

Turning the Tide for Birth and Breastfeeding

WORKSHOPS

The Warrnambool Breastfeeding Centre is proud to announce two optional workshops

Workshop 1 – Thursday, February 24th

Catherine Bell – Would you like to become a Birth Cartographer®?

This intensive is for those who are looking to enhance and support the decision making process with their clients in birth and beyond. Participants will develop a team of support, role play the language of birth cartography and develop confidence in the practice of birth cartography. There will be opportunities for reflective discussion.

Topics include:

- The trouble with consent and benefits of Birth Cartography
- Informed decision making
- The fast birth pathway
- The partner perspective: Helping partners be supportive, rather than protective
- The vaginal and caesarean pathway: Understanding the landscape
- Beyond the birth
- Creating a map



Birth Cartography is taking Australia into a new paradigm of birth preparation and support: a woman-led experience.

Date: Thursday, February 24th 2022

Time: 9am – 4pm

Venue: The Whalers Hotel, Timor St, Warrnambool

Cost: \$180pp or \$120 Earlybird (if registered by Jan 10th 2022)

Workshop 2 – Sunday, February 27th

Nisha Gill – Trauma-Sensitive Perinatal Care

'Trauma-informed practice' has become a catchphrase if not clichéd concept in recent times. Much of it is geared towards changing systems and policies in workplaces. However, these systems are the sum total of individuals with their own histories and levels of autonomic nervous system regulation and dysregulation. When perinatal professionals take ownership of what they bring to relating with those in their care and truly appreciate that all parts make up the whole, then the power to make a positive difference becomes very real. This workshop is an opportunity to delve deeper into understanding the neuro-physiological basis of trauma, explore how your personal history and knowledge base have influenced your practice, and appreciate how you as a perinatal professional have significant power to minimize the potential for trauma among those in your care. The workshop will entail a combination of cognitive learning, reflective processes and embodiment practices. Participants will ideally have attended during the conference presentation of *A Neurophysiological Approach to Trauma Minimization In The Perinatal Continuum* as a springboard to this workshop.



Date:	Sunday, February 27th 2022
Time:	9.30am – 1pm
Venue:	The Whalers Hotel, Timor St, Warrnambool
Cost:	\$59pp or \$49 Earlybird (if registered by Jan 10th 2022)