

# Turning the Tide for Birth and Breastfeeding



## PROGRAM

### Dates:

**Main conference** – Feb 25th & 26th, 2022

**Workshops** – Feb 24th & Feb 27th, 2022

**Online conference streaming** – Feb 28th – June 30th, 2022

[www.breastfeedingconferences.com.au](http://www.breastfeedingconferences.com.au)

All funds raised go to support the work of the Warrnambool Breastfeeding Centre

## About Turning the Tide for Birth and Breastfeeding.

*“A real conference with scones and jam and cream at morning tea, and time to chat with colleagues over lunch – we’ve all been dreaming of this!” We have had a difficult couple of years, but the Warrnambool Breastfeeding Centre welcomes you back to “Turning the tide for birth & breastfeeding”.*

But we are also practical! We are optimistic about our ability to hold a live conference, but if COVID restrictions prevent it going ahead as a live conference then the entire conference will be presented online and the difference in cost between the live and online conference will be refunded. Likewise, workshops will be cancelled and be immediately refunded.

### 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 and practical support such as breast pump hire and information on lactation aids.

### Getting there

Getting to and from Warrnambool is easy! The Melbourne-Warrnambool (via Geelong) train timetable can be found at: ([www.vline.com.au/pdf/timetables/warrnambool.pdf](http://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](http://www.airbnb.com.au) and [www.stayz.com.au](http://www.stayz.com.au).

For help with accommodation that will fit your budget and requirements please ring the Warrnambool Visitor Information Centre on freecall 1800 637 725 or (03) 5559 4620.

**Please check carefully the cancellation policy of your accommodation in case of cancellation of the Warrnambool Conference due to COVID restrictions.**



## Additional workshops

---

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

Thursday Feb 24th (Full day)

---

**Nisha Gill** – Trauma-sensitive perinatal care

Venue: the Whalers Hotel

Sunday Feb 27th (9am–1pm)

---

## Social program

Join us for a casual dinner at The Whaler's Hotel – just across from the conference venue. Buy your own meals and drinks at usual prices.

## Accreditation:

IBLCE CERPs Recognition Number: LTP Number:  
CL2021-1AU

Total CERPs = 11.25 CERPs

5 L Cerps

5.25 R Cerps

1 E Cerp

Workshop1 – 6.5 R CERPs

Workshop 2 – 3.5 R CERPs

# Turning the Tide

## for Birth and Breastfeeding

Thursday, February 24th

9.00am – 4.00pm

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

## Day 1

Friday, February 25th

8.00am Registrations open – Tea/coffee served

---

8.30am Opening address

---

8.45am **Mary Kirk /Joan Garvan** – With regard or with disregard: Respectful maternity care

---

9.45am **Catherine Chamberlain** – Healing the past by nurturing the future: Understanding complex trauma in Aboriginal populations and the implications for breastfeeding

---

10.45am Morning tea

---

11.15am **Lisa Amir** – Mastitis: Cases and current research

---

12.15pm **Catherine Bell** – The Birth Map: Facilitating communication and informed decision making in maternity services

---

1.15pm Lunch

---

2.15pm **Norma Barrett** – The transition to parenthood. What it means for new fathers

---

3.00pm **Heather Harris** – Causes of Low milk supply

---

4.00pm Q & A

---

4.15pm Close

---

7.00pm Dinner – The Whalers Hotel, Cnr Liebig and Timor St Warrnambool  
*(just across the road from the Lighthouse Theatre)*

---

## Day 2 Saturday, February 26th

- 8.30am Registrations open – Tea/coffee served
- 
- 8.45am **Mary Kirk/Joan Garvan** – The Mother’s Tale – Women’s experiences of maternity care in Australia
- 
- 9.45am **Lisa Amir** – Reducing the maternal medication barrier to breastfeeding
- 
- 10.45am Morning Tea
- 
- 11.15am **Phillip Baker** – Breastfeeding, first-food systems and corporate power: Understanding the market and political practices of the transnational baby food
- 
- 12.15pm **Frances Walker** – Breastfed babies and food sensitivity: Diet is an option
- 
- 1.15pm Lunch
- 
- 2.15pm **Nisha Gill** – A neuro-physiological approach to trauma minimisation in the perinatal continuum
- 
- 3.45pm Q & A (*all speakers*)
- 
- 4.15pm Close
- 

## Sunday, February 27th

9.00am – 1.00pm

**WORKSHOP Nisha Gill** – Trauma-sensitive perinatal care | Venue: the Whalers Hotel

*This program may be subject to changes – please check the website for updates.*

# Speaker Biographies

## **Professor Catherine Chamberlain, PhD, MScPHP, MPH, GCIRL, GCHSM, BSc (RM)**

Dr Catherine Chamberlain is an Australian NHMRC Career Development Fellow and Professor of Indigenous Health at the Centre for Health Equity, The University of Melbourne. She has worked in maternal health in remote, rural and urban settings over 25 years as a midwife and public health researcher. A descendant of the Trawlwoolway people (Tasmania), her current research project aims to co-design perinatal awareness, recognition, assessment and support strategies for Aboriginal and Torres Strait Islander parents experiencing complex childhood trauma.

## **Professor Lisa H Amir, MBBS, MMed, PhD, IBCLC**

Dr Lisa Amir is a general practitioner and has been an IBCLC since 1989. She is the author of over 120 peer-reviewed articles on breastfeeding. She works in breastfeeding medicine at The Royal Women's Hospital in Melbourne, Australia. She is a Principal Research Fellow at Judith Lumley Centre, La Trobe University and is the Editor-in-Chief of the open access journal, International Breastfeeding Journal.

## **Catherine Bell, BSc (Hons), MSc (Comm)**

Catherine is the author of *The Birth Map: Boldly going where no birth plan has gone before*. After becoming a mother, she shifted her focus from marine biology and general science communication to maternal communication and decision making. She is currently a PhD Candidate at the University of Canberra evaluating a new approach to birth preparation she developed in response to the short comings experienced in the current system – Birth Cartography.

## **Norma Barrett, BA, PGDE, MSc (Public Health Research)**

Norma is a lecturer in public health and health promotion for the School of Health and Social Development at Deakin University's Warrnambool campus. Norma has received multiple awards at Deakin as well as a national teaching citation for her work in designing and delivering a wholly online health unit of study to thousands of students across multiple health courses. Her current research explores the support needs of fathers living in Australia during their transition to parenthood and early parenting years.

## **Mary Kirk, AO**

Mary is the former Executive Director and Director of Nursing and Midwifery of the Queen Elizabeth II Family Centre. She wants pregnancy and birth to not be treated as a medical issue, the level of medical intervention be reconsidered and for women to get at least six weeks' post-birth rest with their baby. Her AO award recognises her significant service to midwifery and nursing, and to professional standards including being former Vice President of The International Confederation of Midwifery and an inaugural member of the Nursing and Midwifery Board Australia.

## **Joan Garvan, PhD**

In 2010 Joan was awarded a Doctorate in Gender and Sociology from the ANU. Her thesis was titled: *Maternal ambivalence in contemporary Australia: navigating equity and care*. She is an inaugural member of Maternal Scholars Australia (formerly AMIRCI). Joan has also presented a series of webinars for Nurses for Nurses on the Transition to Parenthood, Domestic Violence for Nurses, and Intersubjectivity dynamics between mothers and their infants/children.

### **Nisha Gill, BAppSc, Dip C, SEP**

Nisha Gill is a Somatic Experiencing (trauma resolution) practitioner, applying a neuro-physiological or bodymind lens to working with trauma using Somatic Experiencing, Somatic Practice, Neuro Affective Touch and counselling. Her special focus is on the resolution of developmental, birth, sexual, pre- & peri-natal and medical traumas. Nisha's practice is informed by her experiences as birth educator, birth doula, integrative bodyworker, and female embodiment teacher. She formerly worked as a speech pathologist in hospital and rehabilitation settings.

### **Frances Walker, BSc, Dip.Ed, MNut.Diet**

Frances Walker has an extensive experience as an Accredited Practising Clinical Dietitian and Educator, working for 30 years across different clinical areas and different projects and in the last 5 years honed these skills to specialise solely in food intolerance, from older adults to children, with a focus on breastfed food-sensitive babies. She has a genuine enjoyment in education, working as an enabler- helping people to make their own informed choices, and bringing about significant positive outcomes for their baby.

### **Phillip Baker, PhD**

Dr Phillip Baker is a lecturer in human nutrition and research fellow at the Institute for Physical Activity and Nutrition, Deakin University, Melbourne. His research focuses on understanding the drivers and dynamics of global food systems change and the implications for human and planetary health. His recent work covers the global rise of ultra-processed foods, the political economy of food systems including the power of transitional corporations, and worldwide changes in infant and young child feeding. He is currently leading a large study funded by the World Health Organization on the politics of child nutrition.

### **Heather Harris, BN, MMid**

Heather first qualified as a midwife in 1970 and has worked in all areas of midwifery practice over the years. She first qualified as an IBCLC in 1991. She was involved in the successful BFHI accreditation for Mitcham Private Hospital, the RWH and Box Hill hospital. She has been a speaker on lactation topics both nationally and internationally. Heather has served as a midwife with Doctors Without Borders in the Ivory Coast, South Sudan, Somalia, Sri Lanka and Nepal. She currently has her own private practice in lactation consultancy.

**It's easier to book online!** To book online go to: [www.breastfeedingconferences.com.au](http://www.breastfeedingconferences.com.au)

**Please make cheques payable to:** ALMA

**Please forward completed form and payment to:** 19 Noble Dr Warrnambool Vic 3280

ABN 83 820 560 346 – Barbara Glare

## Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Phone no \_\_\_\_\_ Mobile no \_\_\_\_\_

Email \_\_\_\_\_

Place of work \_\_\_\_\_ Position \_\_\_\_\_

Special Dietary requirements \_\_\_\_\_

### Please tick your options

Sub-total \$

#### 2 Days (Morning tea and lunch included)

- Full Registration – **\$445**  
 Earlybird Registration (if paid by January 10th, 2022) – **\$395**  
 Student/Unwaged Full Registration – **\$340**  
*(please provide proof of enrolment in course)*

#### 1 Day (tick which day) (Morning tea and lunch included)

Day 1  Day 2

Full Price – **\$230** | Earlybird (Jan 10th, 2022) – **\$210** | Student/Unwaged – **\$180**

#### Online Seminar (28th February – June 30th, 2022)

- Full Registration – **\$320**  
 Earlybird Registration (if registered and paid by Jan 10th, 2022) – **\$290**  
 Student/Unwaged Full Registration – **\$250**

### Conference add-ons

#### Workshop 1: Birth Cartography, Thursday Feb 24th (Full day)

- Full Registration – **\$160**  
 Earlybird Registration (if registered and paid by Jan 10th, 2022) – **\$120**  
 Student/Unwaged Full Registration – **\$120**

#### Workshop 2: Trauma-sensitive perinatal care, Sunday Feb 27th (9am–1pm)

- Full Registration – **\$59**  
 Earlybird Registration (if registered and paid by Jan 10th, 2022) – **\$49**  
 Student/Unwaged Full Registration – **\$49**

**Conference Dinner** (Number attending – pay on night)

**Donation to the Warrnambool Breastfeeding Centre**

Credit card (Mastercard/Visa)

**TOTAL Amount:** \$ \_\_\_\_\_

\_\_\_\_\_  
Credit Card Number

\_\_\_\_/\_\_\_\_  
Expiry Date

CW \_\_\_\_\_

Card Holder's Name \_\_\_\_\_