeping together and apart 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 “Ancient 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.
9.45 am Dr James McKenna – Biological origins of inescapable 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 – Nighttime 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 “Ancient 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, 2004) and a second book, with Anuchaile 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 cofounder 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 Annie 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 adult sons)

Pinky McKay
Pinky McKay is an International Board Certified Lactation Consultant (IBCLC), and bestselling 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 Otago 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.