

Turning the Tide for Birth and Breastfeeding



PROGRAM

Dates:

Friday, February 21 & Saturday, February 22, 2020

Venue:

Lighthouse Theatre, 185 Timor Street, Warrnambool VIC 3280

www.warrnamboolbreastfeedingcentre.com.au

All funds raised from this conference support the Warrnambool Breastfeeding Centre

What is the Warrnambool Breastfeeding Centre?

The Warrnambool Breastfeeding Centre is a hub of information and support for parents in Warrnambool and the surrounding areas. It is a place parents can come to relax and connect with other parents in an informal setting. Importantly, parents can access the breastfeeding information and support they need, when they need it, through professional lactation support, breastfeeding counsellors and practical support such as breast pump hire and information on lactation aids.

Getting there

Getting to and from Warrnambool is easy! Fly into either Melbourne airports – Tullamarine or Avalon. From Tullamarine Domestic Airport Terminal, board the Skybus (www.skybus.com.au) or a taxi (from the waiting taxi rank), which will deliver you to Southern Cross Station, then board the train to Warrnambool and sit back and relax. From Avalon, board Avalon Airport Shuttle (www.avalonairportshuttle.com.au) or get a taxi to deliver you to Geelong train station to catch the Warrnambool-bound train. The Melbourne-Warrnambool (via Geelong) train timetable can be found at: (www.vline.com.au/pdf/timetables/warrnambool.pdf). Of course you could also hire a car and follow the Princes Highway to Warrnambool (Just over a 3hr journey from Tullamarine, and 2.5hr from Avalon), or if you've got the time, why not enjoy the Great Ocean Road... Happy travels!

Accommodation

Warrnambool has a great range of reasonably priced accommodation. For more information please check out sites such as www.airbnb.com.au and www.stayz.com.au.

For help with accommodation that will fit your budget and requirements please ring the Warrnambool Breastfeeding Centre between 10am–3pm, Monday – Saturday on (03) 5562 7662, or the Warrnambool Visitor Information Centre on freecall 1800 637 725 or (03) 5559 4620



Social Program

Pre-conference/Welcome reception

Thursday 5.30pm – 7.30pm pre-conference drinks/
The Whalers Hotel

– **Special Guest Speaker Sue Cox AM**

Unconditional love – What does that mean for families in the 21st century?

Sue Cox was a breastfeeding counsellor for nearly 40 years, a pioneer in lactation consultancy and a breastfeeding specialist for seven years and a lactation consultant for nearly 30 years. She is the wife of Harry, mother to Brian and Christine and doting Grandma to Sam and Lucy. Sue learnt to be a parent by watching and listening to Brian and Christine as babies and is passionate about parents learning from their babies.

CERPs will be awarded for this presentation.

Sponsorship

We welcome ethical, WHO code compliant companies to exhibit at our conference.

For a sponsorship prospectus please call Barb 0488 757 334 or email zacdan@datafast.net.au

Turning the Tide

for Birth and Breastfeeding

Day 1 Friday, February 21

8.00am	Registrations open – Tea/coffee served
8.30am	Opening address
8.45am	Caroline Homer – Stemming the tide of complexity in birth: Promoting positive births
9.45am	Meghan Azad – Breastfeeding, human milk composition and the infant gut microbiome: Implications for lifelong health
10.45am	Morning tea
11.15am	Wendy Ingman – Understanding the biology of lactation: Challenging old paradigms to improve breastfeeding outcomes
12.15pm	Amanda Pauley – Lactation in the primary setting – Common presentations and issues
1.00pm	Lunch
2.00pm	Kathleen Kendall Tackett – Birth trauma: The causes and consequences of childbirth-related PTSD
3.00pm	Amanda Donnet – Broken bonds: When breastfeeding feels bad
3.45pm	Afternoon tea
4.00pm	Chris Sulfaro – Red Cross Blood Service Milk Banks
5.00pm	Close
7.00pm	Dinner – The Whalers Hotel, Cnr Liebig and Timor St Warrnambool (<i>just across the road from the Lighthouse Theatre</i>)

Day 2 Saturday, February 22

9.00am	Luke Grzeskowiak – Use of domperidone to increase breast milk supply: Keeping abreast of current controversies and recommendations for clinical practice
9.45am	Amy Brown – Why do so many women find breastfeeding a challenge? Exploring biological, psychological, socio-cultural and political influences on breastfeeding
10.45am	Morning tea
11.15am	Meghan Azad – Breastfeeding, human milk composition and the developmental origins of asthma: New evidence and ongoing research in the CHILD Study
12.15pm	Hazel Keedle – Turning the tide for women planning a VBAC
1.00pm	Lunch
1.45pm	Amy Brown – Is he good? How messages around infant routines can damage breastfeeding
2.45pm	Kathleen Kendall Tackett – Cannabis, opioids and more: Substance use in the breastfeeding woman
3.45pm	Panel – Q & A
4.00pm	Close

Speaker Biographies

Dr Meghan Azad

Dr Meghan Azad holds a Canada Research Chair in Developmental Origins of Chronic Disease. She is an Assistant Professor of Pediatrics and Child Health at the University of Manitoba. Her research program (www.azadlab.ca) is focused on the role of infant nutrition and gut microbiota in the development of asthma, allergies and obesity. Dr. Azad co-leads the Manitoba site of the CHILD Study (www.childstudy.ca), a national pregnancy cohort following 3500 children to understand how early life experiences shape lifelong health. She is directing multiple projects related to lactation and infant feeding practices in the CHILD cohort, including integrated studies linking human milk composition and gut microbiota with epigenetic profiles and clinical phenotypes.

Professor Amy Brown

Professor Amy Brown is based in the Department of Public Health, Policy and Social Sciences at Swansea University in the UK. With a background in psychology, she has spent the last 13 years exploring psychological, cultural and societal influences upon infant-feeding decisions in the first year. Her research seeks to understand how we can shift our perception of how babies are fed away from an individual mothering issue to a wider public health problem – with societal level solutions. Dr Brown has published more than 60 papers exploring the barriers women face in feeding their baby during the first year.

Amanda Donnet

Amanda Donnet is a clinical psychologist working in private practice on the southside of Brisbane at Redlands Psychologists. She predominantly works with women and their families experiencing difficulties in the perinatal period, including fertility difficulties, birth trauma, pregnancy and neonatal loss, and the transition to parenthood. Amanda is also the founder and director of Mothers, Milk & Mental Health which, in conjunction with CAPERS Bookstore, has been providing health professional training workshops for midwives throughout Australia. The themes of this year's workshops have been perinatal mental health and cultivating compassion in maternity care.

Dr. Luke Grzeskowiak

Dr Luke Grzeskowiak is a NHMRC Early Career Research Fellow in the Robinson Research Institute at the University of Adelaide and a Senior Pharmacist, Flinders Women and Children, Flinders Medical Centre, SA Pharmacy. Luke's clinical and research ambitions are to improve health outcomes for women and newborns through supporting quality use of medicines and the development and promotion of more efficacious, safer, and personalised pharmacotherapy approaches. Since completing his PhD in 2012 in the area of perinatal pharmacoepidemiology at the University of South Australia, Luke has led an active and successful program of research focused on exploring the role that medications play in influencing reproductive and perinatal health outcomes and future child health and development.

Professor Caroline Homer

Caroline Homer is Co-Program Director of Women and Children's Health and Co-Head for the Women's and Newborn's Health Working Group at the Burnet Institute in Melbourne. She also continues a long association with the University of Technology Sydney as a Visiting Professor of Midwifery. Caroline has been involved in the development and evaluation of midwifery and maternal and newborn health services in Australia and in a number of other countries in the Asia Pacific region, including Papua New Guinea, Samoa, Cambodia and Timor Leste.

Associate Professor Wendy Ingman

Associate Professor Wendy Ingman is a breast biologist at the University of Adelaide, based at The Queen Elizabeth Hospital. Her research dissects the biology of how the breast develops and functions to better understand how disease states occur, including lactation mastitis and breast cancer. After postdoctoral research as an NHMRC CJ Martin Fellow at Albert Einstein College of Medicine in New York, USA, Wendy returned to Adelaide in 2005 and established the Breast Biology and Cancer Unit at the University of Adelaide. In 2011 she was appointed a National Breast Cancer Foundation Fellow and also The Hospital Research Foundation Associate Professor of Breast Cancer Research, which is her current appointment.

Hazel Keedle

Hazel Keedle is a lecturer of midwifery at Western Sydney University and a PhD candidate. Before midwifery, Hazel's work as an RN brought her from the UK to Australia, via the remote Islands of Indonesia and the jungles of Borneo. Following her midwife grandmother's advice she embraced midwifery and has worked in midwifery group practices, an Aboriginal medical service, a variety of hospital settings and as a privately practising midwife in both city and regional locations. Hazel's passion for VBAC came from her own experience of having a VBAC with her daughter in 2008. Since then she has published research on women's experience of having a homebirth after caesarean and undertaken work towards her PhD exploring women's experiences of planning a VBAC in Australia.

Dr Kathleen Kendall-Tackett

Dr Kathleen Kendall-Tackett is a health psychologist and International Board Certified Lactation Consultant, and the owner and editor-in-chief of Praeclarus Press, a small press specialising in women's health. Dr Kendall-Tackett is editor-in-chief of two peer-reviewed journals: *Clinical Lactation* and *Psychological Trauma*. She is Fellow of the American Psychological Association in Health and Trauma Psychology, Past President of the APA Division of Trauma Psychology, and a member of the APA's Publications and Communications Board. Dr Kendall-Tackett specialises in women's health research including breastfeeding, depression, trauma and health psychology, and has won many awards for her work including the 2017 President's Award for Outstanding Service to the Field of Trauma Psychology from the American Psychological Association's Division of Trauma Psychology.

Amanda Pauley

Amanda has a passion for women's health, including breastfeeding, and has been working in primary practice for 20 years, and in a lactation clinic for 10 of those. Amanda has a teaching background and has a Bachelor of Linguistics and a Diploma of Education. She lives in rural NSW and works as a midwife and also in her Private Family Practice and Lactation Clinic, performing antenatals, cervical sampling, vaccinations and lactation consultations. Her experience and interests are in nipple damage management, facilitating latch with dyads having difficulty, insufficient glandular tissue, relactation and facilitating poor supply, perceived weight gain issues and tongue tie.

Christine Sulfaro

Christine Sulfaro is the National Manager of the Milk Bank by the Australian Red Cross Blood Services. Chris's background is nursing – she is a Registered Nurse, with post graduate qualifications in Midwifery and Perinatal Intensive Care Nursing. Chris also holds a Graduate Certificate in Clinical Management and a Master of Health Management. Chris has been with the Australian Red Cross Blood Service since June 2017. Prior to this, Chris worked at Nepean Hospital (NSW) in the NICU for 23 years – with a 5 year stint as the NUM of Children's Ward and then 4 years as the NUM of the NICU.

Registration Form

Name _____

Address _____

_____ Postcode _____

Phone no _____ Mobile no _____

Email _____

Place of work _____ Position _____

Special Dietary requirements _____

Investment *(please tick)*

Sub-total \$

2 Days *(Morning tea, lunch & afternoon tea included)*

Full Registration - **\$455**

Earlybird Registration (if paid by January 10th, 2020) - **\$405**

Student/Unwaged Full Registration - **\$340**

(please provide proof of enrolment in course)

+

1 Day *(tick which day)* *(Morning tea, lunch & afternoon tea included)*

Day 1 Day 2

Full Price - **\$255** | Earlybird Price (Jan 8th, 2020) - **\$235** |

Student/Unwaged - **\$165**

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Online Seminar *(Monday 24th February - May 31st)*

Full Registration - **\$360**

Earlybird Registration (if registered and paid by Jan 10th, 2020) - **\$320**

Student/Unwaged Full Registration - **\$280**

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Conference Dinner (Number attending - pay on night)

Donation to the Warrnambool Breastfeeding Centre

TOTAL Amount: \$ _____

Credit card *(Mastercard/Visa)*

Credit Card Number

____/____
Expiry Date

CW _____

Card Holder's Name _____

It's easier to book online! To book online go to: www.breastfeedingconferences.com.au

Please make cheques payable to: 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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