



Navigating Lactation

Online Conference

View Online:

October 15th 2021 - January 31st 2022



Breastfeeding
Conferences

Navigating Lactation

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Participating in our new conference “Navigating Lactation” 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!

PROGRAM

Kathleen Kendall-Tackett - Trauma and breastfeeding

Nancy Mohrbacher - New insights into milk production

Zainab Yate - "Help! Breastfeeding makes me feel bad, sad or mad". How to help mothers who struggle with negative emotions when breastfeeding

Wendy Jones - What mothers wish professionals knew about the compatibility of medication and lactation

Emma Pickett - The dangerous obsession with the infant feeding interval

Sharon Perrella - Optimising breastfeeding outcomes for women with gestational diabetes mellitus

Professor Helen Skouteris - Interventions designed to promote exclusive breastfeeding in high-income countries: What does the research tell us?

Nancy E. Wight - Breastfeeding & hypoglycemia: The highs & the lows

Maya Bolman - HAND-ling the pain: The role of therapeutic breast massage in lactation

Jen Hocking - Finding connection in complexity: How lactation consultants care for women and infants with complicated breastfeeding difficulties

Alissa O'Keefe - Oral function, airway & epigenetics

Pamela Morrison - How can we help the HIV+ mother who wants to breastfeed?

Kerstin Uvnäs Moberg - The Oxytocin Effect

Kristie Watego - Birthing in our community

Tamika Newman - Gut health considerations when working with infants

Esther Jiménez Quintana - Mammary candidiasis: A medical condition without scientific evidence?

Diana West - Pumping More Milk More Comfortably

Merilee (Meredith) Brockway - Integrating breastfeeding self-efficacy into care of the preterm population

Hilary Jacobsen - Antilactogenic/Lactogenic foods, herbs and medications

Speaker Biographies



Kathleen Kendall-Tackett PhD, IBCLC, FAPA

Dr. Kendall-Tackett is a health psychologist, IBCLC, and owner and editor-in-chief of Praeclarus Press, a small press specializing in women's health. She specialises in women's-health research including breastfeeding, depression, trauma, and health psychology, and has won many awards for her work. She is the author of many books, articles or chapters on the subject. Dr. Kendall-Tackett is editor-in-chief of the journal, Psychological Trauma and was founding editor-in-chief of Clinical Lactation, a position she held for 11 years.

Nancy Mohrbacher, IBCLC, FILCA

An IBCLC since 1991, Nancy has worked in private practice, worked for a major breast-pump company and a national corporate lactation program. She has authored many books for lactation professionals and parents. Currently, an international speaker, and trainer to aspiring lactation consultants with the Breastfeeding for Love project in China, she also contracts with hospitals to help improve breastfeeding practices. Her mission is to simplify life for new families, many of whom--without realizing it--make breastfeeding more complicated than it needs to be. In 2008, she was awarded the designation FILCA, Fellow of the International Lactation Consultant Association for her contribution to the lactation field.

Zainab Yate, MSc, BSc

Zainab studied medical ethics & law at the Imperial College London. She is a biomedical ethicist, independent researcher and campaigner. She published the first peer-reviewed study looking specifically at breastfeeding/nursing aversion and agitation in 2017. She is the leading international expert in Aversion, and has recently published the only book on the topic with specialist publishers Pinter & Martin, London. She has helped thousands of women and families through her free structured support course and peer-to-peer support group online. Zainab is a breastfeeding peer supporter with the NHS and a breastfeeding advocate and infant feeding research ethics expert for ethical committees in the UK.

Emma Pickett, IBCLC

After a career as a deputy headteacher, Emma trained with the Association of Breastfeeding Mothers, qualifying as a breastfeeding counsellor in 2007. She went on to become an IBCLC in 2011. She has supported families at groups in North London for 13 years as a volunteer and answers calls on the helpline. Her book, *You've Got It In You: a positive guide to breastfeeding* was followed by *The Breast Book: a puberty guide with a difference – it's the when, why and how of breasts*. Her third book on breastfeeding past 6 months and beyond is due to be published in 2022.

Sharon Perrella BAppSc, PGradDipClinNsg(Neonatal Intensive Care), MSc, GradCertHealth (Child, Adolescent & Family Health Nursing), PhD(Dist), RN RM IBCLC

Sharon Perrella is a research fellow at the Geddes Hartmann Human Lactation Research Group at The University of Western Australia and works as a IBCLC at One For Women. Sharon has an extensive clinical background in neonatal nursing, and experience as a peer breastfeeding counsellor with the Australian Breastfeeding Association. She has a special interest in preterm breastfeeding, and milk production. Since being awarded a PhD in 2015 Sharon has used ultrasound and intraoral vacuum measurement to examine sucking dynamics and suck-swallow-breathe coordination, while her current work focuses on the identification and management of women at risk of reduced breastfeeding duration.

Professor Helen Skouteris, PhD

Helen Skouteris is a Monash Warwick Professor in Health and Social Care Improvement and Implementation Science, Head of the Health and Social Care Unit (HSCU), Co-Lead of the Evidence Synthesis, Qualitative Research and Implementation Science Division of School of Public Health and Preventive Medicine, and Director of the Centre of Research Excellence in Health in Preconception and Pregnancy, Monash University. Trained as a developmental psychologist, Helen is an internationally esteemed maternal and childhood obesity researcher whose research spans preconception, pregnancy, postpartum, childhood and adolescence, with a focus on psychosocial and lifestyle health.

Maya Bolman, RN, BA, BSN, IBCLC

Maya Bolman certified as IBCLC in 2001 and currently works at Senders Pediatrics and Breastfeeding Medicine of Northeast Ohio. Maya is well known internationally for her work promoting hand expression and breast massage to health professionals and parents. She recognizes that teaching these basic tools helps empower them to work through breastfeeding challenges including engorgement, plugged ducts, separation from the infant, and milk supply concerns. She co-created an instructional video *The Basics of Breast Massage and Hand Expression* and has also conducted research on the effectiveness of Therapeutic Breast Massage in Lactation (TBML).

Nancy E. Wight, MD, IBCLC, FABM, FAAP

Nancy is board-certified in Pediatrics and Neonatal-Perinatal Medicine and has been an IBCLC since 1988. She is recently retired from clinical practice. Nancy is a founding member of the San Diego County Breastfeeding Coalition. She established the first hospital Donor Milk Depot in San Diego over 25 years ago. She received a 2014 Golden Wave Award by the California Breastfeeding Coalition and the WIC Breastfeeding Champion Award in 2017. Nancy is also a past president of the Academy of Breastfeeding Medicine.

Diana West, BA, IBCLC

Diana West is an IBCLC in New Jersey and retired La Leche League Leader. She has published many books, including; *The Breastfeeding Mother's Guide to Making More Milk, Sweet Sleep: Nighttime and Naptime Strategies for the Breastfeeding Family*, the 8th edition of *The Womanly Art of Breastfeeding*, *Breastfeeding after Breast and Nipple Procedures*, *Defining Your Own Success: Breastfeeding after Breast Reduction Surgery*, and ILCA's popular *Clinician's Breastfeeding Triage Tool*. Diana has also co-authored a research article about trans men's experiences with lactation and gender identity.

Jen Hocking, PhD

Jen Hocking is a registered nurse and midwife who worked in the public maternity system in Victoria for 20 years. Now a midwifery lecturer at Australian Catholic University and a member of the ACU MERIT midwifery research group. Jen's PhD was a focused ethnographic study examining the clinical practice of Lactation Consultants who provide support and care for breastfeeding women. Jen is chair of the Victorian branch of the Australian College of Midwives, a member of the BFHI advisory committee and the Australian World Breastfeeding Trends Initiative.

Pamela Morrison, Retired IBCLC (1990-2020)

Pamela has been speaking and writing on behalf of breastfeeding in the context of HIV since 1995. Having certified in 1990 as the first IBCLC in Zimbabwe, a country with extremely high HIV-prevalence, she worked in private practice and served as a member of the Zimbabwe National Multi-sectoral Breastfeeding Committee, as a BFHI trainer and assessor, and assisted with development of national Code legislation and HIV and breastfeeding policy. She was a member of World Alliance for Breastfeeding Action, authoring the WABA publication, *International Policy on HIV and Breastfeeding: a Comprehensive Resource*.

Alissa O'Keefe, IBCLC, BEd, Cert IV Bf Ed Couns (ABA), CSOM (Orofacial Myology)

Alissa runs a private practice as a Certified Orofacial Myologist and IBCLC supporting complex cases in private practice on the Mid North Coast. Her background includes the study of behavioural neuroscience, parent education, teaching and orofacial myofunctional therapy. She is currently undertaking a Nutrition degree. With a special interest in human rights, evolutionary biology, food intolerances, airway health, epigenetics and tongue ties, she has worked in a range of settings both city and rural, as well as overseas and have been part of several tertiary level research projects.

Wendy Jones, PhD, MPharmSc

Wendy is known for her work on providing a service on the compatibility of drugs in breastmilk. She was one of the founder members of UK charity the Breastfeeding Network. She authored the books; *Breastfeeding and Medication*, *Breastfeeding for Dads and Grandmas*, *Why Mothers Medication Matters* and *Breastfeeding and Chronic Medical Conditions*. She co-edited with Prof Amy Brown *A Guide to Supporting Breastfeeding for Medical Professionals*. She was awarded a Points of Light award by the UK Prime Minister in 2018 and an MBE in the New Year's Honours List 2018 for services to mothers and babies.

Kerstin Uvnäs Moberg, MD, PhD

Kerstin Uvnäs Moberg got her MD and a PhD in Pharmacology at the Karolinska Institutet in Stockholm, Sweden. She has been employed as a full professor of Physiology at the University of Agriculture in Uppsala, Sweden. She has worked with research linked to the physiology of labour and breastfeeding for more than 30 years. The focus of the research has been on the role of oxytocin and sensory stimulation, in particular stimulation of cutaneous sensory nerves during labour, skin-to-skin contact after birth and breastfeeding.

Esther Jiménez Quintana, PhD

Dr Jiménez is a researcher at the Complutense University of Madrid. Her interest areas include perinatal and human milk microbiota, and the characterization of probiotic bacteria and study of their use in bacterial dysbiosis. Her thesis studied the influence of maternal microbiota during the prenatal (cord blood, amniotic fluid) and postnatal period (colostrum and milk) in bacterial colonization of the newborn's gut. In addition, a pilot study of probiotics to treat lactational mastitis was performed. She is co-author of 32 publications in international journals.

Kristie Watego

Kristie Watego is a Bundjalung woman and Birthing and Early Childhood service manager at the Institute of Urban and Indigenous health and was previously the manager of the Birthing in Our Community Service. Her people come from far and wide. Tweed Heads is where her Aboriginal heritage originates from, Torres Strait Islands, Mer Island and all the way out to Lifu Island also recognising her South Sea Islander culture. The Bundjalung people are the original custodians of northern coastal areas, and have strong connections to the Byron Bay region. She is immensely proud of her Culture and takes every opportunity to learn from her Elders.

Tamika Newman, RN, RM, IBCLC

Tamika currently works as a private practice IBCLC on the Gold Coast, QLD. She has practiced as a Registered Nurse and Midwife since 2005 and worked in a large tertiary hospital setting for over 10 years. Tamika qualified as an IBCLC in 2010 and she currently works with a large case load of between 300-400 families per year and supports families both in Australia and Internationally. Tamika has a special interest in oral restrictions, re-lactation, gut health/human microbiome, epigenetics as well as biologically normal infant sleep and feeding practices.

Merilee (Meredith) Brockway, RN, IBCLC, PhD

Dr. Merilee (Meredith) Brockway is a PhD prepared nurse with expertise in maternal-child health, infant feeding, and patient engagement. She completed her PhD in nursing at the University of Calgary, examining maternal breastfeeding self-efficacy and infant feeding outcomes in moderate and late preterm infants. Merilee is currently a post-doctoral researcher at the University of Manitoba in Dr. Meghan Azad's lab, exploring clinical applications of donor human milk for very preterm infants.

Hilary Jacobson Holistic Lactation CH.HU.SI. CCHT

After experiencing health and breastfeeding problems, she began an intense, independent study of foods and herbs for milk supply and a mother's health. In 1999, Hilary co-founded the first online group for mothers with complex breastfeeding problems, MOBI Motherhood Intl. She is a Swiss-certified Holistic Lactation Consultant and a mindfulness-based Hypnotherapist, and the author of three books for breastfeeding mothers *Mother Food: A Breastfeeding Diet guide with Lactogenic foods and herbs*, *Healing Breastfeeding Grief* and *A Mothers Garden of Galactagogues*. Ms. Jacobson is a guest speaker and teacher. She offers free classes in mindfulness to mothers and healthcare professionals. She teaches presence and communication skills to mitigate trauma in mothers.

It's easier to REGISTER ONLINE!

To register just go to

www.breastfeedingconferences.com.au

Conference streaming October 15 2021 – Jan 31 2022

Need help with Registration? Call Barb on 0488757334
or email info@breastfeedingconferences.com.au

Group Education: Special prices for group education exist.
Please see our website for details
or email info@breastfeedingconferences.com.au

Prices: Full prices \$205 AUD

Earlybird Price \$189 AUD (if registered before October 10th)

Student/Unwaged \$149 AUD

Group price (Groups of 8 or more) \$149pp

Accreditation: IBCLC CERPS

Approval number CL2021-1AU 20.5 L CERPs

Education hours = 20.5

ACM CPDs = 20.5

Virtual Exhibitors: Positions are available in our virtual
exhibit hall for WHO Code Compliant exhibitors.
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