



Becoming Us Seed Planting workshop

With Elly Taylor

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

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.

Registration

Name _____

Address _____

Postcode _____

Phone _____

Email _____

Occupation _____

Place of work _____

Special dietary needs _____

Pricing (please tick)

Full Registration – \$265

Earlybird Registration – \$225

(Earlybird Registrations by Friday September 25th 2019)

Student Registration – \$225

Student Earlybird Registration – \$195

(Earlybird Registrations by Friday September 25th 2019)

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

Our beginnings MATTER:

Birthing our future



Date:
November 4th, 2019

Venue:
Brisbane - To be Advised



www.breastfeedingconferences.com.au

Program

8.15am	Registration opens – Tea/coffee served
8.30am	Welcome and open
8.45am	Sarah Buckley – Oxytocin, foundation of childbearing
9.45am	Robert Biter – Maternity in Crisis?
10.45am	Morning tea
11.15am	Sarah Buckley – Maternal environment and birth physiology
12.15pm	Robert Biter – Surviving the slings and arrows – Effecting change in the modern maternity system
1.00pm	Lunch
2.00pm	Elly Taylor – Seed planting workshop
4.30pm	Close

Speaker Biographies



Dr Sarah Buckley

Trained as a GP and in GP obstetrics

She has been writing and lecturing to childbirth professionals and parents since 1997, and is the author of the internationally best-selling book *Gentle Birth*. *Gentle Mothering*,

Sarah has a special interest in the hormonal physiology of labour and birth and in 2015 she completed an extensive scientific report on this topic, *Hormonal Physiology of Childbearing*, published with *Childbirth Connection (US)* in 2015. She is currently a PhD candidate in this area at the University of Queensland, Brisbane Australia.

See www.sarahbuckley.com and her *Hormonal Physiology* report at <http://transform.childbirthconnection.org/reports/physiology/>



Robert M Biter MD

OB/GYN & ADVOCATE

Robert M. Biter, MD is a holistic Obstetrician and Gynecologist, founder of the worldwide nonprofit *Seaside Giving* and CEO of *Babies by the Sea Birthing Centers*. During his clinical practice, he received multiple awards including *San Diego Padres Medical Community AllStar*, *Best OB/Gyn in San Diego* by *Ranch and Coast Magazine* multiple years in a row and *40 under 40 Most Important San Diego Leaders*. During his medical education at Pennsylvania

State University, he was named most outstanding graduate entering the field of OB/Gyn where he received multiple scholarships including named a *National Health Service Corps Scholar*. During his postgraduate training he was honored as an *American Medical Association Leadership Award* and was named *Best Chief Resident* from the nursing staff and *Best Resident Teacher*. His undergraduate education was at *Juniata College* with a dual degree in theatre and premedical studies having earned scholarships for both areas of his studies.



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.

Cancellation Policy

To claim the earlybird price 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 registration after 30 days you may use your registration fee as a part payment towards another breastfeeding conference.

You may transfer your registration to another person, but you must advise us prior to the conference